



Youth Mental Health Course Syllabus

Course Description

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.

Course Purpose

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.

Course Objectives

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

1. Analyze how the history of mental health has impacted individuals.
2. Identify mental health challenges faced by youth.
3. Identify mental health challenges within schools and how to help.
4. Educate others regarding the various mental health professions.
5. Identify symptoms of and challenges associated with anxiety and anxiety disorders.
6. Identify symptoms of mood disorders and how to live successfully with them.
7. Analyze how trauma can impact individuals.
8. Identify warning signs of suicide and apply preventative strategies.

- 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 (retakes 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 readings that will help you to answer quiz questions.