

APPENDIX A: OUTLINE OF THE PROGRAM

Teachers can adapt the format of the program to suit their classroom and the amount of time they have available. This chart provides a template from which teachers can select learning activities that address the educational components around which the program is based.

The structure of each component is flexible. Each one contains activities and resources that can be adapted for use in a number of courses. The way teachers use the activities and resources will depend on several things: which course the program is being incorporated into; how much time the teacher has available; and where they are in the course outline when they take part in the program.

Component 1: Stigma: What is it? How does it affect people's lives?

- involves a discussion of stigma and its impact on the lives of people with mental illness

Component 2: What is mental illness?

- provides a basic overview of the major mental illnesses, their causes and treatment

Component 3: The presentation

- organized by the local committee
- conducted within the classroom or secondary school setting
- consists of a variety of speakers, including people with different types of mental illness

Component 4: Follow-up activities and resources

- provides a number of suggestions for: debriefing the presentation, encouraging students to take action, and finding additional information

WHERE DOES TALKING ABOUT MENTAL ILLNESS FIT IN THE CURRICULUM?

Courses such as Challenge and Change in Society and Healthy Active Living Education provide ready-made opportunities to teach about mental health and mental illness. The Ontario Ministry of Education and Training's guidelines for these courses include instruction on mental health issues. The learning expectations are clearly articulated and suggestions for learning activities are provided.

But these are not the only opportunities to raise awareness about mental health. Other courses, such as English, history, philosophy and drama, can also serve as vehicles for teaching about mental health and mental illness. A character in a novel, a piece of poetry or a historical reference are all good starting-points for a discussion.

The following are detailed descriptions of the program's components:

Component 1: Stigma: What is it? How does it affect people's lives?

Rationale:

It is helpful to introduce the concept of stigma to students before the presentation and to brainstorm about the ways that mental illness is stigmatized in our society. The tools and activities in this section challenge students to examine their own biases and stigmatizing attitudes, and prepare them to listen with open ears when the presentation comes to their classroom.

Educational activities for Component 1:

- Definitions of stigma
- Free association activity
- Famous people with mental illness
- Art and literature activity
- Case studies that examine the impact of stigma.

Component 2: What is mental illness?

Rationale:

Many students do not know the basic facts about mental illness; furthermore, they may have some misconceptions that need to be corrected.

Students benefit from learning about the causes of mental illness and the kinds of treatment that are available. Understanding some of the basic terms about mental illness helps them get the most out of presenters' stories. When they are familiar with some of the language that presenters use,

they are more capable of understanding the personal aspect of presenters' experiences, and feel more comfortable. If this is the case, it is more likely the students will participate by asking questions.

The specific content of the pre-presentation lessons generally include definitions of the major mental illnesses; the incidence of different kinds of mental illness in the population; causes of the most common kinds of mental illness; and the treatments currently available.

The content of this component is fairly complex so teachers may not feel they have enough background or expertise to adequately present the information and answer students' questions. Organizers should work with teachers to ensure they are supported to deliver the content of Component 2 by putting them in touch with local mental health professionals who can help deliver this session.

Educational activities for Component 2

- Fact or Fiction activity
- Mental illness statistics for Ontario
- Understanding mental illness: definitions, causes and treatment
- Auditory Hallucinations activity.

Component 3: The presentation

Rationale:

Overwhelmingly, teachers identified the major strength of the program as the opportunity it affords students to interact with people who have been personally affected by mental illness. It provides a unique kind of experiential learning — one that breaks down barriers by bringing the community into the classroom.

The presentation is a central component of the program; it helps put a face on mental illness and reminds students it can happen to anyone. A guide for preparing students for the presentation is included in the accompanying *Teacher's Resource*. Part 4 of the *Community Guide* provides background information on planning the presentation and supporting your speakers to prepare for their role.

Component 4: Follow-up activities and resources

Rationale:

Although the speaker's stories reflect his or her experience, the presentation often raises many of the broader issues about the way we treat people with mental illness in our society. Follow-up with discussion and information after the presentation is an integral part of the learning process.

