

## Class One – Introduction and Mental Health Review 2 hours

### Materials

Wellness Workbook  
Pre and Post Tests

### Topics

Introductions  
Class Overview  
Types of mental illnesses

### **Sign-In – 10 minutes**

- ❖ Distribute workbooks

### **Introductions and Ice breaker – 40 minutes**

- ❖ Welcome everyone to the class
- ❖ Go over class rules and requirements
- ❖ Overview of the class and its importance
- ❖ Go over main topics for each class
- ❖ Class introductions
- ❖ Icebreaker activity – 2 truths and a lie

### **Pre and Post Tests – 5 minutes**

- ❖ Overview of tests
- ❖ Class 1 test completed

### **Break – 10 minutes**

### **What is a Mental Illness and Types of Mental Illnesses – 45 minutes**

- ❖ Define and discuss mental illness with the class
- ❖ Discuss causes of mental illnesses
- ❖ Define types of mental illnesses and discuss with the class
- ❖ Depression, Anxiety, ADHD, Bipolar Disorder, Schizophrenia

### **Review and Post Test– 10 minutes**

- ❖ Class Review
- ❖ Post Test
- ❖ Introductions
- ❖ Collect workbooks

## Class 2 – Recovery/Personal Wellness 2 hours

### Materials

Wellness Workbook  
Pre and Post Tests

### Topics

Recovery  
Personal Wellness

### **Sign-In and Introductions – 15 minutes**

- ❖ Icebreaker Activity – Camping Exercise
- ❖ Distribute Workbooks

### **Pre Test and Review – 15 – minutes**

- ❖ Take pre test.
- ❖ Review what a mental illness is and types of mental illnesses?

### **What is Recovery and Why is Recovery Important? – 30 minutes**

- ❖ Discuss recovery with the class and why it is important. Relate to children.

### **Break – 10 minutes**

### **Personal Wellness – 40 minutes**

- ❖ Why is it important that we take care of ourselves?
- ❖ Why mentally? Why physically? How do they relate?

### **Review and Post Test– 10 minutes**

- ❖ Class review
- ❖ Questions
- ❖ Post Test
- ❖ Collect workbooks

## Class 3 – Personal Wellness Continued 2 hours

### Materials

Wellness Workbook  
Pre and Post Test

### Topics

Personal Wellness

### **Sign In, Review and Pre Test– 20 minutes**

- ❖ Sign in and review recovery and personal wellness
- ❖ Take Pre Test
- ❖ Distribute workbooks

### **Discuss how you are when you are feeling well and how things look? – 30 minutes**

- ❖ Discuss personal wellness, how you are when you are feeling well and how things look.
- ❖ Journaling activity.

### **Break – 10 minutes**

### **How do you make yourself feel better? – 50 minutes**

- ❖ What has worked for you in the past, what haven't you tried, what do your providers and fellow peers recommend?
- ❖ Things to avoid?
- ❖ Journal answers.

### **Review and Post Test– 10 minutes**

- ❖ Class Review
- ❖ Questions
- ❖ Post Test
- ❖ Collect workbooks

## Class 4 – Triggers 2 hours

### Materials

Wellness Workbook  
Pre and Post Tests

### Topics

Triggers

### **Review and Pre Test – 15 minutes**

- ❖ Sign in and review Personal Wellness
- ❖ Take Pre Test
- ❖ Distribute workbooks

### **What is a trigger and What are your personal Triggers? – 45 minutes**

- ❖ Discuss triggers and examples of triggers
- ❖ Journal personal triggers

### **Break – 10 minutes**

### **How to keep triggers from getting worse –40 minutes**

- ❖ Discussion of activities
- ❖ Journal Activities

### **Review and Post Test– 10 minutes**

- ❖ Class Review
- ❖ Questions
- ❖ Post Test
- ❖ Collect workbooks

## Class 5 – Early Warning Signs 2 hours

### Materials

Wellness Workbook  
Pre and Post Tests

### Topics

Early Warning Signs

### **Review and Pre Test – 15 minutes**

- ❖ Sign in and review triggers
- ❖ Take Pre Test
- ❖ Distribute workbooks

### **Discuss Early Warning Signs – 35 minutes**

- ❖ Discuss early warning signs
- ❖ Journal personal early warning signs

### **Break – 10 minutes**

### **Triggers and Early Warning Signs – 10 minutes**

- ❖ Discussion relationship of triggers and early warning signs

### **Activities to Reduce Early Warning Signs – 40 minutes**

- ❖ Discussion
- ❖ Journal personal activities

### **Review and Post Test– 10 minutes**

- ❖ Class review
- ❖ Questions
- ❖ Post Test
- ❖ Collect workbooks

## Class 6 – Crisis Plan 2 hours

### Materials

Wellness Workbook  
Pre and Post Tests

### Topics

Crisis Plans  
Begin Personal Crisis Plans

### **Review and Pre Test– 15 minutes**

- ❖ Sign in and review early warning signs
- ❖ Pre Test
- ❖ Distribute workbooks

### **Crisis Plan – 40 minutes**

- ❖ Explanation and discussion
- ❖ What is included in a crisis plan?

### **Break – 10 minutes**

### **Importance of Crisis Plan – 15 minutes**

- ❖ Discuss and Relate to children

### **Begin Crisis Plan – 30 minutes**

- ❖ Pages 1-2

### **Review and Post Test– 10 minutes**

- ❖ Class review
- ❖ Questions
- ❖ Post Test
- ❖ Collect workbooks

## Class 7 – Crisis Planning 2 hours

### Materials

Wellness Workbook  
Pre and Post Tests

### Topics

Complete Crisis Plans

### **Review and Pre Test – 15 minutes**

- ❖ Sign in and crisis plan review
- ❖ Pre Test
- ❖ Distribute workbooks

### **Crisis Plan Development – 45 minutes**

- ❖ Pages 3-6

### **Break – 10 minutes**

### **Crisis Plan Development – 30 minutes**

- ❖ Final completion
- ❖ Questions

### **Review and Post Test – 20 minutes**

- ❖ Class review
- ❖ Questions
- ❖ Post Test
- ❖ Discuss last class
- ❖ Collect workbooks

## Class 8 – Review 2 hours

### Materials

Wellness Workbook

Evaluation

### **Review – 10 minutes**

- ❖ Sign in and review the crisis plans
- ❖ Distribute workbooks

### **Class Overview – 50 minutes**

- ❖ Mental Health
- ❖ Recovery
- ❖ Personal Wellness
- ❖ Triggers
- ❖ Early Warning Signs

### **Break – 10 minutes**

### **Class Overview Cont. – 20 minutes**

- ❖ Crisis Plan
- ❖ Questions

### **Evaluations – 10 minutes**

- ❖ Fill our evaluation forms

### **Wrap up – 20 minutes**

- ❖ Final class wrap up
- ❖ Distribute crisis plans
- ❖ Last thoughts, usefulness of class