

Strengthening Children’s Mental Health (SCMH) Outline

This 7.5 hour course is intended for staff and supervisors offering children’s programs to be better informed about providing early intervention for children’s mental health. Participants will learn key concepts and factors that affect children’s mental health including the impact of stress and environment on a child’s ability to cope. Staff will improve their understanding and interactions with children who face challenges in their programs.

Section:	1 – Welcome and Introduction Module	Time:	40 minutes
Learner Outcomes:	<ul style="list-style-type: none">★ Build Familiarly/ Comfort★ Wellness Wall Activity★ Group Guidelines★ Understanding Mental Health in relation to HIGH FIVE®		
Section:	2 – What is Mental Health	Time:	20 minutes
Learner Outcomes:	<ul style="list-style-type: none">★ What is Mental Health?		
Section:	3 – What Affects Children’s Mental Health?	Time:	95 minutes
Learner Outcomes:	<ul style="list-style-type: none">★ What affects children’s mental health?★ Environmental Factors and determinants of mental health★ What is Stress?★ Mental Health Conditions★ Mental Health Stigma		
Section:	4 – The Role of Children’s Programs in Mental Health	Time:	40 minutes
Learner Outcomes:	<ul style="list-style-type: none">★ The Role of Children’s Programs in Mental Health★ Your Role Activity		
Section:	5 – How to Support Mental Health in Children	Time:	90 minutes
Learner Outcomes:	<ul style="list-style-type: none">★ How to Support Mental Health in Children★ Collective Brainstorming		
Section:	6 – What to do When a Child Needs Extra Support	Time:	30 minutes
Learner Outcomes:	<ul style="list-style-type: none">★ Support children to achieve success and a feeling of accomplishment★ Find the Challenge Zone to maximize feelings of accomplishment and Mastery		
Section:	7 – Key Messages Closing Module	Time:	30 minutes
Learner Outcomes:	<ul style="list-style-type: none">★ Content Review★ Referrals and Community Resources★ Healthy Minds for Healthy Children overview		



Interested in scheduling or attending a SCMH course?
We want to hear from you!

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