

Teacher CEU Toolbox

Course Syllabus:

Protecting Your Students' Mental Health

What is this course about?

Your students' safety is your number one priority. Part of that safety requirement is protecting their mental health by ensuring a positive, healthy classroom environment where students can flourish emotionally and socially. In this class, participants will learn the importance of mental health and its relationship to academic achievement. Participants will also learn techniques to achieve and maintain optimal mental health for all students. Participants will review the history of mental health care in this country, the alarming mental health statistics faced by students, and PBIS, ISIF and other techniques we can use to prevent and intervene in managing mental student mental health conditions. The minimum time for participant completion of this course includes both enrollment time and system logged in activity time. Enrollment time is a total of three calendar days (4320 minutes) from the moment of enrollment. Activity time includes 300 minutes logged into the system. This 30-hour course uses a combination of both time requirements to maximize participation and allow time for completion of ongoing assignments and assessments. Completion certificates are restricted until both time requirements are accomplished. The minimum time for participant completion of this course includes both enrollment time and system logged in activity time. Enrollment time is a total of three calendar days (4320 minutes) from the moment of enrollment. Activity time includes 300 minutes logged into the system. This 30-hour course uses a combination of both time requirements to maximize participation and allow time for completion of ongoing assignments and assessments. Completion certificates are restricted until both time requirements are accomplished. It is suggested that you use this syllabus to seek prior approval from your individual licensing agency BEFORE registering for this course.

- Approved for 3.0 Continuing Education Units (CEUs) = 30 Hours (30 clock hours)
- Approved by Nevada Department of Education (NVDOE) as 2.0 CEUs for Nevada Educators

By the end of this course, you will:

- ✓ Know a brief history of the treatment of mental health conditions in this country
- ✓ Understand the importance of student mental health and its relationship to academic achievement
- ✓ Be able to articulate the roles and responsibilities of educators, support staff, administrators and mental health professionals at school to protect student mental health

- ✓ *Understand some of the factors that play into mental health conditions and negative consequences students may experience*
- ✓ *Know more about the treatment of student mental health, including medication*
- ✓ *Be able to help prevent and assist in treatment of student mental health conditions*
- ✓ *Review the legal requirements of teaching students with mental health conditions*

The main topics covered in this course are:

Unit 1: Introduction to Mental Health

- ✓ *History of Mental Health Care in the U.S. and Children and Mental Health*
- ✓ *This Is Serious*

Unit 2: Roles and Responsibilities

- ✓ *Educator Roles and Responsibilities*
- ✓ *School Counselors and School Psychologists*
- ✓ *Additional Roles and Responsibilities*

Unit 3: Mental Health Factors

- ✓ *Families*
- ✓ *Communities & Environments*
- ✓ *School Factors*

Unit 4: Prevention and Intervention

- ✓ *Preventing Student Mental Health Conditions*
- ✓ *Student Mental Health Intervention*

Unit 5: Managing Student Mental Health and Behavior

- ✓ *Medication*
- ✓ *Psychosocial Therapies & Classroom Management*

Unit 6: Protecting Your Classroom

- ✓ *Positive Behavioral Interventions & Supports*
- ✓ *Protecting Your Own Mental Health*

Intended Audience:

- ✓ *Educators who recognize the importance of student mental health and well-being*
- ✓ *Administrators who want to incorporate student mental health into School Improvement Plans and Annual Goals*
- ✓ *Teachers who are concerned about their students' mental health*

Session Dates and Costs:

This and all Teacher CEU Toolbox courses are self-paced. Once a participant purchases access to a course, that individual has one calendar year to complete the course requirements. Our courses are available 24 hours a day, 7 days a week. You can register and purchase access to courses online, via credit card, in our secure environment.

- ✓ *Course Cost: \$149.95*

Course Credit Requirements:

- ✓ *This course is organized into six academic units*
- ✓ *You need to spend at least thirty hours over three days (4320 minutes = 72 hours = 3 days) in this course to receive credit*
- ✓ *You need an internet-connected device and a reliable internet connection to take this course*
- ✓ *You must access all of the site pages to receive credit for the course*
- ✓ *You must complete all of the lesson tasks that reinforce the course content*
- ✓ *You must take the Course Pre-Test, each unit quiz (score at least 90% in no more than three attempts), and the Course Post-Test (score at least 85% in no more than three attempts) to receive credit for the course*
- ✓ *You must complete the course evaluation*
- ✓ *If you have questions or problems, please email customer service at help@teacherceutoolbox.com*