

BEHIND HAPPY FACES

PI KAPPA PHI - KEY



LEARNING OBJECTIVES: These outcomes show what knowledge and skills participants should gain from the lesson. It is crucial you review the goals of the lesson with the members so they know what they will learn.



HANDOUT: It is time to distribute a handout/materials to participants. These can be found at the end of each lesson if it includes a handout. Make copies in advance!



WRITE ON FLIP CHART: The main points are included in PowerPoint presentations. In the event you do not have access to a computer/projector, write examples and instructions on flip chart paper in the front of the room.



GROUP DISCUSSION: It is time to prompt participants with questions or dialogue for group discussion.



INTERACTIVE ACTIVITY: It is time for an activity, like scenarios or a game. These activities help participants feel more connected to the information.



INSTRUCTIONS: Read information or directions aloud to the groups.



WATCH THE VIDEO: Each lesson includes videos to help introduce the topic and engage viewers to take part in the lessons. It is important to make sure you test them in advance to make sure the video and audio work on your technology—either DVD player or computer and speakers.

Lesson 1: Understanding Mental Health

This lesson provides a definition of mental health and discusses the reasons brothers do not seek help for mental health challenges. The goal is to allow brothers to explore their current thoughts and feelings about mental health, while offering a clear definition for them to build a positive foundation of understanding. The first step in getting someone to access help or to accept treatment is learning why he may be resistant. Every mental health challenge is different for each person.

Facilitator

To facilitate this lesson effectively, it is helpful to have experience or training as a facilitator in others areas of campus life. If you have a member who is or has been a resident assistant, student organization leader, peer advocate, or is studying to be a teacher, he could be an excellent facilitator for this program.

Time needed:

22 minutes

Objectives:



- State a correct definition of mental health.
- Identify personal barriers seeking help, explore the sources of those, and work on how to address them.

Setting:

- Choose a room that offers a lot of open space for small groups to be able to spread out and not be distracted by others. Members will need to be able to either sit and gather on the floor or move chairs around into small groups.
- You will play a PowerPoint presentation and videos during the lesson, so connect a laptop to a projector and screen.

Group size:

Groups should be no larger than 10 to make sure connections and conversations remain personal.

- Before the lesson begins, ask members to count off into groups of 10 (or less) then move to different areas of the room.
- We recommend placing a trusted member or chapter officer in each group who can help follow instructions and facilitate small group discussion.
- If your chapter has more than 200 men, we recommend you use more than one room with different facilitators for all of the small group work.

Materials Needed:

- For each group: One flip chart piece of paper and markers
- For each person: One notecard
- Projector and screen
- “Understanding Mental Health” PowerPoint
- “Understanding Mental Health” Video

VIDEO (2 MINUTES)

To start, let's watch a video of Ross Szabo, the creator of the *Behind Happy Faces* mental health curriculum, and a member of Pi Kappa Phi, explaining more about the purpose behind the program.



Play the "Understanding Mental Health Video" for the group.

INTRODUCTION



- We're going to do a lesson about mental health. This is a serious topic that affects all of us and can be really sensitive for members. Being honest, open and non-judgmental of each others during these exercises will help us learn more about mental health and each others. **CHANGE PPT SLIDE**
- Twenty-five percent of college students experience a mental health disorder each year. **CHANGE PPT SLIDE**
- Suicide is the second leading cause of death for college students. **CHANGE PPT SLIDE**
- Outside of mental health disorders students are dealing with lack of sleep, stress, substance abuse, body image issues and others challenges. **CHANGE PPT SLIDE**
- 66% of college students don't seek help for their mental health. **CHANGE PPT SLIDE**
- The purpose of these next exercises is to help us better understand a definition of mental health and our own personal barriers to achieving effective ways of addressing challenges in our lives. **CHANGE PPT SLIDE**

FACILITATOR NOTES:

This part of the lesson is vital to helping members understand the purpose of the activities they will be doing. Stress the introductory points to help everyone understand the goals of the workshop.

