

# Mental Health Awareness Project

Name: \_\_\_\_\_ Date: \_\_\_\_\_ Hour: \_\_\_\_\_

## Team Members:

1. \_\_\_\_\_ - Patient
2. \_\_\_\_\_ - Family Member/loved ones
3. \_\_\_\_\_ - Medical Expert

## Research Topic: \_\_\_\_\_

This is a team project where team members research a specific mental health disorder, gather reliable health information and resources, and present research findings to the rest of the class. Using the data gathered, teams will prepare and come to the next class ready to set up their posters at the beginning of the class.

Follow the project procedures listed below for the research activity and setting up posters for the next class:

1. Fill out the team members' names, assigned research topic, and date/class period information on the top of each page of this project packet.
2. Use the **Research Team Role Cards** sheet on **page 2** of this packet to assign the three roles to each team member.
3. Distribute the **Research Questions** for Patient, Medical expert, and Family/Loved ones on **pages 3, 4, and 5** respectively, to corresponding team members who are responsible for completing the set of Research Questions for their assigned roles.
4. Research online and/or review printed materials to complete the Research Questions sheets.
5. Regroup to share and compare all team members' research findings, and agree on what each team member will prepare and bring to the next class for the poster display.
6. Consider the following ideas for the poster display and how your poster will be evaluated.

## Poster Presentation Criteria

Content/Accuracy	Design	Effectiveness
<p>The poster includes at minimum the following types of information:</p> <ul style="list-style-type: none"> <li>• <b><u>Name of group members</u></b></li> <li>• <b><u>Title</u></b></li> <li>• Clearly identified mental health disorder topic - <b><u>Definition</u></b></li> <li>• Common <b><u>symptoms</u></b></li> <li>• Possible <b><u>causes</u></b></li> <li>• <b><u>Treatments</u></b></li> <li>• Relevant <b><u>Idaho - U.S. statistics</u></b></li> <li>• Available online and local services and resources – <b><u>800 number and website</u></b></li> <li>• Available information that relates to the <b><u>Community and Stigma</u></b></li> <li>• <b><u>Citation</u></b> of all sources where you found the information – Separate sheet of paper</li> </ul>	<p>The poster has graphic elements such as:</p> <ul style="list-style-type: none"> <li>• <b><u>Cohesive look</u></b> - a team creation and not a composite of three different individuals' work.</li> <li>• <b><u>Logical and easy to follow</u></b> graphic organization of the poster content</li> <li>• <b><u>Creative</u></b> use of visual elements— e.g., images, colors, shapes, different letter sizes, etc.</li> </ul>	<p>The poster has the following qualities that attract people's attention and make it easy to understand the content:</p> <ul style="list-style-type: none"> <li>• It is <b><u>easy to read and identify different sections.</u></b></li> <li>• The information is <b><u>presented in clear writing and enhanced by design elements.</u></b></li> <li>• Content and design of the poster are <b><u>informative and respectful of the topic.</u></b></li> </ul>

# Mental Health Awareness Project

## Research Team Role Cards

### Patient



As the patient, you are responsible for researching the symptoms associated with the mental illness (s).

How might you think, feel, act?

### Medical Expert



As the Medical expert, you are responsible for researching current treatments for the mental illness(s) and informing others about different mental health professionals.



### Family Member/loved ones



As a family member of a person diagnosed with a mental illness, you are responsible for researching resources in the community to help with the mental illness(s). Additionally, you are to research anything that relates to the community and stigma.



### Instructions:

As a team, you each have a specific role. You are to become an expert in your area and answer the questions pertaining to your role on the Research Questions sheet. Work together or individually to answer all the research questions. Please note that some of the questions will need to be answered by more than one member of your team to form a thorough response.

# Mental Health Awareness Project

Name: \_\_\_\_\_ Date: \_\_\_\_\_ Hour: \_\_\_\_\_

## **Team Members:**

1. \_\_\_\_\_ - Patient
2. \_\_\_\_\_ - Family Member/loved ones
3. \_\_\_\_\_ - Medical Expert

**Research Topic:** \_\_\_\_\_

## **Research Questions for Patient**

**Instructions:** *On a separate piece of paper* use the following websites or printed materials to answer the research questions on this page.

