



LILIE, LLC Course Information

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**More detailed course curriculum can be provided upon request*

Title of Course: Mental Health in Students & Schools

Course Description:

The National Alliance on Mental Illness reports that, “Approximately 1 in 5 youth aged 13–18 (21.4%) experiences a severe mental disorder at some point during their life”. Schools have an integral role in identifying potential issues and therefore help affected students succeed both academically and socially. This course will discuss the conditions that afflict children such as depression, anxiety, bipolar disorder, eating disorders, oppositional defiant disorder, and addiction. It will also explore the effects of trauma and stress on students. In addition, it will also highlight the staffing and training challenges that schools face in supporting students with mental illnesses and how educators can assist students succeed in school despite these difficult challenges. Educators are often the first to identify concerns and this course will support them in will exploring solutions for schools, training for teachers, and working with parents and families to promote both academic and social well-being and progress.

Overall Course Objective and Expectation(s):

The objectives of this course are to examine conditions that afflict children such as depression, anxiety, bipolar disorder, eating disorders, oppositional defiant disorder, and addiction. Teachers will explore the effects of trauma and stress on students. Educators will examine solutions for schools, training for teachers, and working with parents and families to promote both academic and social well-being and progress.

Course Instructional Materials:

All courses maintain a fully developed and dynamic webpage that houses all resources, reference material and various other required informational texts, videos and alike that is both active and relevant to course objectives and content. Course web pages are routinely updated to reflect most current research and available readings therefore instructional materials used to teach course objectives are subject to change.

Instructor Consultation and Interaction

The course is an asynchronous online course that is available for instructor and student participation 24/7. The four week duration of the class is broken down into four weekly sections each comprised of lecture in the form of instructor created articles and content, web links to academic and professionally reviewed articles in the discipline of general education, and instructor created discussion questions which are, in and of themselves, formative assessments to determine the extent to which the enrollees have comprehended and mastered the information and begun to apply it to their personal teaching practices. The answers to these questions are the basis for the class interaction, as enrollees are required to respond to each other within the classroom arena.

By providing a wide variety of professional articles, peer reviewed journal pieces and researched instructor created content that addresses the needs of all K-12 educators and by encouraging interactive dialogue among the enrollees, this course will encourage and require application, discussion and peer feedback of said strategies and understanding in teaching students within a teacher’s own individual classroom practices. The discussion

and feedback will give us our own meta-assessment of useful, research based and practiced strategies and techniques for addressing the needs of our varied students thus giving them more opportunity to truly excel.

Proof of Course Completion:

LILIE, LLC is committed to assuring that enrollees fully participate in and receive the educational benefits provided by the course. Enrollees must demonstrate participation by making detailed postings designed to foster dialogue among colleagues and instructor that reflect the content, skills/ strategies learned and assessments covered in course. These enrollee postings must be made six times each week, in separate sessions, and including a minimum of 4 academic posts and at least 2 peer-peer comments of others' postings and possible shared assignments. Enrollees are required to submit a detailed reflection in combination with the archived work. Attempts to falsify record or discussion board entries will result in denial of credit and a report to the enrollee's employer.



Scope & Sequence/Weekly Topics and Objectives

Week 1

Topic(s):

- The types of mental health issues that occur among adolescents.
- The various types of mental health issues you have encountered in your classroom.
- The mental health issues in our society
- The differences between an organic vs a functional mental health issue.
- Mental Health Quiz (1 hour)
- The responsibility of schools of children with mental health disorders
- “Have Smartphones Destroyed a Generation?”

Objectives & Learner Outcomes:

- To analyze what types of mental health issues that occur among adolescents and why.
- To describe the various types of mental health issues you have encountered in your classroom.
- To determine when an adolescent has a mental health issue.
- To analyze some common mental health issues in our society
- To describe the differences between an organic vs a functional mental health issue.

