



Mental Health & High School Curriculum Guide

Become a Master Core Trainer for your District

The Mental Health and High School Curriculum Guide provides a complete set of evidence-based, online modular resources proven to increase the understanding of mental health and mental disorders, decrease the stigma of mental illness and enhance help-seeking efficacy among both students and teachers. The Mental Health & High School Curriculum Guide can be downloaded free of charge or hard copy purchased through [Amazon](#). The online, classroom-ready modules are [freely available online](#).

This “trainer of trainers” session is designed for a minimum of two staff members to become Master Trainers for their district. Upon completion of this two-day training, these “Master Trainers” will have the knowledge and tools to train other staff in the district and will become certified core trainers in the High School & Mental Health Curriculum. Early registration is recommended as space is limited. Discounted hotel room rates are available through the Courtyard by Marriott East Wichita @ 2975 N. Webb Road, Wichita, KS 67226. Phone: 316-636-4600; Rooms held under ‘Mental Health Educator Training’.

TRAINING AND REGISTRATION

December 3-4, 2018 at the Wichita East Courtyard by Marriott

Registration is required by October 30, 2018

\$295 per person, which includes the Curriculum Guide & lunch.

Register today at rlcwichita.com/mhetraining.

LEARN MORE

The training will be facilitated by Deborah and Willie Binion of the ‘Jordan Binion Project’ (www.jordanbinionproject.org). Both Deborah and Willie have been master-trained by Dr. Stan Kutcher, the developer of the curriculum, and have been instrumental in helping to successfully implement this curriculum into over 100 school boards in Washington state. The Jordan Binion Project was featured this spring on NBC Nightly News which aired a two-piece segment highlighting its use of the Mental Health & High School Curriculum Guide.

- Developed by Dr. Stan Kutcher, a renowned expert in adolescent mental health, and an international leader in mental health research, advocacy, and health services education.
- Extensively evaluated, field-tested and researched across Canada and in numerous other countries
- Includes six modules: The Stigma of Mental Illness, Understanding Mental Health and Mental Illness, Information on Specific Mental Illnesses, Experiences of Mental Illness, Seeking Help and Finding Support and the Importance of Positive Mental Health
- Enhanced by a teacher self-study module
- Provides classroom-ready, web-based lesson plans, print and video resources, PowerPoint presentations, evaluation options and supplementary material.

Giving **educators** the **knowledge**, **understanding** and **tools** needed to better support **students**.

*Any proceeds remaining after training costs will be donated to a charity promoting mental health education & awareness

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BENEFITS:

- Student, teacher and administration friendly
- Easily integrated into existing school curriculum
- Bridges the gap between pre-service teacher education and the realities of practice
- Sustainable, affordable and effective for both teachers and students

IMPACT:

Research studies have been conducted across Canada and in numerous other countries and demonstrate the Guide's effectiveness for students and teachers:

- Significant improvement in mental health knowledge in both students and teachers
- Significant stigma reduction in both students and teachers
- Significant improvement of intentions to seek help in students

The Guide is currently being studied in many other countries globally, including in the United States. For more information on evaluations and research, visit: www.teenmentalhealth.org/resources.

WHO:

- Teachers in many different countries have received training and implemented the Guide
- Numerous other schools have implemented it for their own educational purposes
- The Guide has been adapted and used in numerous countries worldwide, including being successfully implemented into over 100 school boards in the state of Washington in the USA

Why?

Approximately 1 in 5 young people will experience a mental illness before they turn 25. This makes adolescence a critical time for mental health promotion, prevention, early identification and intervention. Mental health literacy is foundational mental health improvements.

What?

The Guide is the first and only evidence-based mental health literacy curriculum resource designed for use in schools. Building on existing strengths, it is delivered by classroom teachers in a sustainable and cost effective manner.

Mental Health Literacy

Mental health literacy is defined as:

- Understanding how to optimize and maintain good mental health
- Understanding mental disorders and their treatments
- Decreasing stigma
- Increasing help-seeking efficacy

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