# Mind Matters
## FC14 – Counseling and Mental Health II
### GRADES 9-12

### STRAND 1 – Understand the counseling and mental health field.

<table>
<thead>
<tr>
<th>OBJECTIVE</th>
<th>LESSON</th>
</tr>
</thead>
</table>
| **1.01** Understand the stigma related to mental health. | Lesson 5: I Get By with a Little Help from My Friends/Wheel of Awareness  
- Mapping Your Support System  
**Lesson 6: Compassion for The Hijacked Brain**  
- Effects of Trauma on the Brain and Behavior  
- ACE Response Checklist  
- HOPE: Methods to Build Your Brain |
| **1.02** Remember the history of mental health theories and research. | N/A |
| **1.03** Understand career paths, credentials, and licenses in social work and counseling and mental health. | N/A |
| **1.04** Understand how employability skills and career decision affect quality of life. | Lesson 10: Life of Intention  
- Your Road Map for Life  
- SMARTER Goals  
**Lesson 11: Code of Honor / Asking for Help**  
- Code of Honor/The Honor Shield |
| **1.05** Understand professional behaviors, ethics, and laws in providing counseling and mental health. | N/A |

### STRAND 2 – Understand how the human brain functions.

<table>
<thead>
<tr>
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</table>
| **2.01** Remember how the brain and nervous system function. | Lesson 6: Compassion for The Hijacked Brain  
- Effects of Trauma on the Brain and Behavior  
- HOPE: Methods to Build Your Brain  
**Lesson 7: Trauma Containment and Rhythm** |
### Lesson 8: Tapping / Efficient Sleep
- Learn Tapping
- Efficient Sleep

### Lesson 10: Life of Intention
- Your Road Map for Life

### Lesson 11: Code of Honor / Asking for Help
- Code of Honor/The Honor Shield

### Lesson 12: The Ongoing Journey
- Personal Agreement Contract

#### 2.02 Understand how mental health affects wellness across the lifespan.

#### 2.03 Understand the development of emotional literacy.

#### 2.04 Understand effective practices for building positive mental health.

#### ALL Lessons/Activities

### STRAND 3 – Evaluate mental health theories and treatments.

<table>
<thead>
<tr>
<th>OBJECTIVE</th>
<th>LESSON</th>
</tr>
</thead>
<tbody>
<tr>
<td>3.01 Understand theories of mental health development.</td>
<td>N/A</td>
</tr>
<tr>
<td>3.02 Analyze treatment options for mental health related services.</td>
<td>N/A</td>
</tr>
<tr>
<td>3.03 Analyze the effect of technology on mental health research and treatment delivery.</td>
<td>Lesson 7: Trauma Containment and Rhythm</td>
</tr>
<tr>
<td></td>
<td>• Integrate the Senses through Rhythm</td>
</tr>
</tbody>
</table>
### Lesson 3: The Difference Between Emotion and Thought / The Internal Journal
- The Internal Journal

### Lesson 4: Building Empathy
- Loving Kindness

### Lesson 5: I Get By with a Little Help from My Friends/Wheel of Awareness
- Wheel of Awareness

## STRAND 4 – Analyze mental disorders.

<table>
<thead>
<tr>
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<tbody>
<tr>
<td><strong>4.01</strong> Understand the major classifications of mental health disorders.</td>
<td>N/A</td>
</tr>
<tr>
<td><strong>4.02</strong> Analyze how mental health disorders are assessed and diagnosed.</td>
<td>N/A</td>
</tr>
<tr>
<td><strong>4.03</strong> Analyze specific mental disorders and their affect across the lifespan.</td>
<td>N/A</td>
</tr>
</tbody>
</table>
| **4.04** Analyze substance abuse related disorders. | Lesson 6: Compassion for The Hijacked Brain
- Introduction of Trauma and ACES Questionnaire
- Further Information on Trauma
- Effects of Trauma on the Brain and Behavior
- ACE Response Checklist |

## STRAND 5 – Evaluate social awareness issues related to teen violence.

<table>
<thead>
<tr>
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</thead>
</table>
| **5.01** Understand the cycle of abuse. | Lesson 6: Compassion for The Hijacked Brain
- Introduction of Trauma and ACES Questionnaire
- Further Information on Trauma
- Effects of Trauma on the Brain and Behavior
- ACE Response Checklist
- HOPE: Methods to Build Your Brain |
<p>| <strong>Lesson 10: Life of Intention</strong> | Your Road Map for Life |</p>
<table>
<thead>
<tr>
<th>5.02</th>
<th>Analyze the signs and effect of child abuse, domestic abuse, and dating violence.</th>
</tr>
</thead>
<tbody>
<tr>
<td>5.03</td>
<td>Analyze the effect of bullying on adolescent development.</td>
</tr>
<tr>
<td>5.04</td>
<td>Evaluate the impact of suicide on individual and family lives.</td>
</tr>
</tbody>
</table>

**Lesson 12: The Ongoing Journey**
- Personal Agreement Contract

**Lesson 6: Compassion for The Hijacked Brain**
- Introduction of Trauma and ACES Questionnaire
- Further Information on Trauma
- Effects of Trauma on the Brain and Behavior
- ACE Response Checklist
- HOPE: Methods to Build Your Brain

**Lesson 4: Building Empathy**
- Building Empathy
- Loving Kindness

**Lesson 5: I Get By with a Little Help from My Friends/Wheel of Awareness**
- Mapping Your Support System
- Wheel of Awareness

**Lesson 7: Trauma Containment and Rhythm**
- Trauma Containment

**Lesson 6: Compassion for The Hijacked Brain**
- Introduction of Trauma and ACES Questionnaire