Impact on Classroom Instruction:

Teachers will gain insight of how mental health disorders in adolescence can impact learning. Teachers will become familiar with the indicators of mental illness, and why this knowledge is such a vital part of the educational process, while exploring a variety of strategies in prevention to improve student success. Once teachers are comfortable with such pertinent topics, their competence in the classroom will increase. Educators will enhance their ability to identify causes and types of mental health disorders that are common for individual students in their classrooms.

By identifying the different types of mental health disorders, educators will address and support the learning needs of their students – this will allow for specific differentiated instruction that will help students become more successful in all classes. Educators will learn how to identify characteristics of a student with a mental health disorder and how to ascertain appropriate resources for particular students with this condition. Educators will also involve the student in the process of how to create a safe and supportive classroom for their own optimal academic achievement.



Week II

Topic(s):

- How adolescents develop mental illnesses
- Risk factors associated with mental illness
- How mental illness impacts learning
- How knowledge of mental health conditions enhances instruction.

Objectives & Learner Outcomes:

- To understand why and how adolescents develop mental illnesses.
- To determine some risk factors associated with adolescents developing mental health conditions.
- To understand how the effects of having a mental illness impacts student learning and impact us educators.
- To examine how the knowledge of adolescent mental health conditions enhances both your instruction and your student success.

Impact on Classroom Instruction:

By identifying various mental health conditions, educators will address and support the learning needs of their students – this will allow for specific differentiated instruction that will help students become more successful in all classes. Educators will learn how to identify characteristics of a student with a mental health conditions and how to ascertain appropriate resources for particular students with this condition. Educators will also involve the student in the process of how to create a safe and secure classroom for their own optimal academic achievement.



Topic(s):

- Types of mental health disorders in our society
- Key components of mental health disorders
- Differences and similarities of mental health disorders
- Lesson plans on the dangers of mental health disorders (3 hours)

Objectives & Learner Outcomes:

- To explore the various types of mental health disorders that are common in our society.
- To identify the key components of the various mental health conditions.
- To determine what makes various mental health conditions similar, and what makes them different in terms of treatment.
- To evaluate and create lessons to inform students about the dangers of some mental health conditions.

Impact on Classroom Instruction:

Teachers will gain insight of the various mental health disorders that occur in our society. Teachers will become familiar with the similarities and differences of mental health disorders and why this knowledge is such a vital part of the educational process, while exploring a variety of strategies in prevention and intervention to improve student success. Once teachers are comfortable with such pertinent topics, their competence in the classroom will increase. Educators will enhance their ability to identify the various mental health conditions for individual students in their classrooms.

By identifying the differences and similarities of mental health disorders, educators will address and support the learning needs of their students – this will allow for specific differentiated instruction that will help students become more successful in all classes. Educators will learn how to identify characteristics of a student with a mental health disorder and how to ascertain appropriate resources for particular students with these conditions. Educators will also involve the student in the process of how to create a safe and secure classroom for their own optimal academic achievement.



Week IV

Topic(s):

- Role of Teacher
- Intervention strategies for mental health conditions
- Burnt Pages film Discussion
- YA novel review and discussion
- Drug abuse and academics
- Perception and Final thoughts

Objectives & Learner Outcomes:

- -To determine how your perception of mental health disorders in adolescence has been influenced by what you have learned in this course.
- -To determine what strategies you will incorporate into your classroom to aid in the prevention and intervention of mental health conditions among your students.
- -To discuss your thoughts on the Documentary film Burnt Pages.
- -To discuss your book review of the YA novel on mental illness
- -To discuss your role as the teacher in the prevention and intervention of mental health conditions and how to access appropriate resources.

Impact on Classroom Instruction:

By identifying effective intervention strategies, educators will address and support the learning needs of their students – this will allow for specific differentiated instruction that will help students become more successful in all classes. Educators will also involve the student in the process of how to create a safe and secure classroom for their own optimal academic achievement.