

# Program Title: Mental Health at IMSA

PROGRAM DEVELOPER		PROGRAM LENGTH		DATE IMPLEMENTED	
Joe Mastrocola Joey Longo Liam McParland		Estimated: 30 minutes	Actual: 30 minutes	9/10/15	
CURRICULUM AREAS		PROGRAM SUMMARY			
	Lifelong Learner	<p>The purpose of this program is to raise awareness for the students in the wing regarding mental health issues. We plan to focus primarily on issues that are more likely to come up at IMSA. In a way, this program is meant to complement the school counselor's emotional resilience seminar.</p>			
	Identity				
	Ethical decision Making				
	Goal Setting and Planning				
	Time Management				
	Study Skills/Test Taking Strategies				
x	Personal Wellness				
	Positive Risk Taking				
	Relationships				
	Appreciation on Differences				
	Community Membership				
PROGRAM SIZE					
		3-10 students			31-40 students
		x	11-20 students		41-50 students
			21-30 students		50+ students
SSL:					
D.4 maintaining mental and emotional health [MCSH-4]					
LEARNING OBJECTIVES (Audience, Behavior with action verb, Condition, Degree) Essential knowledge, concepts, skills, performances...					
<p>Students will be able to recognize the common emotional and mental health issues that can occur as a student at IMSA.</p> <p>Students will be able to know what resources are available on campus to support them when they have mental/emotional health issues.</p>					
MATERIALS			PREPARATION / MANAGEMENT		
Attach copies of materials designed/selected for student/instructional use					
NA			Plan out what you'd like to discuss.		
INSTRUCTIONAL PROCEDURES					
INTRODUCTION (hook, focus, key question, motivation)					

	Inform students that issues of mental health and emotional wellbeing are serious issues on IMSA's campus. It is important to be able to recognize mental health issues in others as well as yourself as it is the first step to getting better.
<b>BODY OF PROGRAM</b> (Active, student engagement, learning, developing)	
	Have all the students meet in a student room with the wing guides (student leaders) who will be leading the program. Having the program in a student room gives the program a more personal and deeper feel. From there, the wing guides will lead the program by delivering information to students and allowing students to ask questions.
<b>CLOSURE</b> (summary, wrap-up)	
	Wrap up the program by summarizing all of the resources on campus resources available to students and recapping some of the highlights of the discussion.
<b>EXTENSIONS AND/OR RELATED ACTIVITIES</b> List and describe	
This in itself is sort of a related activity to the emotional resilience program the school counselor does.	
<b>SOURCES USED IN PREPARATION OF THIS LESSON PLAN</b> List and describe	
NA	
<b>REFLECTION ON STUDENT LEARNING, ASSESSMENT &amp; LESSON IMPLEMENTATION</b> (What worked, didn't work, will do differently and next steps)	
The informal conversation that took place really worked well. It made people feel comfortable to open up. For future improvements, maybe a good snack could be provided.	