

Mental Health Curriculum For High School Students



Develop a curriculum that all Arizona high schools can incorporate into their academic calendar to promote healthy conversations for teens navigating through their own identity

A Look Ahead...

Data, research, and overall information to be presented

- High School Support Systems
- Authors and stories that discuss mental health
- Men's mental health
- High school students mental health statistics
- A mental health curriculum
- Mental health statistics and benefits of a curriculum



**What does a
curriculum look
like?**



Here's the link to our full unit calendar:

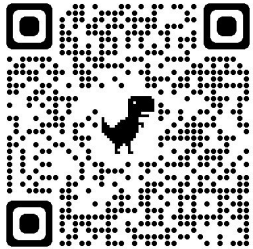
[Mental Health Unit Calendar](#)



High School Support Systems In Arizona

Arizona schools instituted Jake's Law in 2020 which gave schools funds to provide to students who need Behavioral Health services at no cost to the family– it comes all from taxpayer dollars. Most schools offer resources for students on the back of their school ID which is the Teen Lifeline phone number.

On the left, the QR code will lead you to the Arizona Health Care Cost Containment System which outlines how AZ schools provide mental health resources to students and families.



The Process of Mental Health

“ Mental health...is not a destination, but a process. It's about how you drive, not where you're going.”

– Noam Shpancer, PhD

Professor of Psychology at Otterbein University

Adolescent Mental Health Statistics

70-80%

Of children with mental health disorders go without care

1 in 7

Children ages 10-19 experiences a mental disorder of some kind

13%

Of global disease in children ages 10-19 consists of mental health disorders

9%

Of youth are estimated to require help with emotional problems

63%

Of U.S. counties have a facility providing mental health outpatient treatment for young people

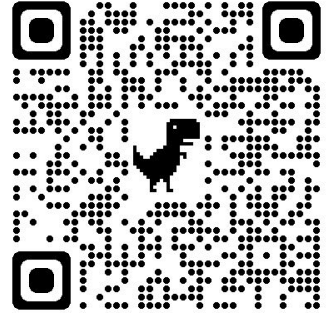
More than half

Of youth patients end up waiting two or more days in the emergency department before receiving the appropriate level of care

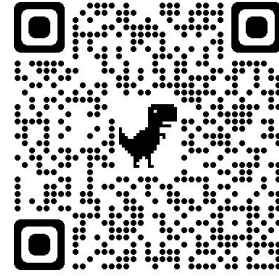


How to build high school support systems

1. Identify the right individuals
 - a. Trustworthy, uplifting, and supportive peers
2. Reach out to your teachers
 - a. Not just an educational connection, use their support
3. Participate in extracurricular activities
 - a. Create connections with those who have similar interests
4. Talk to guidance counselors
 - a. They help with academic, social, and mental/emotional distress
5. Use online student resources
 - a. Schools provide resources for you to reach out to the right individuals who can help you



Texts For Curriculum



Mental health is generally undiscussed, especially with adolescents who are often portrayed as immune or unaffected. This contributes to the stigma and shame often surrounding it, discouraging those struggling from seeking help or reaching out, sometimes preventing them from realizing what they are experiencing at all.

Above is a QR code to a document with further details and trigger warnings on all of the following texts.

Fiction

Underwater by Marisa Reichardt

A Trick of the Light by Lois Metzger

The Memory of Light by Francisco X. Stork

Final Draft by Riley Redgate

Reasoning:

All of these novels are targeted at young adults and teenagers, following characters of those ages through mental health struggles. Some of these issues are brought on by outside events while others are largely a product of biology and genetics. They all demonstrate the effects of untreated mental illness on people's lives, as well as the lives of those around them.

