

Mind Matters

FC14 – Counseling and Mental Health II
GRADES 9-12

STRAND 1 – Understand the counseling and mental health field.

OBJECTIVE	LESSON
1.01 Understand the stigma related to mental health.	Lesson 5: I Get By with a Little Help from My Friends/Wheel of Awareness <ul style="list-style-type: none"> Mapping Your Support System Lesson 6: Compassion for The Hijacked Brain <ul style="list-style-type: none"> 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 <ul style="list-style-type: none"> Your Road Map for Life SMARTER Goals Lesson 11: Code of Honor / Asking for Help <ul style="list-style-type: none"> 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.

OBJECTIVE	LESSON
2.01 Remember how the brain and nervous system function.	Lesson 6: Compassion for The Hijacked Brain <ul style="list-style-type: none"> Effects of Trauma on the Brain and Behavior HOPE: Methods to Build Your Brain Lesson 7: Trauma Containment and Rhythm

	<ul style="list-style-type: none"> • Trauma Containment • Integrate the Senses through Rhythm Lesson 8: Tapping / Efficient Sleep <ul style="list-style-type: none"> • Learn Tapping • Efficient Sleep
2.02 Understand how mental health affects wellness across the lifespan.	Lesson 10: Life of Intention <ul style="list-style-type: none"> • Your Road Map for Life Lesson 11: Code of Honor / Asking for Help <ul style="list-style-type: none"> • Code of Honor/The Honor Shield Lesson 12: The Ongoing Journey <ul style="list-style-type: none"> • Personal Agreement Contract
2.03 Understand the development of emotional literacy.	Lesson 2: Discover Emotions <ul style="list-style-type: none"> • Body Scan • Practice Identifying Emotions • Emotions: When They Work and When They Don't Lesson 3: The Difference Between Emotion and Thought / The Internal Journal <ul style="list-style-type: none"> • Expressing Emotion or Thought • Emotion or Thought Chart • The Internal Journal Lesson 4: Building Empathy <ul style="list-style-type: none"> • Building Empathy • Loving Kindness
2.04 Understand effective practices for building positive mental health.	ALL Lessons/Activities
STRAND 3 – Evaluate mental health theories and treatments.	
OBJECTIVE	LESSON
3.01 Understand theories of mental health development.	N/A
3.02 Analyze treatment options for mental health related services.	N/A
3.03 Analyze the effect of technology on mental health research and treatment delivery.	Lesson 7: Trauma Containment and Rhythm <ul style="list-style-type: none"> • Integrate the Senses through Rhythm

3.04 Evaluate positive and strengths-based psychology.	Lesson 3: The Difference Between Emotion and Thought / The Internal Journal <ul style="list-style-type: none"> The Internal Journal Lesson 4: Building Empathy <ul style="list-style-type: none"> Loving Kindness Lesson 5: I Get By with a Little Help from My Friends/Wheel of Awareness <ul style="list-style-type: none"> Wheel of Awareness
STRAND 4 – Analyze mental disorders.	
OBJECTIVE	LESSON
4.01 Understand the major classifications of mental health disorders.	N/A
4.02 Analyze how mental health disorders are assessed and diagnosed.	N/A
4.03 Analyze specific mental disorders and their affect across the lifespan.	N/A
4.04 Analyze substance abuse related disorders.	Lesson 6: Compassion for The Hijacked Brain <ul style="list-style-type: none"> 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.	
OBJECTIVE	LESSON
5.01 Understand the cycle of abuse.	Lesson 6: Compassion for The Hijacked Brain <ul style="list-style-type: none"> 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 10: Life of Intention <ul style="list-style-type: none"> Your Road Map for Life

	Lesson 12: The Ongoing Journey <ul style="list-style-type: none"> • Personal Agreement Contract
5.02 Analyze the signs and effect of child abuse, domestic abuse, and dating violence.	Lesson 6: Compassion for The Hijacked Brain <ul style="list-style-type: none"> • 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
5.03 Analyze the effect of bullying on adolescent development.	Lesson 4: Building Empathy <ul style="list-style-type: none"> • Building Empathy • Loving Kindness Lesson 5: I Get By with a Little Help from My Friends/Wheel of Awareness <ul style="list-style-type: none"> • Mapping Your Support System • Wheel of Awareness Lesson 7: Trauma Containment and Rhythm <ul style="list-style-type: none"> • Trauma Containment
5.04 Evaluate the impact of suicide on individual and family lives.	Lesson 6: Compassion for The Hijacked Brain <ul style="list-style-type: none"> • Introduction of Trauma and ACES Questionnaire