

MENTAL ILLNESS

UNIT OVERVIEW

In this unit, students explore the challenging, often misunderstood medical field of mental illness. Students come to terms with difficult topics such as schizophrenia, depression, suicide, and eating disorders. **"Part I - Just The Facts"** uses notes photocopied onto overhead transparencies to give students much of the knowledge-based material in the unit. Activities and worksheets included follow closely with the material in the notes. **"Part II - Test Construction"** encourages students to contemplate the concepts contained in the unit as they design their own exam. **"Part III - Optional Activities"** adds flexibility to the unit suggesting assignments that could be coordinated with the core lesson topics, used as enrichment or used at the end of the unit as culminating activities.

PART I - JUST THE FACTS

1. **What Is Mental Illness? - Just The Facts (True False Quiz)**
2. **Stigma And Myths - Letter To The Editor**
3. **Depression and Depressive Illness - Depressive Illness Questionnaire**
4. **Suicide and Suicide Awareness**
5. **Bipolar Illness (Manic Depressive Illness - The Bipolar Illness Rollercoaster**
6. **Schizophrenia - Schizophrenia Worksheet (Questions)**
7. **Alzheimer Disease - Mental Illness Wordsearch**
8. **Eating Disorders: Bulimia Nervosa, Anorexia Nervosa - Is Barbie Evil? (Article)**
9. **Anxiety/Panic Disorders - What Scares You Most? (Survey/Graphing Activity)**
10. **Health Care Professionals/Facilities - Mental Illness Crossword Puzzle
What You Can Do?**

PART II - TEST CONSTRUCTION

Teachers take a break while students, in pairs, make up their own exams. Information in the notes is reviewed and retained as students work through the test making process. An evaluation form has been included to help grade the student made exams.

PART III - OPTIONAL ACTIVITIES

1. **Drug Use And Mental Illness**
2. **Matching Review**
3. **Concept Web**
4. **Brain Diagram**
5. **Field Trip**
6. **Suicide Awareness Workshop**
7. **Video Resources**
8. **Movie Review (Shattered Dreams)**

STUDENT NOTES

Basic information and concepts are conveyed using student notes. These notes can be put onto overhead transparencies, photocopied for the students or simply written on the board for students to copy into their notebooks.

EVALUATION

Evaluation has been left to the discretion of each teacher based on what activities are done and what concepts are stressed.

JUST THE FACTS

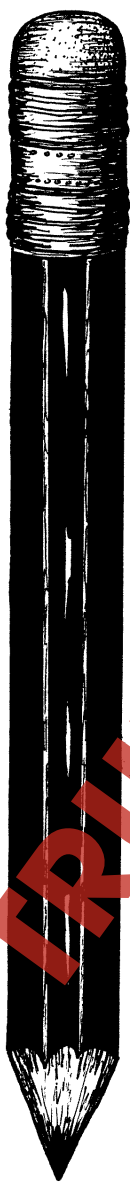
NAME: _____

How much do you know about mental illness? Ten or more right is above average.

1. T or F A person with schizophrenia is likely to have split personalities.
2. T or F Most people with mental illnesses are treated on an outpatient basis from hospitals or from doctor's offices.
3. T or F Suicide is a mental illness.
4. T or F Anorexia Nervosa a type of eating disorder very common among young women.
5. T or F It is normal for people to have some symptoms or signs of mental illness from time to time.
6. T or F Being addicted to tobacco would be considered a form of mental illness.
7. T or F Mental illness is very common - in fact more common than cancer and heart attacks.
8. T or F Depressive illness (severe depression) is usually successfully treated.
9. T or F Alzheimer Disease which occurs mainly in people over age 65 is sometimes curable.
10. T or F The suicide rate among young people has doubled in the last twenty years.
11. T or F Schizophrenia is likely caused by a chemical imbalance in the brain.
12. T or F Bulimia is an eating disorder where people have "extreme" weight loss.
13. T or F Drugs such as alcohol and marijuana can sometimes trigger mental illness.
14. T or F Depressive illness is the most common mental illness.
15. T or F In the past, people with mental illness were often burned at the stake as a result of their illness.

