**Lesson 4: Supporting ME: Reach Out to Mental Health Resources**

**Overview:** Students will learn about resources that support ME health. The lesson creates awareness of the scope of care and support provided by various ME health resources and professionals accessible from home, school or in the community. Students will apply their knowledge in scenarios that will identify resources to support ME health.

National Health Education Standards

**Standard 1:** Students comprehend functional health knowledge to enhance health.

**Standard 3:** Students demonstrate health literacy by accessing valid and reliable health information, products, and services to enhance health.

Healthy Behavior Outcome (HBO):

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| Students will access resources to support their ME health and the ME health of others. |

**Lesson Objective**- Students will be able to:

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| **Objective** | **Assessment** |
| 1. Identify ME health professionals and resources and how they can support ME health. | Attachment 4.1 ME Health Notes |
| 1. Describe the role of various ME health professionals and resources that can support ME health. | Attachment 4.1 ME Health Notes |
| 1. Identify family members, school staff, and community resources that can support ME health. | Attachment 4.2 ME Health Resource Scavenger Hunt |
| 1. Identify appropriate ME health support(s) that are needed in various situations. | Attachment 4.3 Support Resources for ME Health |

Notes:

* \*Remind students of the safe and supportive classroom climate as students may have a mental and emotional health concern or might share a mental health concern during the lesson. Reinforce the classroom norms and expectations to respect and treat others with dignity; reiterate the important role trusted adults play in supporting their health and well-being.
* \*Before the lesson, reach out to behavioral health professionals in your school to create awareness of the lessons and make them aware of the possibility students might be more likely to reach out for support for mental and emotional health. Educate parents and families about how they can support ME health.
* Behavioral HELPs Substance Use Prevention Lesson 8 – How Can I Help? provides another opportunity to introduce or reinforce the “recognize, reach out, and use resources” model to enhance healthy behaviors.
* This lesson aligns with the concept of “overwhelming and everyday” feelings from Erika’s Lighthouse (<https://www.erikaslighthouse.org/portal/>). We suggest using Erika’s Lighthouse to support your students as part of a whole school, whole community approach to providing a safe, supportive culture around mental health.

Introduction

* Today we will be identifying and accessing resources that can support our others mental and emotional health. People are more likely reach out to and use ME health resources when we are confident, reduce barriers, and know how to access resources that match our needs.

Teaching Steps:

Activity 1: Recognize, Reach Out, and use Resources Review

* What are the three steps to support ME health?
* Recognize, reach out and use resources.
* Which of the following requires you REACH OUT to 911 or a ME health professional?
  + Everyday feelings
  + Overwhelming feelings
  + Urgent signs of a MH concern
  + Strong feelings
* Reminders:
  + When should you reach out to resources that support your ME health?
    - You can reach out to talk about your ME health at any time. You can share your feelings whether they feel big or small, overwhelming feelings, or urgent signs.
    - Anytime you recognize the need to reach out for support for yourself or someone else is a good time to talk about ME.
  + What are signs you could RECOGNIZE that would cause concern for someone’s ME health?
    - Have students discuss this question with a partner.
    - The discussion should review the descriptions of overwhelming feelings and urgent signs.
* **REMEMBER: URGENT warning signs** that are observable changes, behaviors or statements that directly or indirectly signal an individual is contemplating suicide or violence towards others ([Wisconsin, Lesson 2](https://dpi.wi.gov/sites/default/files/imce/sspw/pdf/spcurriculumgrades7-12.pdf)). If notice, see, hear, or recognize these **URGENT warning signs** you **must** talk with a trusted adult right away, call 911, and seek immediate help from a mental health provider:
  + Someone is threatening to hurt or kill themselves.
  + Someone is looking for ways to kill themselves: seeking access to pills, weapons, or other means.
  + Someone is talking or writing about death, dying, or suicide in a way that is not “typical” for them.
    - *Teacher Notes:* Some of these concerning signs can be warning signs for severe depression that can lead to suicide. Noticing these signs for ourselves or from others needs attention right away. We never keep a suicide plan a secret and it is essential to seek medical attention or help from a trusted adult so the individual can receive the help they deserve.
    - Sometimes life events can cause our ME health to become unbalanced for a short duration of time, but it can still impact how we feel and how we act during that troubling time. For example, if we found out that there was gossip on social media about us that was not true, that would make us feel a variety of emotions, such as sadness, anger, loneliness, embarrassment, etc. and we may need to turn to our family for support, or school staff like a teacher, counselor, school nurse, or administrator. We may even reach out to community or national organizations for help.
    - You may have learned from the suicide prevention lessons two acronyms that will help you remember what to do if you recognize urgent warning signs.
      * FACTS – feelings, actions, changes, threats mean you should ACT
      * Feeling – Recognize the feelings
      * Acknowledge the concern
      * Care – show the person you care about them.
      * Tell a mental health resource including 911, 988, 741741 and/or mental health professionals.
      * **Remember urgent signs means reach out to 911 or 988 or 741741**
  + **Big feelings** (Level 3) or feelings are when we have difficulty controlling or regulating the emotion. *Small feelings* (Level 1) are still important feelings, but we still feel in control of our thoughts and actions.
  + **Overwhelming Feelings -** hang around for a long time, change the way we feel and behave, and may stop us from doing what we enjoy.
    - You might notice some of these signs in yourself or other people: Withdrawing from friends, feeling depressed, not able to concentrate, lashing out at people, having anxiety, doing poorly in school, not feeling yourself, giving possessions away, not caring about their appearance, posting concerning statements on social media platforms, etc.
  + **We always reach out to a trusted adult when you recognize overwhelming feelings in yourself or others, threats or actions that could hurt or injure themselves or someone else.** You should also reach out to a trusted adult if your everyday feelings or big emotions need help or support.
  + There are many resources that support behavioral health (substance use prevention, mental health, etc.) at school and in the community. This lesson will describe the ME resources that include information, support, and professional services.
    - You can reach out to talk about your ME health at any time. You can share your feelings whether they feel big or small, overwhelming feelings, or urgent signs.
    - Anytime you recognize the need to reach out for support for yourself or someone else is a good time to talk about ME.

Activity 2: ME Health Resources to Reach Out

* The resource we use to support ME are individualized for what best fits you, your resources, and needs. It is important to reach out and share how you are feeling and ask for support or help. Resources provided here can connect you to a resource or mental health professionals if needed. Be sure when you recognize something about ME, you reach out and use your resources.
* If we recognize a mental health concern the next step is to REACH OUT to someone or a resource who can support ME.
* Ask students - *What are examples of ME health professionals?*
  + Allow students to share answers. They may say, “counselor, therapist, nurse, doctor, psychiatrist, etc. “These are very good answers. Do you know the specific role of each of these ME health care professionals?
* Let’s take a closer look at the differences between these ME health professionals and how they support various ME health situations.
  + **Pediatrician:** A medical doctor with special training to treat children (birth-21 years old)
  + **Psychiatrist:** A medical doctor with special training in the diagnosis and treatment of mental and emotional illnesses. Like other doctors, psychiatrists are qualified to prescribe medication.
  + **Child/Adolescent Psychiatrist:** A medical doctor specially trained in the diagnosis and treatment of emotional and behavioral problems in children.
  + **Psychologist:** A professional with a doctoral degree in psychology, two years of supervised professional experience, including a year-long internship from an approved internship and is trained to make diagnoses and provide individual and group therapy.
  + **Clinical Social Worker:** A counselor with a master’s degree in social work trained to make diagnoses and provide individual and group counseling.
  + **Licensed Professional Counselor:** A counselor with a master’s degree in psychology, counseling, or a related field, trained to diagnose and provide individual and group counseling.
  + **Mental Health Counselor:** A counselor with a master’s degree and several years of supervised clinical work experience trained to diagnose and provide individual and group counseling.
  + **Certified Alcohol and Substance Use Counselor:** A counselor with specific clinical training in alcohol and substance use trained to diagnose and provide individual and group counseling.
  + Once an individual finds the right psychotherapist for their needs, they must do initial paperwork so the ME health professional can understand more about the individual and their medical history. The first few sessions help the therapist to get to know the person and their situation. This lets them determine the best style of treatment.
* Behavioral Health Resources:
  + *Note.* Teachers, please share not only the resource, but how the resource works. It will help your students feel safe and comfortable with accessing the resource.
  + When there urgent warning signs or a ME health crisis, 911 should be utilized as an emergency resource to ensure health and safety.
  + There are also hotlines and texting resources that are available to REACH OUT to provide ME health support. These calls are free and available 24 hours a day/7 day a week to support individuals who are experiencing a ME health crisis. Examples of hotlines and texting resources include:
  + **988 Suicide & Crisis Lifeline**  
    Call or text 988  
    Chat at 988lifeline.org
  + What happens when you call 988?
  + <https://988lifeline.org/wp-content/uploads/2022/09/HowOurCallsAreRouted-InfographicsRefresh-2.pdf>
  + **Crisis Text Line**   
    Text “HOME” or “SCHOOL” to 741741
    - What happens when you text 741741?
    - <https://www.crisistextline.org/about-us/faq/>
    - Teacher Resources: <https://www.crisistextline.org/teachertools/>
  + **Additional Resources**
    - Learn more about your mental health: Teen Mental Health ([LINK](https://medlineplus.gov/teenmentalhealth.html)); On Our Sleeve ([LINK](https://kidsmentalhealthfoundation.org/mental-health-resources))
    - Become more involved to support mental health and substance use prevention in your school:
    - (Teachers consult with your school behavioral health staff, school counselors and PBIS team to collect and share school specific resources to support student and staff mental health.)