- Mental Health and Behavior on the MedlinePlus® by the National Library of Medicine at <http://www.nlm.nih.gov/medlineplus/mentalhealthandbehavior.html>
- National Institute of Mental Health – Mental Disorders and Mental Health Topics at <http://www.nimh.nih.gov/health/topics/index.shtml>
- National Alliance on Mental Illness at <http://www.nami.org>
- Mental Health Services Locator at <http://mentalhealth.samhsa.gov/databases/>
- TeensHealth™ from Nemours Foundation at [http://kidshealth.org/teen/your\\_mind/](http://kidshealth.org/teen/your_mind/)
- Suicide Prevention Network of Idaho - <http://www.spanidaho.org/>
- Idaho Department of Health and Welfare – Mental Health at <http://healthandwelfare.idaho.gov/Default.aspx?TabId=103>

1. What are some common symptoms that patients experience when affected by the specific mental health disorder your team has been assigned?
2. What are some known or possible causes of this disorder?
3. How many people in the U.S. are diagnosed with the disorder?
4. What are some other relevant statistics that might be helpful for patients?
5. What are some reasons someone might not seek help for this mental disorder?
6. What other information do you think will help people better understand this mental health condition and seek appropriate help?
7. What other questions do you want answered?

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Name: \_\_\_\_\_ Date: \_\_\_\_\_ Hour: \_\_\_\_\_

## **Team Members:**

1. \_\_\_\_\_ - Patient
2. \_\_\_\_\_ - Family Member/loved ones
3. \_\_\_\_\_ - Medical Expert

**Research Topic:** \_\_\_\_\_

## **Research Questions for Family and Loved Ones**

**Instructions:** *On a separate piece of paper* use the following websites or printed materials to answer the research questions on this page.

- Mental Health and Behavior on the MedlinePlus® by the National Library of Medicine at <http://www.nlm.nih.gov/medlineplus/mentalhealthandbehavior.html>
- National Institute of Mental Health – Mental Disorders and Mental Health Topics at <http://www.nimh.nih.gov/health/topics/index.shtml>
- National Alliance on Mental Illness at <http://www.nami.org>
- Mental Health Services Locator at <http://mentalhealth.samhsa.gov/databases/>
- TeensHealth™ from Nemours Foundation at [http://kidshealth.org/teen/your\\_mind/](http://kidshealth.org/teen/your_mind/)
- Suicide Prevention Network of Idaho - <http://www.spanidaho.org/>
- Idaho Department of Health and Welfare – Mental Health at <http://healthandwelfare.idaho.gov/Default.aspx?TabId=103>

1. What are some signs of the mental health disorder that you can identify?
2. Are there any negative stereotypes about people affected by this mental illness? Please describe.
3. List at least three local mental health resources/services available for helping and supporting people affected with this mental disorder as well as their family members?
4. List at least three online resources with reliable information about this mental condition and explain why you consider them credible.
5. What other information do you think will help people better understand this mental health condition and seek appropriate help?
6. What other questions do you want answered?

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## **Team Members:**

1. \_\_\_\_\_ - Patient
2. \_\_\_\_\_ - Family Member/loved ones
3. \_\_\_\_\_ - Medical Expert

**Research Topic:** \_\_\_\_\_

## **Research Questions for Medical Experts**

**Instructions:** *On a separate piece of paper* use the following websites or printed materials to answer the research questions on this page.

- Mental Health and Behavior on the MedlinePlus® by the National Library of Medicine at <http://www.nlm.nih.gov/medlineplus/mentalhealthandbehavior.html>
- National Institute of Mental Health – Mental Disorders and Mental Health Topics at <http://www.nimh.nih.gov/health/topics/index.shtml>
- National Alliance on Mental Illness at <http://www.nami.org>
- Mental Health Services Locator at <http://mentalhealth.samhsa.gov/databases/>
- TeensHealth™ from Nemours Foundation at [http://kidshealth.org/teen/your\\_mind/](http://kidshealth.org/teen/your_mind/)
- Suicide Prevention Network of Idaho - <http://www.spanidaho.org/>
- Idaho Department of Health and Welfare – Mental Health at <http://healthandwelfare.idaho.gov/Default.aspx?TabId=103>

1. What are some risk factors in mental illness? And how is the specific mental health disorder you researched diagnosed?
2. What are general methods used to treat this mental disorder?
3. Why is it important to identify and treat clinical depression in mental health patients?
4. What are some medical science careers available in helping and researching mental health issues? (Hint: visit and explore Mental Health America web site at <http://www.mentalhealthamerica.net/types-mental-health-professionals>)
5. What other information do you think will help people better understand this mental health condition and seek appropriate help?
6. What other questions do you want answered?