Bonus Question

Which person does not "fit" with the others: Princess Diana, Winston Churchill, Saddam Hussein, Florence Nightengale, Ronald Reagan?



LETTER TO THE EDITOR

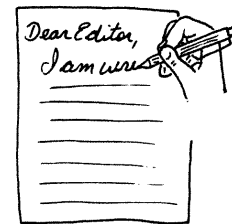
NAME: _____

Proposal Background

Your local health board is proposing to convert an existing house located in your neighborhood into a *group home* health care facility. The group home is designed to house six to eight people recovering from mental illness. To be eligible for living in the group home, clients must have demonstrated an ability to live successfully with other patients in a previous group setting within a hospital, be undergoing successful rehabilitation for their mental illness (determined by a treatment team consisting of a doctor, therapist and other mental health care professionals) and must have a job in the community. In addition, a qualified mental health care worker will be on the premises 24 hours a day.

The chief benefits of the group home will be:

- 1) Expensive hospital beds will become available thereby reducing health care costs.
- 2) The group home will act as a temporary step between health care institutions and integration back into the community.
- 3) Quality of life is better when people are not institutionalized.



Student Instructions

Your job is to write a letter to the editor of a local newspaper stating your opinions and views on the proposal. You can choose to either support or not support the group home.

Marking

The grade you receive will not be based on your opinion but rather, how well you state your case. Therefore, reasons must be given that will back-up your opinion.

THE BIPOLAR ILLNESS ROLLERCOASTER

NAME: _____

I. Questions

1. List three symptoms typical of the depressed stage of bipolar illness.
 - a) _____
 - b) _____
 - c) _____
2. List three symptoms typical of the mania stage of bipolar illness.
 - a) _____
 - b) _____
 - c) _____
3. Why is it often difficult to convince a person with bipolar illness (especially when they are in the mania stage) that they have a problem? This failure to admit there is a problem is called denial.



II. The following list of feelings and actions are those of a person with bipolar illness given by periods of lows (depression) followed by high periods or mania. Write the number of the actions in the spaces provided on the next page where you think they belong.

- 1) Today I met someone for coffee - I think we really hit it off.
- 2) I haven't slept in two days. What with work in the day and partying all night - it's a blast.
- 3) Today I lost \$2300 gambling at the casino. I would have won if the dealers would do their job right.
- 4) I think it's time I got off my butt and did something for a change.
- 5) I feel like a million bucks but people around me are so useless - why can't they see my plans.
- 6) Life sucks, this travel agent thing sucks, I think the whole world sucks.
- 7) I think I am finally starting to feel a bit better.
- 8) I just don't think I can take it for one more day...
- 9) Sitting in the dark like a mushroom suits me fine. Nobody else cares anyway.
- 10) I bought a new computer, fax machine, cellular phone - I'll be the best travel agent this place has ever seen... and besides, then I could travel, maybe even start another business!

