EXHIBITION PROGRAM

THE LITERATURE OF PRESCRIPTION
Lesson Plan: Making Sense of Mental Health Past & Present

Team Members_____

Date _____

Class Period _____

Discussion Circle

Instructions:

1. Appoint a time keeper/facilitator for the team, who will keep the discussion focused and moving.

2. Assign each of the three remaining team members one of the three categories of text selections—symptoms, treatments, and causes—related to a mental illness described in "The Yellow Wall-Paper."

3. Conduct three discussion rounds in the order of Symptoms first, Treatments second, and Causes third.

4. Follow the steps below for each discussion round:

   a. a student presents the list of text selections on her or his assigned category (two minutes or less);

   b. the other two students expand on the list or clarify any assumptions made by the presenting student (one minute for each student);

   c. at the end of each discussion round, all three students work together to list at least five text examples under each category of the table below (one minute).

Literary Depictions of Mental Illness:

Symptoms	Treatments	Causes

5. Review the three lists above and make inferences to finish the following sentences:

   a. The symptoms express feelings of

   b. The treatments described in "The Yellow Wall-Paper" seem

   c. The causes of the narrator's mental illness originate from

THE LITERATURE OF PRESCRIPTION
Lesson Plan: Making Sense of Mental Health Past & Present

EXHIBITION PROGRAM

Team Members _____

Date _____

Class Period _____

Gallery Walk: Poster Assessment

1. What are some key ideas you have gained by working on your own poster project?

2. Viewing different teams' posters, which information do you consider most and least interesting? Explain your responses.

3. What surprised you most about the mental health disorders after viewing the posters?

4. Which poster was your favorite and why?

5. How could the information you've learned from the Mental Health Awareness posters help you in the future?

6. What are some additional questions you have about the mental health topics? Where and how can you find answers to the questions?

EXHIBITION PROGRAM

THE LITERATURE OF PRESCRIPTION
Lesson Plan: Making Sense of Mental Health Past & Present

Team Members _____
Date _____
Class Period _____

List of Mental Health Disorders

Team Assignment Table:

Topic	Team Number	Team Members
clinical depression		
post-partum depression		
manic depression (bipolar)		
seasonal affectiive disorder (SAD)		
phobia		
obsessive-compulsive disorder (PCD)		
panic disorder		
post-traumatic stress disorder (PTSD)		
social anxiety disorder		
eating disorder		
multiple personality disorder		
schizophrenia		
suicide		

EXHIBITION PROGRAM

THE LITERATURE OF PRESCRIPTION
Lesson Plan: Making Sense of Mental Health Past & Present

Team Members _____
Research Topic _____
Date/Class Period _____

Mental Health Awareness

This is a team project where team members research a specific mental health disorder, gather reliable health information and resources, and present research findings to the rest of the class. Using the data gathered, teams will prepare and come to the next class ready to set up their posters at the beginning of the class.

Follow the project procedures listed below for the research activity and setting up posters for the next class:

1. Fill out the team members' names, assigned research topic, and date/class period information on the top of each page of this project packet.

2. Use the Research Team Role Cards sheet on page 2 of this packet to assign the three roles to each team member.

3. Distribute the Research Questions for Patient, Medical expert, and Family/Loved ones on pages 3, 4, and 5 respectively, to corresponding team members who are responsible for completing the set of Research Questions for their assigned roles.

4. Research online and/or review printed materials to complete the Research Questions sheets.

5. Regroup to share and compare all team members' research findings, and agree on what each team member will prepare and bring to the next class for the poster display.

6. Consider the following ideas for the poster display and how your poster will be evaluated.

Poster Presentation Criteria

Content/Accuracy	Design	Effectiveness
The poster include at minimum the following types of information: • Title • Clearly identified mental health disorder topic • Common symptoms • Possible causes • Treatments • Relevant U.S. statistics • Available online and local services and resources • Citation of all sources where you found the information	The poster has graphic elements such as: • Cohesive look—a team creation and not a composite of three different individuals' work. • Logical and easy to follow graphic organization of the poster content • Creative use of visual elements— e.g., images, colors, shapes, different letter sizes, etc.	The poster has the following that attract people's attention and make it easy to understand the content: • It is easy to read and identify different sections. • The information is presented in clear writing and enhanced by design elements. • Content and design of the poster are informative and respectful of the topic.

EXHIBITION PROGRAM

THE LITERATURE OF PRESCRIPTION
Lesson Plan: Making Sense of Mental Health Past & Present

Team Members _____
Research Topic _____
Date/Class Period _____

Research Team Role Cards

Patient

As the patient, you are responsible for researching the symptoms associated with the mental illness (s).