After hearing the presenters' personal stories, students are often eager to talk about what they can do to change how people with mental illness are treated and, more generally, the way mental illness is viewed in society. The session following the presentation provides an opportunity for students to identify their concerns and ways in which they can work to change attitudes and behaviours toward people with mental illness.

Follow-up is also important because, in some cases, students may respond emotionally to the presentation. The experiences of the presenter may prompt students to think about their own mental health and that of their family and friends. Students may disclose a mental health problem or concern to the teacher, often in written work following the presentation.

It is important to anticipate potential student disclosures and/or concerns, and to be prepared to deal properly with these situations. Teachers will need the support of school-based resources (such as guidance counsellors, social workers, nurses and chaplains) the organizing committee, as well as local mental health professionals, to ensure a student's confidentiality is respected, and that the student receives support and information about where, and how, to get help. Organizers will give teachers a comprehensive list of local mental health support services.

Educational Activities for Component 4

- Analysis of media coverage activity
- Dos and don'ts
- Support strategies
- Working and volunteering in mental health
- Where to get help
- Awareness poster activity
- Class newsletter/magazine activity.

APPENDIX B: USEFUL MENTAL HEALTH-RELATED WEB SITES

Mental Health Resources for Educators

School Psychology Resources On-line: <http://www.schoolpsychology.net>

Study Web: Links for Learning: http://www.studyweb.com/science/ment_toc.htm

Teachers First — Guidance Issues, links to teens at risk:
<http://www.teachersfirst.com/guidance.htm>

General mental health Web sites

Canadian Health Network: http://www.canadian-health-network.ca/1mental_health.html

Canadian Mental Health Association, National Office: <http://www.cmha.ca/>

Canadian Mental Health Association, Ontario Division: <http://www.ontario.cmha.ca/>

Centre for Addiction and Mental Health: <http://www.camh.net>

Internet Mental Health: <http://www.mentalhealth.com>

Health Canada, Mental Health Web site:

<http://www.hc-sc.gc.ca/hppb/mentalhealth/index.html>

Mental Health Centre: <http://www.health-center.com/english/brain/>

National Alliance for the Mentally Ill: <http://www.nami.org/>

The Self-Help Resource Centre of Ontario: <http://www.selfhelp.on.ca/>

Children and youth

Bipolar Kids Homepage: <http://www.bpkids.org>

Breakaway — for youth and adults 13–25 years of age and their families. It deals with concern about the use of alcohol and drugs: <http://www.breakawayyouth.org>

Anxiety disorders

Obsessive-Compulsive Disorder home page: <http://www.fairlite.com/ocd/>

Obsessive-Compulsive Foundation: <http://www.ocfoundation.org/>

Anxiety Disorders Association of America: <http://www.adaa.org/>

Eating disorders

National Eating Disorder Information Centre: <http://www.nedic.ca>

Eating Disorders Awareness and Prevention (u.s.): <http://www.edap.org>

Bulimia Anorexia Nervosa Association: <http://www.bana.ca>

Information on Eating Disorders: <http://members.aol.com/lacillo/eating.html>

The Something Fishy Website on Eating Disorders: <http://www.sfwed.org/>

Mood disorders

Mood Disorders Association of Ontario (mdao): <http://www3.sympatico.ca/mdmt>

National Depressive and Manic Depressive Association: <http://www.ndmda.org/>

Bipolar Disorder Information Centre: <http://www.mhsource.com/bipolar/index.html>

Dr. Ivan's Depression Central: <http://www.psycom.net/depression.central.html>

About Bipolar Disorder: <http://bipolar.about.com/health/bipolar/>

About Depression: <http://depression.about.com/health/depression/>

National Foundation for Depressive Illness: <http://www.depression.org/>

Wing of Madness Depression Community: <http://www.wingofmadness.com/>

Treatment of Bipolar Disorder: A guide for patients and families:
<http://www.psychguides.com>