MENTAL ILLNESS CROSSWORD PUZZLE

NAME: _____



Across

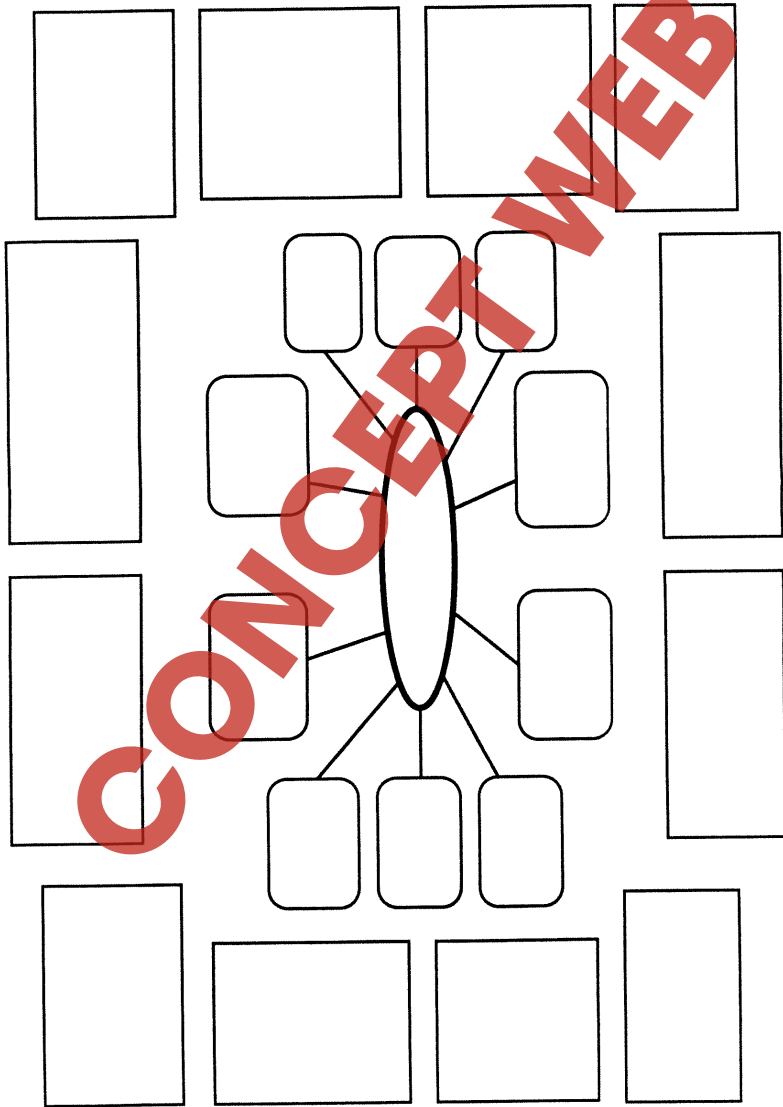
1. A process where a person discusses or "talks out" problems.
3. If you or a friend are contemplating suicide then you should seek help from an _____ you trust.
4. Thinking that you are the ruler of the earth and must protect all the people is an example of this.
6. A antidepressant medication brand name. Do you like school?
12. Often called the mental illness of youth.
14. Characterized by feelings of excess worry.
15. A psychiatric nurse might administer this.
17. Substance _____ (use of drugs or alcohol) may trigger mental illness.
18. An extreme fear of public places.
20. This type of mental illness is very common - affecting one person in eight.
22. An eating disorder characterized by cycles of bingeing and purging.
25. Friends and family often provide this ingredient necessary for recovery from mental illness.
26. Short term care centers for treating immediate "acute" mental health problems are often found here.

Down

2. Hearing voices that are not there or seeing a frog inside a pane of glass are examples of this.
3. An inhumane institution where people with mental illness were kept in the 1700's and 1800's.
5. This person helps to put rehabilitation programs into effect.
7. Alzheimer disease is one example of this type of brain disorder.
9. Young people sometimes see this as a solution to life's problems.
10. A rare, often fatal eating disorder that occurs most often in young women.
11. Schizophrenia is likely caused by this type of imbalance in the brain.
13. This person will diagnose mental illness, prescribe therapy and medication.
16. This type of doctor is often the first to see a patient with mental illness.
19. A house in the community where people recovering from mental illness live.
21. Long term care facilities are reserved for cases best described as _____.
23. The proper term for the "high" stage experienced in bipolar illness.
24. A psychologist is an expert on this topic.

OPTIONAL LESSON #3 - Concept Web

In this culminating activity, students in small groups construct a "concept web" around the topic Mental Illness on a sheet of large art paper. Brainstorming a list of related words as a class is one effective way to launch this activity. Students will see relationships between various areas related to the topic and can illustrate or add colour to their final concept web when they are finished.



