**HOSA Mini Lesson: Breaking the Stigma of Mental Illness**

*Objectives:*

Upon completion of this lesson, students will have sufficient knowledge of, and be able to:

1. define mental health & illness.
2. identify increase in regards to teen mental health related to the COVID – 19 epidemic.

3. explain the Surgeon Generals What Young People Can Do regarding mental health issues.

4. define the media’s impact on the stigma of mental health.

5. explore specific mental health illness such as: obsessive-compulsive disorder,

 schizophrenia, bipolar disorder, and substance abuse.

6. complete BE THERE certification course successfully.

7. provide education to others about the stigma of mental health.

*Time:*

* Review Surgeon General’s What Young People Can Do from the Youth Mental Health Advisory (20 min)
* Lessons from NAMI – [Breaking the Silence](https://www.hhs.gov/sites/default/files/surgeon-general-youth-mental-health-advisory.pdf)  (approximately 10 hours of lesson plans and activities)
* [BE THERE](https://betherecertificate.org/) online course on how to help a friend that is experiencing mental health issues. (2 hours)

*Materials:*

* PowerPoint
* internet access
* Download of Breaking the Silence
* BE THERE course link

*Instruction:*

1. Share PowerPoint on What Youth Can Do from Surgeon General’s Advisory Report
2. Share lesson selections from Breaking the Silence
3. Assign 2 hour Be There course
4. Develop Health Education plan or PSA on decreasing the stigma of mental health.
5. [Teaching Happiness Dr. Laurie Santos free lessons](https://www.drlauriesantos.com/teaching-happiness)

*Assessment:*

1. Health Education on Decreasing the Stigma of Mental Health
2. PSA: Decreasing the Stigma of Mental Health

*Standards:*

NCHSE

3.1.3 Analyze the impact of emerging issues on healthcare delivery systems.

• Addictions

• Bioethics

• Epidemiology

• Socioeconomics

• Technology

9.1.1 Promote behaviors of health and wellness.

* Exercise
* Nutrition
* Relationships
* Sleep habits
* Stress management
* Weight control

9.1.2 Examine various aspects of behavioral health.

* Anxiety
* Depression
* Substance abuse
* Suicide

*For additional Curriculum Crosswalks see* [*CE Useful Tools*](http://hosa.org/CEUsefulTools)