Nonfiction

Reasons to Stay Alive by Matt Haig

Life Inside My Mind edited by Jessica Burkhart

Lifeline: A Layperson's Guide to Helping People in Crisis by Various Authors

Mind Your Head by Juno Dawson

Beneath the Surface: A Teen's Guide to Reaching Out When You or Your Friend is in Crisis by Kristi Hugstad

(Don't) Call Me Crazy edited by Kelly Jensen

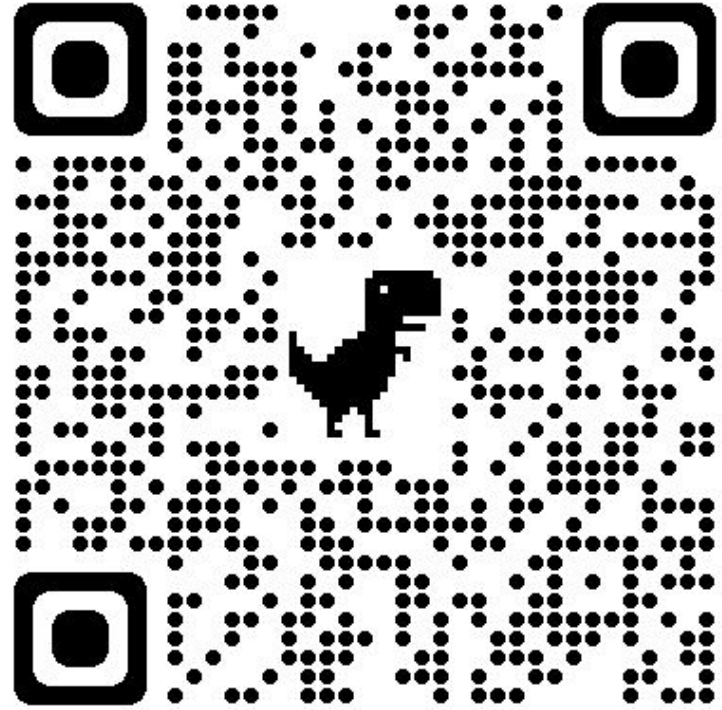
Heads Up by Melanie Siebert

Reasoning:

All of these books act as introductions and overviews of mental illness. Most of these texts are targeted at young adults but could be useful for adults involved in the lives of teenagers as well. They provide hope alongside practical advice and action in healing and dealing with difficult life situations. All of these texts destigmatize and debunk stereotypes around mental illness.

Example of Curriculum

- A love letter to yourself encourages students to think about the things they love about themselves
- Encourages students to think positively about themselves during formative years
- Creates an environment where they can be comfortable with discussing these topics with educators and their peers



Articles & Resources

Articles:

“Teens Are Talking About Mental Health”

Do adolescents agree/disagree with the statements and arguments made? Why or why not?

“Facts and Tips About Teen Mental Health”

Do these statistics match your perception of adolescent mental health? Would you use any of these tips? Or have you?

Resources for Adolescents:

Behavioral Health

<https://www.samhsa.gov/school-campus-health/behavioral-health-resources-youth>

Mind

<https://kidshealth.org/en/teens/your-mind/>

General

<https://kidshealth.org/en/teens/>

Why is a required Curriculum so Important?



- **76%** of schools also reported an increase in staff voicing concerns about their students exhibiting symptoms such as depression, anxiety, and trauma post covid.
- **88%** of High Schools did not strongly agree that they could provide mental health services to all students in need

- National Center of Education Statistics



High School Students with Diagnosable Disabilities

1 in 5 students

About 20% of all students have a diagnosable, emotional, or mental health disorder

40% Graduate

Only 40% of students who are diagnosed with emotional, behavioral or mental health graduate from high school, compared to the 76% national average.

50% Dropout

Over 50% of students with emotional and behavioral disabilities dropout of high school.



What affordable Mental Health Services looks like

Mental Health Required Class

Professional Mental health textbooks

Take the voice of one author, and let that voice speak to the class. This way, you can reach all students, early detection/prevention does work.

Group and Class work

Many children do not report or talk about their anxiety and depression, group work will force them to create dialog and show them they are not alone, in this fight together.

Thousands of videos and teachings

It does not take thousands of dollars to show youtube videos of trained professionals speaking of their experience, this gives schools and students free guidance.

Relief of the Need for school counselors

This class would help students before their need to seek help from a counselor, which will allow the counselor to focus more on the severe cases where extra attention is needed.

QR Code to Google Form Survey

