

**2020-2021 Student Mental Health Instruction Tentative Implementation Plan**

Lesson	Concept	Content/Topic	Delivery Method	Prep Dates	Implementation Day
1	Prevention of the abuse of and addiction to alcohol, nicotine, and drugs	Everfi Prescription Drug Safety 1 & 2	EverFI	10/16 or 10/23	10/29
2	Prevention of the abuse of and addiction to alcohol, nicotine, and drugs	Everfi Prescription Drug Safety 3 & 4	EverFI	11/6	11/12
3	Prevention of the abuse of and addiction to alcohol, nicotine, and drugs	Everfi Prescription Drug Safety 5 & 6	EverFI	11/13	11/19
4	Awareness of resources, including local school and community resources	School and community resources related to mental health	Bitmoji/ Google slides	12/4	12/10
5	Strategies to develop healthy coping techniques	Emotional First Aid	Google slides	12/14 or 12/16	12/17
6	Recognition of signs and symptoms of mental health disorders	Depression	Powtoons/ YouTube link	1/8	1/21
7	Mental health awareness and assistance & reduce the stigma around mental health disorders	Mental health- teen perspective	YouTube link	1/22	1/28
8	Mental health awareness and	Anxiety	Google slides	2/5	2/11

	assistance & reduce the stigma around mental health disorders				
9	The process for accessing treatment	Healthy Coping	Powtoons/ YouTube Link	2/12	2/18
10	Strategies to support a peer, friend, or family member with a mental health disorder	How to support a peer, friend or family member suffer mental distress or a mental health challenge	YouTube Link	2/19	2/25
11	Prevention of suicide	Suicide prevention	YouTube Link	3/5	3/11
12	Child Trafficking	Child Trafficking awareness	Google slides	3/5 or 3/12	3/25