Adolescent depression and suicide

You asked about...Adolescent depression — from the Internet Mental Health Web site:
<http://www.mentalhealth.com/mag1/p51-dp01.html>

The Befrienders — Youth depression and suicide:
<http://www.jaring.my/befrienders/youth1.htm>

Eclipse Depression and Manic Depression Support Group:
<http://www.bfree.on.ca/comdir/medical/eclipse/index.htm>

Facts about youth suicide: <http://www.emh.org/acadia/su.htm>

Focus Adolescent Services — Warning Signs, Information, Getting Help:
<http://www.focusas.com/Depression.html>

Livingworks: <http://www.livingworks.net>

Recognizing depression in youth: <http://www.extension.unr.edu/teens/depression.html>

Suicide Awareness Voices of Education: <http://www.save.org/>

Suicide Information and Education Centre: <http://www.suicideinfo.ca/>

Youthwork Links — Emotions and Behaviour — Suicide:
<http://www.youthwork.com/healthmentsuicide.html>

Schizophrenia

Ian Chovil's Homepage: <http://www.chovil.com/>

Schizophrenia.com: <http://www.schizophrenia.com/>

Schizophrenia Society of Canada: <http://www.schizophrenia.ca/>

The World Psychiatric Association program to fight stigma due to schizophrenia:
<http://www.openthedoors.com/>

Schizophrenia Digest: <http://www.schizophreniadigest.com/>

Mental illness and the arts

Centre for Addiction and Mental Health — Images 2000 Exhibit:
http://www.camh.net/events/images_2000.html

Dee Rimbaud: <http://www.writhe.net/rimbaud/frame.html>

First Person: <http://www.1stpm.org/>

Fire and Reason: http://www.geocities.com/fire_reason/

The Reading Room: http://www.geocities.com/the_reading_room/index.html

National Art Exhibitions by the Mentally Ill: <http://www.naemi.org/>

Please note: Aside from our own sites, no endorsement of the above Web sites by the Centre for Addiction and Mental Health should be inferred.

APPENDIX C: OTHER USEFUL RESOURCES

Books

A Handbook for the Caregiver on Suicide Prevention. This handbook is intended for teachers, guidance counsellors, social workers, nurses and others working in the field of suicide prevention. Originally published by the Board of Education for the City of Hamilton on behalf of the Council on Suicide Prevention Hamilton and District in 1987 (and updated in 1991), the handbook is currently in the process of being updated and is expected to be available in Spring 2001. For further information on this resource, contact the Suicide Crisis Line, 340 York Blvd., Hamilton on 18r 3l2; phone (905) 521-1660; fax (905) 521-0785.

Booklets

All Together Now: How families are affected by depression and manic depression. Health Canada and the Canadian Mental Health Association. Free. Call 613-954-5995 for copies.

Bipolar Disorder: An information guide. (2000). Centre for Addiction and Mental Health. \$3.00 per copy. To order, call 1-800-661-1111, or 416-595-6059 in Toronto, or send an e-mail to: marketing@camh.net

Consumers Guide to Depression and Manic Depression. 1999. National Depressive and Manic

Depressive Association. Free for single copies. Bulk quantities of 100 cost \$20.
Call 1-800-826-3632, or go to the Web site at www.ndmda.org

Depressive Illness: An information guide. Centre for Addiction and Mental Health. (1999).
\$3.00 per copy. To order, call 1-800-661-1111, or 416-595-6059 in Toronto, or send e-mail to:
marketing@camh.net

First Episode Psychosis: An information guide. Centre for Addiction and Mental Health. 1999.
\$3.00 per copy. To order, call 1-800-661-1111 or 416-595-6059 in Toronto, or send e-mail to:
marketing@camh.net

Manic Depressive Disorders and When Lithium Does Not Work. (1993). \$6.00 per copy. Copies
are available from the Mood Disorders Association of Ontario, by calling 416-486- 8046.

