

PBMHS 2022-23 Youth Mental Health Education Information

1/5/2023 – Lessons 1 – 6

1/9/2023 – Lessons 7 - 11

2022-2023 Mental Health Education Lesson Matrix

DRAFT* subject to change

9th Grade

Published on App * Estimated	Lesson	State Board Rule	Content/Topic
9/6	1	Mental Health Awareness and Assistance	Social Media
9/6	2	Awareness of resources, including local school and community resources 6-The process for accessing treatment	School and Community Resources
9/16 *	3	Prevention of mental health disorders	Emotional First Aid
9/23 *	4	Prevention of the abuse of and addiction to alcohol, nicotine, and drugs	Substance Use and Abuse prevention
9/30 *	5	Prevention of the abuse of and addiction to alcohol, nicotine, and drugs	Alcohol and marijuana: Making safe and healthy decisions
10/7 *	6	Recognition of signs and symptoms of mental health disorders How to reduce the stigma around mental health disorders	Depression (Erika’s Lighthouse Video Segments 1 & 2 and positivity activity)
10/14 *	7	Recognition of signs and symptoms of mental health disorders	Anxiety
10/21 *	8	Strategies to develop healthy coping techniques	Stigma, coping, & resilience
10/21 *	9	Strategies to support a peer, friend, or family member with a mental health disorder	How to support a peer, friend, or family member suffering mental distress or a mental health challenge
10/28 *	10	Prevention of suicide	Suicide Prevention (Erika’s Lighthouse Segment 3)
10/28 *	11	Child Trafficking	Child Trafficking Awareness

2022-2023 Mental Health Education Lesson Matrix

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10th Grade

Published on App * Estimated	Lesson	State Board Rule	Content/Topic
9/6	1	Mental Health Awareness and Assistance	Social Media
9/6	2	Strategies to develop health coping techniques	Healthy Coping Skills
9/16	3	Recognition of signs and symptoms of mental health disorders	Nutrition and Mental Health
9/16	4	Prevention of the abuse of and addiction to alcohol, nicotine, and drugs	Introduction to opioids and prescription drug abuse and misuse
9/16 *	5	Prevention of the abuse of and addiction to alcohol, nicotine, and drugs	Alcohol - binge drinking
9/16 *	6	Prevention of mental health disorders Pursuing mental health and wellness	Clearing the Clutter: Pursuing mental health and wellness
9/23 *	7	Strategies to support a peer, friend, or family member with a mental health disorder	Supporting a peer, family member or friend. Talking Mental Health
9/30 *	8	Awareness of resources, including local school and community resources The process for accessing treatment	Careers in Mental Health
10/7 *	9	Recognition of signs and symptoms of mental health disorders How to reduce the stigma around mental health disorders	Anxiety 101
10/14 *	10	Prevention of Suicide	Suicide Prevention
10/14 *	11	Child Trafficking	Human Trafficking Prevention

2022-2023 Mental Health Education Lesson Matrix

DRAFT * subject to change

11th – 12th Grades

Published on App * Estimated	Lesson	State Board Rule	Content/Topic
9/6	1	Mental Health Awareness and Assistance	Setting Boundaries
9/6	2	Strategies to develop health coping techniques	Self-Care
9/16 *	3	Recognition of signs and symptoms of mental health disorders	OCD
9/23 *	4	Prevention of the abuse of and addiction to alcohol, nicotine, and drugs	Substance Abuse Prevention: Opioids
9/30 *	5	Prevention of the abuse of and addiction to alcohol, nicotine, and drugs	Addiction
10/7 *	6	Prevention of mental health disorders Pursuing mental health and wellness	Investing in YOU!
10/14 *	7	Strategies to support a peer, friend, or family member with a mental health disorder	Emotional Intelligence
10/21 *	8	Awareness of resources, including local school and community resources The process for accessing treatment	Careers in the Mental Health Field
10/28 *	9	Recognition of signs and symptoms of mental health disorders How to reduce the stigma around mental health disorders	Stand up to Stigma
11/4 *	10	Prevention of Suicide	Suicide Prevention
11/11 *	11	Child Trafficking	MBF A21 Lesson