



# Youth Mental Health

## Course Syllabus

### Course Description

The purpose of this professional development course is to help educators and administrators in K-12 settings better understand youth mental health and how it impacts schools.

This course will teach you about the history of mental health. You will learn about the mental health challenges young people experience and how mental health impacts schools. You will gain an understanding of mental health professions and multiple diagnoses as well as how trauma impacts students. You will also learn about suicide prevention.

This course enhances classroom teaching effectiveness and supports improved student outcomes by introducing new knowledge in youth mental health: understanding the history and impact of youth mental health, recognizing common challenges and disorders, identifying signs of trauma and suicide risk, and applying strategies to support student well-being in K–12 educational settings.

### Course Objectives

At the end of this course you should be able to:

1. Understand 4 ways the history of mental health has impacted individuals.
2. Identify 3 common mental health challenges faced by youth.
3. Identify 3 mental health challenges within schools and how to help.
4. Identify 3 distinct qualities of 4 kinds of mental health professions and who is appropriate for what care.
5. Identify 4 symptoms of and challenges associated with anxiety and anxiety disorders.
6. Identify 4 aspects of mood disorders and how to live successfully with them.
7. Analyze 5 ways that traumatic stress can impact youth.
8. Identify 4 warning signs of suicide and apply 3 preventative strategies.

### Modules

- Module 1: The History of Mental Health, Quiz 1
- Module 2: Mental Health Challenges Faced by Youth, Quiz 2
- Module 3: Mental Health in Schools, Quiz 3
- Module 4: Mental Health Professionals, Quiz 4
- Module 5: Anxiety Disorders, Quiz 5
- Module 6: Mood Disorders, Quiz 6
- Module 7: Trauma, Quiz 7
- Module 8: Suicide Prevention, Quiz 8

### Grading



Each quiz must be passed at an 80% or higher (three attempts allowed).

### **Format**

This is a self-paced, asynchronous (no required live meetings) course. Throughout the PD course, you will find it helpful to take notes along the way to assist with the quizzes. Within each module, you will find reflection assessments that are not graded but will help in your journey through the course. There is an interactive forum in the course to help you connect with peers and instructors, share ideas, and collaborate on best practices throughout your learning journey.