Obsessive-Compulsive Disorder: An information guide. Centre for Addiction and Mental Health.
(2001). \$3.00 per copy. To order, call 1-800-661-1111, or 416-595-6059 in Toronto, or send e-mail to:
marketing@camh.net

Schizophrenia: An information guide. Centre for Addiction and Mental Health. (1999).
\$3.00 per copy. To order, call 1-800-661-1111, or 416-595-6059 in Toronto, or send e-mail to:
marketing@camh.net

Schizophrenia: A handbook for families. Published by Health Canada in co-operation with the
Schizophrenia Society of Canada. Available on-line at:
<http://www.hc-sc.gc.ca/hppb/mentalhealth/pubs/schizophrenia/>

Pamphlets

The following pamphlets are available from the Canadian Mental Health Association, National
Office at www.cmha.ca, or by calling 416-484-4617. The cmha National Office address is:
2160 Yonge Street, 3rd Floor, Toronto on m4s 2z3.

Mental Health for Life

How to work toward and maintain good mental health.

Mental Illnesses

An overview of the major mental illnesses and their treatment.

Getting Help: When and How

How to decide if you need help for a mental health problem, and how to go about finding it.

The Myths of Mental Illness

Clearing up the misunderstandings and common fears surrounding mental illness.

Mental Illness in the Family

Issues for people who have a family member with mental illness.

Stress

How to recognize and deal with stress so that it won't damage your health.

Coping with Unemployment

Strategies for maintaining your emotional well-being while you are unemployed.

Feeling Angry?

Learning to control anger, rather than letting it control you.

Preventing Suicide

How to cope if you or someone you know is contemplating suicide.

Grief After Suicide

Coping with your feelings when someone you know has committed suicide.

Schizophrenia

Basic information about the illness and its treatment.

Depression and Manic Depression

The two major mood disorders: their symptoms and treatment.

Grieving

What to expect and how to cope after the death of a loved one.

Children and Attention Deficit Disorders

A discussion of the effects of add and adhd on children and their families.

Children and Depression

Signs and symptoms of depression in children, and how to get help.

Children and Family Break-Up

How to help children cope with the separation or divorce of their parents.

Mental Illness in the Family

Canadian Psychiatric Association, 1-613-234-2815, or <http://cpa.medical.org/>

Youth and Mental Illness

Canadian Psychiatric Association, 1-613-234-2815, or <http://cpa.medical.org/>

Alternative formats (cd-roms, on-line discussions, audiovisual resources)**Mauve**

Teenagers take to the streets with video cameras in *Mauve*, an interactive cd-rom created by and for youth today. They meet with other teens and talk about life and death, friendship and love, work and stress, and about themselves and the adults in their lives. These personal experiences are often humorous and sometimes troubling, but always true to life. Available through Health Canada, Mental Health Promotion:

<http://www.hc-sc.gc.ca/hppb/mentalhealth/mauve.htm>

Networking Youth Nationally

<http://209.217.127.51/>

This is a national network run by youth for youth that encourages young people to participate in problem-solving and decision-making on mental health issues at individual and organizational levels. It also provides an opportunity for youth to support each other through life's ups and downs. The network strives to include all youth as well as people who care about and work with youth (such as youth-friendly professionals, educators, community workers, etc.).

For more information about Networking Youth Nationally (nyn) contact:

Tel: 613-737-2764

Fax: 613-738-3917

Or you can use regular mail:

Youth Net

c/o Children's Hospital of Eastern Ontario

401 Smyth Rd., Ottawa on k1h 8l1

Training in Suicide Prevention

asist (Applied Suicide Intervention Skills Training) is a two-day workshop designed for anyone who may come in contact with a person at risk of suicide. This world-wide suicide prevention program was developed by LivingWorks, a public service corporation out of Calgary Alberta, and is appropriate for mental health professionals, volunteers working in the community, physicians, nurses, police, teachers, counsellors, clergy and youth workers. To learn more about this training opportunity and how to gain access to it, contact your local branch of the Canadian Mental Health Association. A list of local branches of the cmha can be found on their Ontario Web site < www.ontario.cmha.ca > or by calling their toll free line 1-800-875-6213.

