Grade 10 Sample Lesson Plan: Unit 3 – Face of Mental Illness

SOLs

- 10.2.q Explain the importance of emotional health, and identify when and where to seek support for self and others

Objectives/Goals

- The student will understand the stigma surrounding mental health problems, and the impact of stigma and discrimination on help-seeking behavior,
- be aware of the myths and the realities of mental illness, consider attitudes about mental illness and exhibit a realistic and positive understanding of mental illness.

Materials

- Mental Health Packet
- Mental Health Presentation

Procedure

- Teach about stigma and mental illness from the Mental Health Presentation from slides 1-10
- Have students take the attitudes survey from the Mental Health Packet
- Go over the best answers on the following page
- Using the WALLS technique, teach about strategies to reduce the stigma. (Slide 11)
- Students are going to explore each of the mental illnesses. They will find information on each illness and list 5 VIPs about each disorder.
- Students will be choosing a mental disorder that will help them understand what people with mental illness are dealing with and hopefully allow them to have empathy towards those people.
- Their job is to type up a storyline with a fictional character who is living with the mental illness that you selected.
- They will draw out the character and illustrate the answers onto their character to the questions found in the research sheet. Each group will present it to the class in a 2-3 minute presentation.

References

- Melanie Lynch, M.Ed. North Allegheny School District
- https://www.tolerance.org

Handout

The next page includes a handout for the lesson. The handout is designed for print use only.

\The Face of Mental Illness

DIRECTIONS: Your group will be choosing a mental disorder. This project is going to help you understand what people with mental illness are dealing with and hopefully allow you to have empathy towards those people. Your job is to type up a storyline with a fictional character who is living with the mental illness that you selected. You will draw out the character and illustrate the answers you found on your research sheet onto your character. Your group will present it to the class in a 2-3 minute presentation.

PURPOSE: To use the knowledge that you gather below as well as researching new & supporting information, of mental illness to create a realistically useful discussion. The final product will offer significant information to your peers about the aspects of a specific disorder.

You are going to explore each of the mental illness Below so you will have a better idea of all of the illness that we are going to cover during this unit. Simply click on each link and write the top 5 VIPs about each disorder. Please make sure that you read the whole article and the 5 VIPs give a great overview of the disorder

Anxiety Bi-Polar Disorder Depression Eating Disorders Post Traumatic Stress Disorder Schizophrenia Borderline Personality Disorder OCD

Anxiety VIPs	

Bi-Polar Disorder VIPs	

Depression VIPs	

Eating Disorders **VIPs**	

Post Traumatic Stress Disorder **VIPs**	

Schizophrenia VIPs	

Borderline Personality Disorder VIPs	

OCD VIPs	

Mental Illness Guided Questions

** Answer the questions thoroughly and with sensitivity please.*

1. What **illness** are you researching?

2. What is the **definition** of your disorder? What might be physical/noticeable characteristics of this disorder?

3. What are potential **risk factors** that may lead to this illness – "causes" of the illness? Are there certain "types" of people who are prone to this illness; if so, why?

4. What are **prevention** suggestions and strategies pertaining to this illness? (*Hint*: Look at risk factors/causes, can you prevent the severity of the disorder, can you prolong the age of onset, etc.)

5. What are the common **warning signs/symptoms** that may lead you to believe someone may be suffering from this disorder?

6. How is this illness specifically **treated** (medication name, symptoms treated, etc.)? Is it curable? How?

7. What is the **science** behind this illness? What does the research say about the physiology or the psychology of this disorder – what's going on inside the body to cause this?

8. How can you **help a friend** who may be suffering from this disorder? Is there a way to "help" yourself?

9. List at least 5 **statistics** pertaining to your illness. (National, state, city, school, etc., how many people this illness affects, teenage stats vs. adult stats, men vs. women, differences between races, etc.)

10. What are common **myths** and the respective **facts** pertaining to your disorder?

11. List four or more **specific resources** that could help in dealing with this disorder (National resources such as organizations, hotlines, websites, etc., as well as community resources such as local support groups, organizations, specific counselors/trusted adults in the area, medical personnel, etc.)

12. Other? Have you discovered any other **important or interesting facts**? Facts about the history of the illness or the medication used to treat it, famous people who suffer from the illness, etc.

Links to Research Information

http://www.namiswpa.org/
National Alliance on Mental Illness
National Institute of Mental Health
Office of the Surgeon General
Substance Abuse and Mental Health Services Administration
National Institutes of Health
Mayo Clinic
https://www.mentalhealth.gov/
http://teenmentalhealth.org/
http://www.disabilitypolicycenter.org/links/menthealth.htm

