

# MHF-EEE SAMPLE CURRICULUM

mental health facilitator–educator’s edition

Module 1: Investing in Mental Health in the Schools

## Investing in Mental Health



- Too many schools do not have mental health services, including school counseling services
- The majority of school children do not receive appropriate mental health care
  - Inadequate, inappropriate or nonexistent services are common
  - Where there are services, educators, students and families are often dissatisfied

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## Student Mental Health and Education

### **Mental health problems influence students’ school performance:**

- An increasing number of students’ mental health issues place them at risk for school failure
- Children with serious emotional difficulties have high rates of school failure, and 50% drop out of school
- Students with unaddressed emotional, behavioral and social difficulties will have less capacity to learn and take advantage of the school environment

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Module 13: Facilitating in Crisis, Disaster and Trauma

## Providing Support

- Students with strong social support cope better with life’s stressors
- Use open questions to clarify students’ thoughts and feelings
- Encourage positive coping
  - Talking to another student for support
  - Engaging in positive, distracting activities
  - Receiving family support
  - Getting adequate rest
  - Exercising
- Introduce the student to simple relaxation, anger management or sleep improvement skills
- Provide referrals when necessary
- Follow-up

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## Principles of Care: Mental Health Facilitation With Integrity and Care

The principles of care form the basic guidelines for helping and protecting the student with whom you will be working

- Carefulness- do good
- Be honest
- Respect- be trustworthy
- Respect- support self-direction
- Protect student identities and privacy

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