



## **ONLINE:** Recognizing Early-onset Mental Health Disorders in Children

*“This course helped me to expand my knowledge base on mental health disorders.”*

– Dave M.

As educators and parents we are often, by default, among the first people to notice that a child may be experiencing problems. Completion of this course results in a basic understanding of warning signs of early-onset mental illness in children and adolescents which is useful to professional teaching and learning as it strengthens teacher-parent communications.

This course provides an understanding of key warning signs for early-onset mental illness in children and adolescents.

### **Standards:**

This course aligns to all of the INTASC Standards including Learner Development, Learning Differences, Learning Environments, Content Knowledge, Assessment, Planning for Instruction and Instructional Strategies.

The course also aligns to the McRel Teacher Evaluation Standards including Teacher Leadership, Diverse Learners, Teachers Know Content and Teachers Facilitate Learning.



### **Each self-study PD course from Professional Learning Board includes:**

- **Convenient access** anytime, anywhere, any device
- Interactive **online** textbook
- Implement **practical suggestions** immediately
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- Print **certificates** of completion
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- **Integrate** with school and district-wide initiatives
- **Low cost solution for all courses, all teachers, all school year**
- **Reports** for school administrators



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### **Course Outline**

#### **LESSON 1**

##### **Introduction to Mental Illnesses**

- An overview of the prevalence, nature, causes and experience of mental illnesses
- Understanding effective treatments and the role and limitations of medication
- The application of behavioral therapy and other creative therapies under the umbrella of Cognitive Behavior Therapy to target the root of the problem
- The stigma associated with mental illnesses and ways to combat it
- The educational implications of the evaluation and treatment of mental illnesses

#### **LESSON 2**

##### **ADHD, ODD and Anxiety in the Classroom**

- Understanding the manifestations of ADHD (Attention Deficit Hyperactive Disorder) in the classroom and ways to manage behavior effectively in this context
- Examining the common signs, treatment and classroom strategies to deal with ODD (Oppositional Defiant Disorder) and CD (Conduct Disorder)
- The various subtypes within Anxiety Disorders, their treatment and classroom applications

#### **LESSON 3**

##### **Other Mental Health Conditions in Children**

- Symptoms and warning signs associated with OCD, Schizophrenia, Bipolar Disorder, PTSD, etc.
- Examining treatments used in each disorder
- Classroom applications of the knowledge of such mental illnesses and strategies to deal with them

#### **LESSON 4**

##### **The Team**

- Working with parents of children with mental illnesses, and the need to understand their emotions during the process
- The role of mental health professionals and coordinating with them for the child's best interest
- Examining the IEP process – setting and evaluating appropriate learning goals
- Understanding assessments and assignments in the context of mental illnesses