Mental Health Attitudes Survey

1. People should work out their own mental health problems.

   ☐ Agree ☐ Disagree

2. Once you have a mental illness, you have it for life.

   ☐ Agree ☐ Disagree

3. Females are more likely to have mental illness than are males.

   ☐ Agree ☐ Disagree

4. Medication is the best treatment for mental illness.

   ☐ Agree ☐ Disagree

5. People with a mental illness are generally violent and dangerous.

   ☐ Agree ☐ Disagree

6. Adults are more likely than teenagers to have a mental illness.

   ☐ Agree ☐ Disagree

7. You can always tell by looking at someone that they have a mental illness.

   ☐ Agree ☐ Disagree

8. People with a mental illness are generally shy and quiet.

   ☐ Agree ☐ Disagree

9. Mental illness only happens to certain types of people.

   ☐ Agree ☐ Disagree

10. Most people will not be affected by mental illness.

    ☐ Agree ☐ Disagree

Mental Health Attitudes Survey: Best Answers

1. People should work out their own mental health problems.
Not true. When people have a physical health concern, they generally take some action and often go to the doctor or seek some other kind of help for their problem. Mental illness is associated with changes in brain functioning and usually requires professional assistance. Because of the stigma surrounding mental illness, many people are reluctant to seek help.

2. Once you have a mental illness, you have it for life.
While it's true that most mental illnesses are lifelong, they are often episodic, which means that the symptoms are not always present. Just like people who live with chronic physical illnesses like arthritis and asthma, people with mental illnesses can, when the illness is managed, live positive and productive lives.

3. Females are more likely to have a mental illness than are males.
Men and women are equally affected by mental illness in general, but women may experience higher rates of specific illnesses such as eating disorders and depression. Men have higher rates for some disorders such as alcoholism and ADHD. Some illnesses are relatively equally shared by men and women, like bipolar disorder. It may seem that women are more likely to have a mental illness than men, but this may be because women are more likely to seek help for mental and emotional difficulties and to share their concerns with friends than are men

. **4. Medication is the best treatment for mental illness.**
Medication can be a very effective part of managing a mental illness, but it is by no means the only type of treatment or support that helps people recover. A wide range of appropriate interventions, including medication, counselling, social and recreational groups, self-help, holistic health, religious support, hospital care, exercise and nutrition are options for helping people recover and stay well. The best approach is to have a combination of strategies that have been proven to be effective.

5. People with a mental illness are generally violent and dangerous.
People with mental illness are generally not more violent than the rest of the population. Mental illness plays no part in the majority of violent crimes committed in our society. In fact, a person with a mental illness is more likely to be a victim of violence than the perpetrator. The assumption that any and every mental illness carries with it an almost certain potential for violence has been proven wrong in many studies. Often, it is the misrepresentation by the media that leads to this false belief.

6. Adults are more likely than teenagers to have a mental illness.
Some illnesses are first diagnosed in childhood but many more begin to appear during the late teenage years and into early adulthood.

7. You can tell by looking at people whether they have a mental illness.
Sometimes if a person is experiencing symptoms of their mental illness, how they are feeling, thinking and behaving may be different from what is normal for them, but generally, you cannot tell if a person has a mental illness based on his or her appearance

8. People with a mental illness are generally shy and quiet.

There is no strong causal relationship between personality characteristics and a tendency to develop mental illness. Some mental disorders, however, such as depression, anxiety and schizophrenia can lead people to avoid or limit social contact.

9. Mental illness only happens to certain kinds of people.

This is incorrect; mental illness can happen to anyone.

10. Most people will never be affected by mental illness.

The statistic is that one in five people will experience a mental illness at some point in their life. When thought of in this context, everyone is affected by mental illness, either directly (by having a mental illness themselves) or indirectly (by knowing someone with a mental illness).

Reducing Stigma—What Works?

There is no simple or single strategy to eliminate the stigma associated with mental illness, but some positive steps can be taken. Remember the acronym "WALLS" to help reduce stigma.

Watch your language	Make sure you are not using language or comments that stigmatize people with mental illness.
Ask questions	A lot can be learned by asking questions of a mental health professional like a counsellor or doctor, or a person who has lived experience with a mental illness.
Learn more	Great resources are available online to help educate you on different mental illnesses. Increased education means fewer misunderstandings and less stigma.
Listen to experiences	Once you have learned a bit about mental illness, consider asking someone you know about their experience with mental illness. If you are considerate and respectful, they may be comfortable speaking about their experiences. If you have lived experience, consider sharing your story with others.
Speak out	Help reduce stigma by speaking out when others stigmatize people with mental illnesses or spread misconceptions.

MENTAL ILLNESS PROJECT GRADING RUBRIC

PURPOSE: To use your knowledge, as well as research new & supporting information, of mental illness to create a realistically useful informational PowerPoint. The final product will offer significant information to your peers about the aspects of a specific illness.

PROJECT CATEGORY	Additional Info; Above & beyond (4)	Complete; Did what was asked (3)	Items or parts not complete; limited info (2)	COMMENTS
Research Questions are thoroughly completed.				___/4
Worked equally with partner (shared research, PowerPoint idea & layout, presentation); communication/efforts good throughout process.				____/4
The research page is fully correct and answered in a sensitive and academically appropriate manner and the information is placed onto the poster				____/4
Storyline is explained and symptoms are explained (5PTS)				____/4
Storyline is explained and symptoms are explained				____/4
Character is creative and colored				___/4
Each member of the group presents a portion of story and presentation is thorough				____/4

Total: _____/28