

Mental Wellness Basics

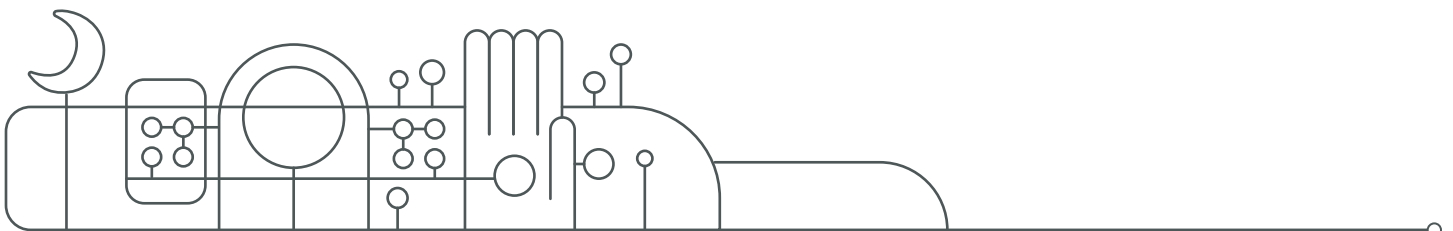


BlueCross BlueShield
of Montana



Course Outline

Lesson	Topics	Description	Learning Objectives "Students will be able to..."
Mental Health Basics	<ul style="list-style-type: none">○ How to support Mental Health○ The impact of stress	<p>This course speaks positively to all learners about their own mental wellness. The impact of stress, the influence the brain has on each person, and the impact our environment can have on our mental health are all addressed. Likened to physical health, mental health is fostered through the choices we make, including our ability to notice when our mental health is at risk.</p>	<ul style="list-style-type: none">○ Describe mental health.○ List behaviors and factors that maintain and contribute to positive mental health.○ Describe how stress contributes to mental health.○ List behaviors and factors that threaten positive mental health.
Understanding Mental Health Disorders	<ul style="list-style-type: none">○ Areas of the brain and their function○ Symptoms of common disorders○ How reduce the severity of mental health disorders	<p>This lesson introduces common mental health disorders and symptoms that may indicate a disorder. Learners are introduced to the concept of balancing emotions, thoughts, and behaviors regardless of the severity, and explore choices that may help them reduce the severity of symptoms. Areas of the brain and their functions are also discussed.</p>	<ul style="list-style-type: none">○ List symptoms of mental health disorders.○ Explain how the brain is connected to the emotional, intellectual, and behavioral actions of a person.○ Identify when mental health is out of balance and steps to take to achieve balance.○ Identify the symptoms and treatments of 5 common mental disorders affecting adolescents.
Healthy Coping Skills	<ul style="list-style-type: none">○ The interconnected cycle of thoughts, behaviors and emotions○ Healthy coping strategies	<p>This lesson equips learners with concrete coping strategies to deal with emotions, thoughts, and behaviors that may impact one's mental wellness. Learners are introduced to how thoughts, behaviors and emotions influence each other in positive and negative ways. Learners practice coping strategies, learn how to identify negative thoughts, and learn how to turn a negative cycle into a positive one.</p>	<ul style="list-style-type: none">○ Identify emotional, intellectual, physical and social factors that can support or impact mental health.○ Explain how coping strategies can impact mental health.○ Identify how negative self-talk can impact mental health.○ Identify appropriate coping strategies to use to best enhance mental health.○ Increase awareness of coping strategies and ability to apply them effectively.



Module	Topics	Module Description	Learning Objectives <i>"Students will be able to..."</i>
Getting Help	<ul style="list-style-type: none"> ○ Signs that a person needs help ○ Resources for getting help ○ Stigma and how to overcome it to seek help ○ Tips on how to approach a friend in need 	<p>Seeking help is necessary when life's challenges negatively impact one's mental wellness. This lesson teaches learners to identify when they or a peer may need help for their mental health, how to get help and what to expect when seeking treatment. Positive messaging emphasizes that treatment is available and should not be avoided. Stigma is addressed as a hurdle in seeking treatment and learners are empowered with stigma fighting techniques in order to seek the mental health services they or their peers may need.</p>	<ul style="list-style-type: none"> ○ Identify observable and non-observable signs of a mental health disorder. ○ Identify how stigma prevents people from seeking help. ○ List five ways to combat stigma of mental health issues. ○ Describe consequences of not seeking help. ○ List three steps to use in supporting a peer who may be struggling. ○ Identify treatment options for anyone seeking help. ○ Identify risk factors for suicide and how to help someone thinking of self-harm.