How might you think, feel, act?

Medical Expert

As the Medical expert, you are responsible for researching current treatments for the mental illness(s) and informing others about different mental health professionals.

Family Member/Loved Ones

As a family member of a person diagnosed with a mental illness, you are responsible for researching resources in the community to help with the mental illness(s). Additionally, you are to research anything that relates to the community and stigma.

Instructions

As a team, you each have a specific role. You are to become an expert in your area and answer the questions pertaining to your role on the **Research Questions** sheet. Work together or individually to answer all of the research questions. Please note that some of the questions will need to be answered by more than one member of your team to form a thorough response.

EXHIBITION PROGRAM

THE LITERATURE OF PRESCRIPTION
Lesson Plan: Making Sense of Mental Health Past & Present

Team Members_____
Research Topic_____
Date/Class Period_____

Research Questions for Patient

Instructions: Use the following websites or printed materials to answer the research questions on this page.

- Mental Health and Behavior on the MedlinePlus® by the National Library of Medicine at http://www.nlm.nih.gov/medlineplus/mentalhealthandbehavior.html
- National Institute of Mental Health, Mental Health Topics at http://www.nimh.nih.gov/health/topics/index.shtml
- National Alliance on Mental Illness at http://www.nami.org/Hometemplate.cfm
- Mental Health Services Locator at http://mentalhealth.samhsa.gov/databases
- TeensHealth™ from Nemours Foundation at http://kidshealth.org/teen/your_mind

1. What are some common symptoms that patients experience when affected by the specific mental health disorder your team has been assigned?

2. What are some known or possible causes of this disorder?

3. How many people in the U.S. are diagnosed with the disorder? What are some other relevant statistics that might be helpful for patients?

4. What are some reasons someone might not seek help for this mental disorder?

5. What other information do you think will help people better understand this mental health condition and seek appropriate help?

6. What other questions do you want answered?

EXHIBITION PROGRAM

THE LITERATURE OF PRESCRIPTION
Lesson Plan: Making Sense of Mental Health Past & Present

Team Members_____
Research Topic_____
Date/Class Period_____

Research Questions for Family and Loved Ones

Instructions: Use the following websites or printed materials to answer the research questions on this page.

- Mental Health and Behavior on the MedlinePlus® by the National Library of Medicine at http://www.nlm.nih.gov/medlineplus/mentalhealthandbehavior.html
- National Institute of Mental Health, Mental Health Topics at http://www.nimh.nih.gov/health/topics/index.shtml
- National Alliance on Mental Illness at http://www.nami.org/Hometemplate.cfm
- Mental Health Services Locator at http://mentalhealth.samhsa.gov/databases
- TeensHealth™ from Nemours Foundation at http://kidshealth.org/teen/your_mind

1. What are some signs of the mental health disorder that you can identify?

2. Are there any negative stereotypes about people affected by this mental illness? Please describe.

3. List at least three local mental health resources/services available for helping and supporting people affected with this mental disorder as well as their family members?

4. List at least three online resources with reliable information about this mental condition and explain why you consider them credible.

5. What other information do you think will help people better understand this mental health condition and seek appropriate help?

6. What other questions do you want answered?

EXHIBITION PROGRAM

THE LITERATURE OF PRESCRIPTION
Lesson Plan: Making Sense of Mental Health Past & Present

Team Members _____
Research Topic _____
Date/Class Period _____

Research Questions for Medical Experts

Instructions: Use the following websites or printed materials to answer the research questions on this page.

- Mental Health and Behavior on the MedlinePlus® by the National Library of Medicine at http://www.nlm.nih.gov/medlineplus/mentalhealthandbehavior.html
- National Institute of Mental Health, Mental Health Topics at http://www.nimh.nih.gov/health/topics/index.shtml
- National Alliance on Mental Illness at http://www.nami.org/Hometemplate.cfm
- Mental Health Services Locator at http://mentalhealth.samhsa.gov/databases
- TeensHealth™ from Nemours Foundation at http://kidshealth.org/teen/your_mind

1. What are some risk factors in mental illness? And how is the specific mental health disorder you researched diagnosed?

2. What are general methods used to treat this mental disorder?

3. Why is it important to identify and treat clinical depression in mental health patients?

4. What are some medical science careers available in helping and researching mental health issues? (Hint: visit and explore LifeWorks web site at http://science.education.nih.gov/LifeWorks.nsf/alpha.htm)

5. What other information do you think will help people better understand this mental health condition and seek appropriate help?

6. What other questions do you want answered?