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.

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 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/ Learning Outcomes

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 (Estimated Time is 6 hours)
    - Activity: Module Challenge
    - Activity: (4) Articles
    - Activity: (3) Videos
    - Activity: (1) Podcast

- - Module Wrap Up
  - Quiz
  - Sample Resource
- Module 2: Mental Health Challenges Faced by Youth (Estimated Time is 5.5 hours)
  - Activity: Module Challenge
  - Activity: (5) Articles
  - Activity: (3) Videos
  - Activity: (1) Survey Report
  - Module Wrap Up
  - Quiz
  - Sample Resource
- Module 3: Mental Health in Schools (Estimated Time is 5.5 hours)
  - Activity: Module Challenge
  - Activity: (5) Articles
  - Activity: (5) Videos
  - Module Wrap Up
  - Quiz
  - Sample Resource
- Module 4: Mental Health Professionals (Estimated Time is 5.5 hours)
  - Activity: Module Challenge
  - Activity: (4) Articles
  - Activity: (7) Videos
  - Module Wrap Up
  - Quiz
  - Sample Resource
- Module 5: Anxiety Disorders (Estimated Time is 5.5 hours)
  - Activity: Module Challenge
  - Activity: (2) Articles
  - Activity: (5) Videos
  - Module Wrap Up
  - Quiz
  - Sample Resource
- Module 6: Mood Disorders (Estimated Time is 6 hours)
  - Activity: Module Challenge
  - Activity: (3) Articles
  - Activity: (7) Videos
  - Module Wrap Up
  - Quiz
  - Sample Resource
- Module 7: Trauma (Estimated Time is 5.5 hours)

- - Activity: Module Challenge
    - Activity: (3) Articles
    - Activity: (6) Videos
    - Module Wrap Up
    - Quiz
    - [Sample Resource](#)
- Module 8: Suicide Prevention (Estimated Time is 5.5 hours)
    - Activity: Module Challenge
    - Activity: (3) Articles
    - Activity: (2) Videos
    - Activity: (1) Podcast
    - Module Wrap Up
    - Quiz
    - [Sample Resource](#)

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. 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.

Miscellaneous

ISU is accredited through the Northwest Commission on Colleges and Universities (NWCCU). This course aligns with Colorado Educator and/or Special Service Provider Standards as follows:

- Teachers demonstrate mastery of and pedagogical expertise in the content they teach.
- Teachers establish a safe, inclusive and respectful learning environment for a diverse population of students.
- Teachers plan and deliver effective instruction and create an environment that facilitates learning for their students.
- Teachers demonstrate professionalism through ethical conduct, reflection, and leadership.