Please note: Aside from our own sites, no endorsement of the above Web sites by the Centre for Addiction and Mental Health should be inferred.

APPENDIX D: TOLL-FREE PHONE LINES

Distress lines are an anonymous way to get help during a crisis. They also provide information on getting long-term help for the caller, a family member or a friend. They are accessible 24 hours a day. If in doubt about where to call in an emergency, call 911.

Kid's Hel p Phone: 1-800-668-6868

Kids Help Phone is Canada's only toll-free, 24-hour, national bilingual telephone counselling service for children and youth. It provides counselling services directly to children and youth between four and 19 years. It also helps adults aged 20 and over find the counselling services they need. Parents, teachers, and any other concerned adults are welcome to call for information and referral services at any time.

direct (Depression Information Resource and Education Centre Toll-free)

These toll-free phone lines provide comprehensive information on mood and anxiety disorders through pre-recorded messages, available 24 hours a day. The information available through direct has been written and reviewed by members of the internationally recognized Mood Disorders Program, part of the Faculty of Health Sciences at MacMaster University.

Public Line: 1-888-557-5050, ext. 8000

Physician Line: 1-888-557-5050, ext. 800

Distress Centres of Ontario

<http://www.dcontario.org/members.html>

Please refer to the dco Web site to find the number of the Distress Centre member in or near your community.

Crisis Centres in Ontario

<http://www.siec.ca/siec/provinces/ontario.htm>

Provides numbers and contact information for a large number of crisis lines throughout Ontario.

Please note: Aside from our own sites, no endorsement of the above Web sites by the Centre for Addiction and Mental Health should be inferred.

APPENDIX E: ONTARIO MENTAL HEALTH ORGANIZATIONS

Centre for Addiction and Mental Health
Info-line: 1-800-463-6273 or in Metro Toronto: (416) 595-6111
33 Russell St.
Toronto on m5s 2s1
Web site: <http://www.camh.net>

Canadian Mental Health Association, Ontario Division
180 Dundas St. W. Suite 2301
Toronto on m5g 1z8
Phone: 416-977-5580
Fax : 416-977-2264 or 416-977-2813
E-mail: division@ontario.cmha.ca
Web site: <http://www.ontario.cmha.ca>

For information about the cmha branch in your area, please call 416-977-5580,
or visit the cmha National Web site at <http://www.cmha.ca/>

The Mood Disorders Association of Ontario and Toronto

40 Orchard View Blvd., Suite 222

Toronto on m4r 1b9

Phone: 416-486-8046

Toll-free: 1-888-486-8236

Fax: 416-486-8127

E-mail: mdamt@sympatico.ca

Web site: <http://www3.sympatico.ca/mdamt/>

For information about groups in your area, please call 1-888-486-8046.

Schizophrenia Society of Ontario

885 Don Mills Rd., Suite 322

Don Mills on m3c 1v9

Phone: 416-449-6830

Toll-free: 1-800-449-6367

Fax: 416-449-8434.

E-mail: sso@web.net

Web site: <http://www.schizophrenia.on.ca/>

For information about the chapter in your area, please call 1-800-449-6367,
or visit the SSO website.

The Self-Help Resource Centre

40 Orchard View Blvd., Suite 219

Toronto on m4r 1b9

Phone: 416-487-4355 (in Toronto)

Toll-free: 1-888-283-8806 (outside Toronto)

Fax: 416-487-0344

E-mail: shrc@selfhelp.on.ca

Web site: <http://www.selfhelp.on.ca/>

Ontario Obsessive Compulsive Disorder Network

P.O. Box 151

Markham on l3p 3j7

Tel: 416-410-4772

Fax: (905) 472-4473

E-mail: oocdn@interhop.net

Web site: <http://www.oocdn.org>

Please note: Aside from our own sites, no endorsement of the above Web sites by the Centre for Addiction and Mental Health should be inferred.