Activity 3: ME Health Resource Scavenger Hunt (Attachment 4.2)

* **Directions for the *Resource Scavenger Hunt:***When we need support to help balance our ME health, it is important to have accessible resources. You will be identifying trusted adults in your life who can support you; school personnel who could help you; and community, state, and national resources that are available for strengthening and supporting your MEH.
  + *\*Students will need a computer to complete this assignment.*
  + *\*It is important to be monitoring student work during this activity and offer support when needed.*
  + Share the details of the resource from your scavenger hunt. Discuss what you found and usefulness.

Activity 4: Recognize, Reach Out, Resources Practice (Attachment 4.3: Support for ME Scenarios)

* Teacher Notes: Now that we have identified overwhelming feelings and urgent signs. ME health professionals and call and text resources, let’s practice what ME health resources would best align with various situations. Model a situation and then have your students complete the other scenario.
  + Situation 1 - You notice multiple cuts on a classmate's arm. You ask them what happened, and they ignore you and walk away. What support will you reach out to in this situation?
    - *Possible answers -* Teacher, counselor, dean, school resource officer, etc.
  + Situation 2 - Your brother has been using alcohol and other drugs. He tells you he is fine and to mind your own business. You are even more concerned when you see his social media page talking about not wanting to be here anymore. What do you recognize? Will you reach out? What resources could you use in this situation?
    - *Possible answers -* Parents, 988, Crisis Text Line (741741)
* \*It is important to address this is an urgent warning sign. Urgent warning signs cannot be ignored. Reach out to a trusted adult, mental health resource or 911.
  + Situation 3 - You have been experiencing anxious feelings that are not connected to any specific event. You have tried to exercise more, talk with friends, and listen to music, but these strategies are not working. What do you recognize? Will you reach out? What resources could you use in this situation?
    - *Possible answers -* Parent/guardian, licensed professional counselor, social worker, etc.
  + Situation 4 - You are experiencing a lot of stress balancing soccer practice and your schoolwork. You want to continue to play soccer because you love the sport. You also like being on a team with your friends. Maintaining your grades is also important to you. What do you recognize? Will you reach out? What resources could you use in this situation?
    - *Possible answers -* Soccer coach, teachers, parents, school counselor, etc.

Closure:

* Have students share the resources they would reach out to for each of the situations in Attachment #3.
* Can you share resources you would reach out to for support for ME health?
* How can these resources support ME Health?
* In Lesson 5 we will practice communication skills, so you feel comfortable and confident to share your feelings, describe what you need, and ask for support.

