



TEACH

MENTAL HEALTH

Teach Mental Health: professional development for educators

Teach Mental Health is a curriculum resource designed for teacher candidates currently enrolled in faculties of education and for educators currently working in schools.

Teach Mental Health was developed following national surveys that found about 70% of Canadian teachers identified a need for more knowledge about mental health/mental illness. However, a scan of Canadian faculties of education showed that few, if any, provided a course in mental health literacy. This resource aims to address that gap.

Development Partners

A team of educators, researchers and mental health care professionals have worked collaboratively over the past five years to develop, evaluate and produce this resource. Our team consists of Dr. Stan Kutcher (Teenmentalhealth.org and Dalhousie University), Dr. Yifeng Wei (Teenmentalhealth.org and Dalhousie University), Dr. Wendy Carr (Faculty of Education, University of British Columbia), Dr. Susan Rodger (Faculty of Education, Western University), and Dr. Chris Gilham (Faculty of Education, St. Francis Xavier University).

This resource aims to:

- Enhance mental health literacy of teacher candidates in faculties of education; and of practicing/in-service teachers, educators, administrators and policy makers;
- Provide classroom congruent materials that can be used both during practicum and after graduation to help address mental health literacy of students.

Teach Mental Health is a modular resource that can be delivered by faculty as part of their existing courses, developed as a standalone course in a faculty of education, or taken by learners as a self-directed online course through the University of British Columbia.

Synopsis of Modules

Module 1: Introduction & Background

This module focuses on understanding the definition of mental health literacy (MHL) and its four inter-related components.

Module 2: Stigma & Mental Illness

This module aims to enhance understanding of stigma and how that relates to mental illness as well as to learn about evidence-based strategies that can be used to reduce stigma in the school setting.

Module 3: Human Brain Development

This module provides a better understanding of the human brain and its functions in health and illness as well as an appreciation for the role of a healthy brain for mental health.

Module 4: Understanding Mental Health, Mental Illness & Related Issues In Young People

This module develops a better understanding about how a mental illness is diagnosed, common mental illnesses affecting young people, and some useful classroom strategies that can be applied to help students who have a mental illness.

Module 5: What Is Treatment For A Mental Disorder & How Do We Know What Is Likely To Work

This module provides information on the purpose of treatment(s), and describes some of the commonly used treatments available to students who have a mental illness. There is also information on what to expect and how to support students going through treatment for a mental illness.

Module 6: Seeking Help & Providing Support

This module helps educators understand some of the resources for accessing mental health care for young people. It also describes what to do if you are concerned about a student having a mental health problem or illness, and how to address your concerns with parents.

Module 7: Caring For Students & Ourselves

This module focuses on understanding various types of stress and the usual stress response. It includes stress management techniques and critical thinking on school-based wellbeing and wellness approaches. It is useful for students and for teachers alike.

CONTACT

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