EXERCISE 1 (10 MINUTES)

PART 1 INSTRUCTIONS:



You will have three minutes to do this activity. In your groups, answer this question: What words, ideas, people, movies, songs, books, celebrities and scenarios do you think of when you hear the words mental health?



On one flip chart page, each group should make a list of everything they think of when they hear the words mental health. Remember, the categories to discuss are words, ideas, people, movies, songs, books, celebrities and scenarios. **CHANGE PPT SLIDE**

Give the groups three (or so) minutes to discuss. Make sure each group has written at least 7 words and move them on to the next instructions.

PART 2 INSTRUCTIONS:

You will have three minutes for this next part of the exercise. On the list you just made:

- How many of the words your group wrote down have a negative connotation, how many have a positive connotation and how many are neutral? Count the totals.
- Why do you think your group had more negative or positive answers? **CHANGE PPT SLIDE**
- Give the groups three minutes or so to categorize and discuss.

SHARE:

Ask each group to choose a representative to report how many negative, positive and neutral associations their group has. Each representative should also state why their group feels they had more negative or positive associations.

CHANGE PPT SLIDE

SUMMARIZE:

- We did this exercise to identify what people think of when they hear the words mental health. It's important to know your thoughts in order to have an honest conversation about the topic.
- Often people associate the words mental health with negative ideas. Some people only think of worst-case scenarios, suicide, or diagnoses of mental health disorders.
- Mental health is not when a person has a problem. Mental health is how all of us manage our emotions. You can build your mental health like you do your physical health. CHANGE PPT SLIDE
- The World Health Organization's definition of mental health-Mental health is a state of well-being in which every individual realizes his or his own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or his community.
- By realizing that mental health is really more in connection to overall wellness, we can decrease the stigma. CHANGE PPT SLIDE

EXERCISE 2 (10 MINUTES)



- The goal of this next exercise is to learn more about the mental health challenges we are all trying to address.
- Sometimes we aren't aware other people are going through the same difficulty we have experienced.



- This exercise will be completely anonymous.
- It requires trust and a willingness to share.
- The work in this exercise should be confidential to the group. CHANGE PPT SLIDE

FACILITATOR NOTES:

You can ask the groups if they would be more comfortable reading the notecards from others groups in the room, so that they can be more anonymous. If groups decide to do this you can collect the cards from one group and give them to a different group. The goal of the exercise is for them to see what others are going through. It is ok for them to read another group's notecards.

INSTRUCTIONS:



- Each person in your group has a notecard.
- On the notecard write down one thing no one knows about you. If others knew this piece of information they would better understand you.
- This should be about a meaningful experience, how you deal with emotional challenges, something that has happened to you/your family or something that affects you. CHANGE PPT SLIDE
- After everyone has finished writing, one person should collect all of the cards and shuffle them. Then pass the notecards to each member of the group. It's OK if you get your own notecard.
- Each member reads the notecard aloud. No one should identify who wrote which card.

- After all notecards have been read aloud, each member of the group will say one word or thought that stayed with them from what was shared. **CHANGE PPT SLIDE**
- *Give the groups 5 minutes (or so) to complete the activity.*

SHARE:

- What did you learn from this exercise?
- Did you find you have things in common with others brothers you didn't realize?
- Do you feel more connected to others brothers after hearing what they wrote down? **CHANGE PPT SLIDE**

SUMMARIZE:

- Each person's experience with mental health is different. This exercise showed you that you aren't alone. It's important to have conversations to feel connected to each others.
- Building a foundation of how to address mental health requires us to communicate honestly and openly.
- The stigma surrounding mental health has multiple layers and affects all of us. **CHANGE PPT SLIDE**

WRAP-UP:

- Remember mental health is not having a mental illness. It is a state of well-being in which every individual realizes his or his own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or his community. **CHANGE PPT SLIDE**
- Understanding mental health is an important part PKP brotherhood. Having a connection to the emotions of our brothers helps us form stronger friendships and care about each others more. **CHANGE PPT SLIDE**