

S5

	Page	Content	Link to Glasgow's Health
Lesson 1	99	<p>DVD: Alec's Story</p> <p>Pupils will develop an understanding of psychosis</p> <p>Pupils will explore their feelings around psychosis</p>	<p>Supports</p> <p>Theme: My Relationships</p> <p>Topic: My Family</p> <p>Unit: Women's and Men's Health</p>
Lesson 2	104	<p>Stigma</p> <p>Pupils will develop an understanding of language and stigma</p> <p>Pupils will develop an understanding of how stigma affects people</p>	<p>Supports</p> <p>Theme: My Relationships</p> <p>Topic: My Friends</p> <p>Unit: Values</p>
Lesson 3	111	<p>Put yourself in my shoes</p> <p>Pupils will be able to explore their feelings towards people with mental health problems</p> <p>Pupils will be able to identify the impact of depression, schizophrenia and self harm on an individual</p> <p>Pupils will be aware of the negative attitudes and discrimination towards people with mental health problems</p> <p>Pupils will explore implications of mental health problems in the workplace</p>	<p>Supports</p> <p>Theme: My Relationships</p> <p>Topic: My Family</p> <p>Unit: Women's and Men's Health</p>
Lesson 4	118	<p>DVD: Recovery</p> <p>Pupils will develop an understanding of what recovery means in the context of long term mental health problems</p>	<p>Supports</p> <p>Theme: My Relationships</p> <p>Topic: My Family</p> <p>Unit: Women's and Men's Health</p>

S5 Lesson 1 – Alec’s Story

Materials

DVD Player and Positive Mental Attitudes DVD

Pupil Worksheet 5.1: one per small group

Learning Outcome

Pupils will develop an understanding of psychosis

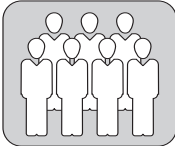
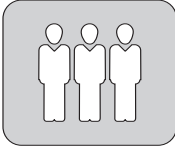
Pupils will explore their feelings around psychosis

Supports

Theme: My Relationships

Topic: My Family

Unit: Women’s and Men’s Health

<p>Introduction 20 mins</p> 	<p>Class</p>	<p>Watch Alec’s Story Teacher lead discussion using Teachers’ Notes 5.1 Introduction</p>
<p>Activity 1 30 mins</p> 	<p>Pupils in small groups Teacher</p>	<p>Complete Pupil Worksheet 5.1 <i>Alec</i> Take feedback and discuss using Teachers’ Notes 5.1 Activity 1</p>

Teachers' Notes 5.1 Introduction

Introduction

Discuss: What happened to the character in the DVD (Alec)?

'Psychosis' describes the distortion of a person's perception of reality, often accompanied by delusions and/or hallucinations.

Mental Health Foundation www.mentalhealth.org.uk

- Alec experienced an episode of psychosis.
- Psychosis is rare and usually requires specialist medical treatment.
- Most people will experience some of the symptoms of psychosis some of the time e.g. seeing things out of the corner of your eye or hallucinating or hearing voices when you're very tired or stressed.
- Some people experiencing psychosis may have an ongoing mental health problem, like schizophrenia or bi-polar disorder, others may experience one episode of psychosis in their lifetime with no longer term mental health problem.
- Alec didn't know that he was experiencing psychosis at the time and this is an important factor in diagnosing psychosis- people can have a lack of insight into what is happening in their thoughts.

It is important to remember that having one or more of the symptoms doesn't necessarily mean someone is experiencing psychosis. Lots of people have heard voices and hold unusual beliefs but it is the distress that these experiences cause for people with a diagnosis of psychosis that makes it different for them.

Causes

It is thought that there is no single cause of psychosis, but they may include:

- family background
- stress
- social changes
- use of some drugs, e.g. cannabis
- trauma
- abuse

Pupil Worksheet 5.1 Activity 1

Alec

Was there any warning that Alec was becoming unwell?

What do you think helped Alec recover?

How can he help himself stay well?

How would you feel if Alec was your friend?

What could you do to support him?

Teachers' Notes 5.1 Activity 1

Was there any warning that Alec was becoming unwell?

Yes, Alec began to withdraw gradually into his own world. When he became ill he wasn't sleeping very well and was "boozing too much and smoking too much hash". He was frustrated by life at work and at home. Alec's mum and girlfriend noticed he wasn't himself and his boss picked up on his increased daydreaming at work.

What do you think helped Alec recover?

Psychosis is a severe mental health problem requiring specialist support. Alec will have had medication and a probably a stay in hospital, before going home and back to work. As well as medication and help from mental health professionals, Alec will have needed support and understanding from his family, friends and workplace, to allow him to fully recover.

How can he help himself stay well?

It is important to remember that what happened to Alec was not his fault. To help him stay well Alec should find healthy ways of dealing with stress and avoid using alcohol and drugs as a way of escaping. There are many strategies we can all use to help our mental health.

How would you feel if Alec was your friend?

Reactions may include:

- Frightened, unsure of what had happened to him
- Worried that he might be violent, have mood swings
- Scared that he'd changed somehow
- Worried about what other people would think

It is important to emphasise that Alec is the same person he was before his psychosis. Alec is the "expert" on what he's been through and his friends would be as well to ask him than to guess about it. There are lots of ways to get information about psychosis and other mental health problems. Alec has had a very frightening and disturbing experience and will need his friends' help to get his confidence back.

