

CONTENTS

Preface	iii
What's inside?	iv
Acknowledgments	v

INTRODUCTION

BACKGROUND TO THE PROGRAM	1
OVERVIEW OF THE GUIDE	
Who is this guide for?	2
What's in the guide?	2

SECTION 1: INFORMATION ABOUT THE PROGRAM

RATIONALE FOR THE PROGRAM	
What is stigma?	5
Why do we stigmatize mental illness?	6
How does stigma affect people's lives?	7
Why an awareness program?	7

How does the program help to eliminate stigma?	8
What does this program offer young people?	9
OVERVIEW OF THE PROGRAM	10
What is the purpose of the program?	10
What are the goals and objectives of the program?	10
Where does the program fit?: Links with the Ontario Ministry of Education and Training's curriculum guidelines	11
Looking at your school: School information survey	11
REFERENCES	12
FOR FURTHER READING	13
 SECTION 2: CONTENT OF THE PROGRAM	
PROGRAM OUTLINE	15
PROGRAM COMPONENTS	16
Component 1 — Stigma: What is it? How does it affect people's lives?	21
Educational activities: Descriptions, instructions and tools for Component 1	22
Activity 1: Free association exercise	22
Activity 2: What is stigma?	23
Activity 3: Case studies	27
Activity 4: Art and literature	31
Activity 5: Famous people with mental illness	32
Component 2 — What is mental illness?	39
Educational Activities: Descriptions, Instructions and Tools for Component 2	40
Activity 1: Fact or fiction?	40
Activity 2: Mental illness statistics for Ontario	44
Activity 3: Understanding mental illness: Definitions, possible causes and treatment	46
Activity 4: Auditory hallucinations	57
Component 3 — The presentation	61
Preparing for the presentation	61
Preparing your students	62
Preparation checklist for teachers	63
Component 4 — Follow-up activities and resources	65
Educational activities: Descriptions, instructions and tools for Component 4	67

Activity 1: Analysis of media coverage	67
Activity 2: Dos and don'ts brainstorm	67
Activity 3: Support strategies	69
Activity 4: Working and volunteering in mental health	71
Activity 5: Where to get help	71
Activity 6: Awareness posters	71
Activity 7: Class newsletter or magazine	71

SECTION 3: EVALUATION OF THE PROGRAM

Why evaluate?	73
Past evaluations: Summary and results	73
How much evaluation should you undertake?	75
Making evaluation a success	75
Evaluation tools	76
Student evaluation — Pre-test	77
Student evaluation — Post-test	79
Teacher evaluation	83

SECTION 4: APPENDICES

Appendix A: Ontario Ministry of Education and Training

Curriculum Guidelines — mental health	87
1) Healthy Active Living Education (Grade 11)	87
2) Health for Life (Grade 11)	88
3) Introduction to Anthropology, Psychology and Sociology (Grade 11)	89
4) Media Studies (Grade 11)	91
5) Leadership and Peer Support (Grade 11)	92
6) Philosophy: The Big Questions (Grade 11)	94
7) Individuals and Families in a Diverse Society (Grade 12)	95
8) Healthy Active Living Education (Grade 12)	96
9) Challenge and Change in Society (Grade 12)	96
10) Parenting and Human Development (Grade 12)	97

Appendix B: Useful mental health-related Web sites 99

Mental health resources for educators	99
General mental health Web sites	99
Children and youth	100
Anxiety disorders	100
Eating disorders	101

Mood disorders	101
Schizophrenia	101
Mental illness and the arts	102
Appendix C: Resources for youth (alternative formats — CD-ROMS, 'zines, on-line discussions)	103
Appendix D: Toll-free phone lines — distress lines	107
Appendix E: Ontario mental health organizations	109
Appendix F: Suggested audiovisual resources	113
Documentaries	113
Feature films	115
Appendix G: Additional programs and resources	117
Substance use	117
Suicide prevention	118
Eating disorders	119
Appendix H: Overheads and handouts	121