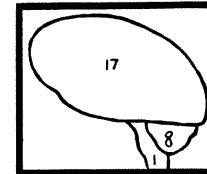
OPTIONAL LESSON #4 - Brain Diagram - Colour By Numbers

In this activity, students use pencil crayons to colour a diagram of the human brain similar to a paint by numbers exercise. The function of major brain areas is also covered in this activity. The colour scheme used is the one for Laurentian brand pencil crayons but other brands can be substituted with the teacher putting the colours on the board. (Only a few of the more common colours are used in this activity and are in bold)

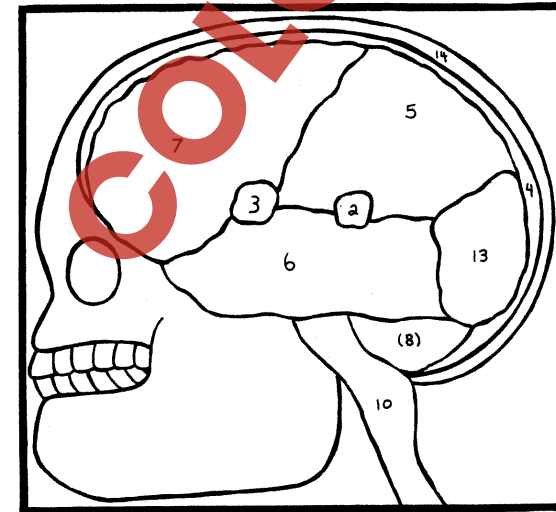
(Colour Scheme)

- | | | |
|------------------|-------------------|------------------|
| 1) Deep Yellow | 2) Orange | 3) Poppy Red |
| 4) Cerise (Pink) | 5) Purple | 6) Navy Blue |
| 7) Peacock Blue | 8) Emerald Green | 9) Deep Green |
| 10) Light Brown | 11) Dark Brown | 12) Black |
| 13) Royal Blue | 14) Soft Peach | 15) Green |
| 16) French Green | 17) Smoke Grey | 18) Blush Pink |
| 19) Cherry Red | 20) Arizona Topaz | 21) Roan Red |
| 22) Sky Magenta | 23) Cotton White | 24) Lemon Yellow |

THREE MAIN SECTIONS



OTHER PARTS



Stigma and Myths

The past has given birth to many of the stigmas and misinformation that are still around. Old-fashioned terms such as lunatic, crazy, mad-house, nuts, and insane were developed during this period and today, many misinformed people still use these outdated words to describe mental illness. These words often have stigmas attached to them and people feel ashamed, afraid, embarrassed and shun the mentally ill. Instead, people with mental illness need the support and love of the people closest to them to help make recovery possible.

Many other misinformed people believe all mentally ill are dangerous to others and should be "locked up" and held in prison-like institutions. Attitudes have changed and the modern way of treating mental illness is usually to treat people in a hospital for a short time or on an out-patient basis and then to try and help people go back into the community. Large institutions are being closed down in many cases in favour of hospitals, and patients are being reintegrated into their normal lives whenever possible. Mental illness is a medical problem and it is best treated by doctors at hospitals just like other illnesses.

Another damaging myth that some people have about mental illness is that the person with mental illness has failed in some way, brought the illness on themselves, or is simply lacking in willpower. To think that a mentally ill person should somehow "snap out of it" is the same as suggesting that someone with a broken leg should stand up and walk. Mental illness happens to ordinary people for many different reasons.

Fact File: It is estimated that one in five Canadians will have a mental illness or mental health problem in their lifetime.

Many uninformed people often confuse mental illness with mental retardation. This is not correct. Mental retardation, also called mentally challenged usually occurs before birth or is caused by an injury to the brain. The result is that a person's intelligence is low. Level of intelligence is not a factor in mental illness. Mentally ill are people with a disfunction of the brain who may be unable to cope with their lives on a day to day basis.

MENTAL ILLNESS REVIEW

NAME: _____

- I. Match
- | | |
|--|------------------------|
| a) A rare, often fatal, eating disorder. | ___ delusion |
| b) Often called "the mental illness of youth" or "youth's great disabler." | ___ psychotherapy |
| c) Hearing voices that are not there or seeing imaginary things are examples of this. | ___ anxiety disorder |
| d) An idea or belief that is not based on fact is called this. | ___ family doctor |
| e) A process where a people discuss or "talk out" problems. | ___ bipolar illness |
| f) This type of disorder is often characterized by feelings of excessive worry. | ___ bulimia |
| g) An eating disorder characterized by cycles of bingeing and purging. | ___ group home |
| h) A person who diagnoses mental illness, prescribes therapy and medication. | ___ hallucination |
| i) This person helps to put rehabilitation programs into effect. | ___ denial |
| j) This type of doctor is often the first to see a patient with mental illness. | ___ therapist |
| k) A house in the community where people recovering from mental illness live. | ___ anorexia |
| l) An illness often called "manic depression" characterized by "highs" and "lows." | ___ psychiatrist |
| m) Many times, young people see this as a solution to life's problems. | ___ schizophrenia |
| n) This type of mental illness is very common affecting one person in eight. | ___ suicide |
| o) A failure or unwillingness of a person to admit to a problem that exist is called this. | ___ depressive illness |