Lesson Resources:

These are additional materials outside of the Behavioral HELP Mental Emotional Health (MEH) Curriculum that provide information that supports the development or implementation of the lesson.

* <https://suicidology.org/2023/08/11/the-cdc-provisional-2022-data-reports-a-record-high-in-suicide-deaths/>
* <https://988lifeline.org/wp-content/uploads/2022/09/HowOurCallsAreRouted-InfographicsRefresh-2.pdf>
* <https://988lifeline.org/talk-to-someone-now/#:~:text=First%2C%20you'll%20hear%20a,you%20will%20answer%20the%20phone>.
* <https://www.webmd.com/a-to-z-guides/what-is-psychotherapist#1-3>
* <https://www.nimh.nih.gov/health/publications/warning-signs-of-suicide>
* <https://www.pennmedicine.org/updates/blogs/health-and-wellness/2017/may/teens-mental-health#:~:text=The%20most%20common%20mental%20illnesses,%2C%20anxiety%2C%20and%2For%20emptiness>
* <https://www.mhanational.org/finding-help-when-get-it-and-where-go#:~:text=First%20Steps%20to%20Finding%20Help,than%20one%20person%20before%20choosing>.
* <https://www.edutopia.org/article/students-identify-credible-research-sources/#:~:text=The%20CRAAP%20Test%20is%20a,each%20word%20in%20the%20acronym>.
* <https://library.csuchico.edu/sites/default/files/craap-test.pdf>

Attachment 4.1: ME Health Notes

1. Which of the following requires you REACH OUT to 911 or a ME health professional?
2. Everyday feelings
3. Overwhelming feelings
4. Urgent signs of a MH concern
5. Strong feelings
6. **Describe urgent warning signs**
7. **List two ME health professionals to REACH OUT to?**
8. **List the two hotlines where you can always reach out for support for ME health.**

Attachment 4.2: ME Health Resource Scavenger Hunt

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| Trusted Adult Resources |

**Sources of Help.**  Who are people in your life you can reach out to if I need support to balance your MEH?

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| --- | --- | --- |
| **Name** | | **Relationship to You**  **ex. Mom, Dad, Sibling, etc.** |
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| **School Resources** – People I can reach out to if I need support for ME health for myself or others. | | |
| School Administrator | |  |
| School Health Professional | |  |
| Trusted Teacher or Staff # 1 | |  |
| Trusted Teacher or Staff #2 | |  |
| Community, State, or National Resources for ME Health | | | |
| Title of Resource: 988 | | Phone Number:  Website:  Address *(if applicable)*: | |
| Description of Services or Resources: | | | |
| This resource supports ME health by…… | | | |

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| --- | --- |
| Resource Name: 741741 | Phone Number:  Website:  Address *(if applicable)*: |
| ME Health Resources or Services Description | |
| This resource supports ME health by…… | |

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| Resource Name: | Phone Number:  Website:  Address *(if applicable)*: |
| ME Health Resources or Services Description | |
| This resource supports ME health by…… | |

Attachment 4.3: Resources for ME Health Scenarios

**Directions**: Underline the signs or symptoms you recognize. Identify the resource(s) that would best support the individual for each situation listed below.

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| --- | --- | --- | --- |
| **Situation** | **Recognize**  **Feelings** | **Reach Out** | **Suggested Resource(s)** |
| You notice multiple cuts on a classmate's arm. You ask them what happened, and they ignore you and walk away. | Overwhelming | Yes  No |  |
| Urgent |
| Feeling |
| Your brother has been using alcohol and other drugs. He tells you he is fine and to mind your own business. You are even more concerned when you see his social media page talking about not wanting to be here anymore. | Overwhelming | Yes  No |  |
| Urgent |
| Feeling |
| You have been experiencing anxious feelings that are not connected to any specific event. You have tried to exercise more, talk with friends, and listen to music, but these strategies are not working. | Overwhelming | Yes  No |  |
| Urgent |
| Feeling |
| You are experiencing a lot of stress balancing soccer practice and your schoolwork. You want to continue to play soccer because you love the sport. You also like being on a team with your friends. Maintaining your grades is also important to you. | Overwhelming | Yes  No |  |
| Urgent |
| Feeling |