MENTAL ILLNESS WORDSEARCH

NAME: _____

N O I T I S O P S I D C I T E N E G M N
 E E S A E S I D R E M I E H Z L A L S D
 U L O I S E O X E W M V J U B P D Q T B
 R D L P A N I C D I S O R D E R P S M Y
 O E J W I L Z T R F M O H H R Q S L M V
 T L G M N L B T O R X W M A N I A U F G
 R U R J E I T P S Y C H O L O G I S T C
 A S O V R E N A I X E R O N A H M S H S
 N I U V H V N M D P B G P O T A I L E Q
 S O P L P I U R Y S G A N I S R L I R C
 M N H G O S Z P T J A P L T T G U D A S
 I R O K Z S O N E I S A A A I N B H P A
 T E M L I E E R I F U B I N G I N G I C
 T L E A H R A M X T I H N I M G P W S U
 E V M S C P B I N E C V E C A R V V T K
 R X Y U S E D F A Y I P D U T U D O H Z
 G V W R E D R O S I D R A L O P I B I L
 Z Z O L Y E G P V Q E V H L F K B P P Z
 R N J C B S L E G G S G Y A H F H R O H
 N S S Z T Y P A R E H T O H C Y S P P F

ANSWER KEY

Find These Words:

BULIMIA
 PSYCHIATRIST
 LITHIUM
 PANIC DISORDER
 BINGING
 ANXIETY DISORDER
 BIPOLAR ILLNESS
 PSYCHOLOGIST

DEPRESSIVE ILLNESS
 ALZHEIMER DISEASE
 PSYCHOTHERAPY
 GENETIC DISPOSITION
 PURGING
 NEURO-TRANSMITTER
 STIGMA
 THERAPIST

SCHIZOPHRENIA
 DELUSION
 MANIA
 HALLUCINATION
 DENIAL
 GROUP HOME
 ANOREXIA NERVOSA
 SUICIDE

LESSON #7 - ALZHEIMER DISEASE

Unit Objectives and Activities

Alzheimer Disease is studied with students learning causes and symptoms as well as some of difficulties encountered by friends and family members in dealing with a person with this illness.

Students complete a listing activity, discuss the topic, complete notes and an activity "Mental Illness Wordsearch" which familiarizes students with vocabulary contained in the unit.

uggested Teaching Strategies

Introduce the topic with this situation "You come home from school and find a note on the table that says to phone Mark." Students, in groups, make a detailed list of all the steps you would have go through to return the call. This could include things like: If I don't know Mark's phone number I find it, I look for the number in the phone book or address book; I look up Mark's name; I find the phone, I pick up the phone, I wait for the dial tone, etc.

After the students have made their detailed lists, ask them to imagine what problems would face a person with memory difficulties. Questions like "Who is Mark? What is his last name? Where is the phone book? Where is the phone?" and so on serve to introduce students to some of the difficulties faced by people with this illness.

The teacher facilitates a class discussion as students explore questions associated with Alzheimer Disease such as, "What would you do if one day you were suddenly not able to recognize your friends, parents, brothers and sisters?" Stress that Alzheimer Disease is not simply memory loss but has emotional and physical symptoms as well.

Students complete the notes followed by the activity "Mental Illness Wordsearch." Students can work on the wordsearch individually or in pairs.

Note ***

Point out that Alzheimer is one type of organic brain disorder. (Organic brain disorders are a category of mental illness marked by destruction of brain cells and tissue. Parkinson Disease is another illness that fits into this category)