What could you do to support him?

Encourage him to seek appropriate help. Stick by him, despite the stigma that you both might experience. Ask Alec what you can do to help. Be willing to listen to him if he wants to talk and reassure him that you're still his friend. Keep in contact with him, his confidence may be low and he may need you to be the one to pick up the phone for a while. Bear in mind he's still the same person and will still have the same sense of humour, taste in music, hobbies and interests as he did before he became unwell - the common ground will still be there!

Cont.

Teachers' Notes 5.1 Activity 1 *continued*

Where could you go for help?

- Within school; trusted teacher, pastoral care teacher, school nurse, school counsellor, friends, peer supporters/buddies/other members of school community
- Outwith school: friends, relative, local youth health service, GP, private counsellor or therapist, youth worker
- Adults who work with young people can make referrals to Child and Adolescent Mental Health Team for further support, which may include help from ESTEEM a specialist service for first episode psychosis
- Emergency support: NHS 24, hospital accident and emergency department, social work services out of hours standby service

When to tell others

If a young person is concerned that a friend/peer is at risk from suicide or abuse or is considering running away from home, they should consider supporting the person to talk to someone quickly or they should pass that information to one of the people listed above.

S5 Lesson 2 – Stigma

Materials

Pupil Worksheet 5.2 Activity 1: one copy per small group

Pupil Worksheet 5.2 Activity 2: one copy per small group

Learning Outcome

Pupils will develop an understanding of language and stigma

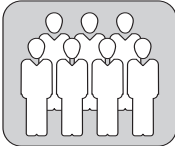
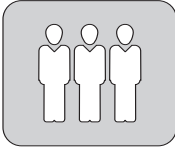
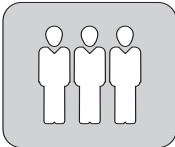
Pupils will develop an understanding of how stigma affects people

Supports

Theme: My Relationships

Topic: My Friends

Unit: Values

<p>Activity 1 10 mins</p> 	<p>Teacher</p>	<p>Make a list with the class of all the words and phrases we associate with people experiencing mental health problems.</p> <p>Are these positive or negative terms? Are they related to medical diagnoses?</p> <p>What words do we use to describe someone who has heart disease or cancer? Why is this the case? Why is it different? Teachers Notes 5.2 Activity 1</p>
<p>Activity 2 20 mins</p> 	<p>Pupils in small groups Teacher</p>	<p>Complete Pupil Worksheet 5.2 Activity 2 <i>Headlines</i></p> <p>Take feedback and lead discussion using Teachers' Notes 5.2 Activity 2</p>
<p>Activity 3 20 mins</p> 	<p>Pupils in small groups Teacher</p>	<p>Complete Pupil Worksheet 5.2 Activity 3 Quiz</p> <p>Lead discussion using Teachers' Notes 5.2 Activity 3 True/false exercise</p>

Teachers' Notes 5.2 Activity 1

Some words associated with people experiencing mental health problems

Nutter

Loony

Psycho

Schizo

Crazy

Mad

Off his/her head

Mental

Words generated will almost exclusively be negative terms

There are no known slang terms for people suffering from heart disease or cancer

Why? Fear and misunderstanding lead to labelling. You may wish to explore with the class use of words like mental and crazy as complimentary terms e.g. to describe someone who is full of energy, very creative or unpredictable. How does the use of these terms affect people?

Consistently using negative language around mental health makes it very difficult for someone to speak out, get support, recover or indeed prevent mental health problems developing.

Pupil Worksheet 5.2 Activity 2 – Headlines

**Violent, mad...
set free**

**Schizo cabbie
knifed six**

MANIAC IS CAGED

**Psycho
crackdown**

**Knife nut in
Killer Rampage**

Curbs on mental patients

Discuss and make notes for feedback to class:

When you look at the headlines, what image do you get of a person with mental health problems?

What affect does this kind of reporting have on the people concerned?

What affect does it have on other people experiencing mental health problems?

What affect does it have on society as a whole?

Teachers' Notes 5.2 Activity 2

When you look at the headlines, what image do you get of a person with mental health problems?

Stories which make headlines tend to focus on rare acts of violence or tragedies. They tend not to contain quotes from the person concerned. The image generated is usually one of people who are violent, unpredictable, "evil" and criminal.

What affect does this kind of reporting have on the people concerned?

Increased feelings of isolation, slowing/decreasing chances of recovery, feelings of shame and embarrassment, worry for family, friends and colleagues, worry about the reaction of the general public.

What affect does it have on other people experiencing mental health problems?

Less likely to want to tell people/seek support for fear of similar treatment, worsening problems, decreased chances of recovery.

What affect does it have on society as a whole?

Climate of fear around mental health issues, misinformation and mistrust leading to people being shunned, generally society less likely to want to talk about mental health problems. Poor and sensationalist reporting can contribute to people being attacked by members of the public and contribute to suicide.

Pupil Worksheet 5.2 Activity 3 – Quiz

In your groups, decide if you agree or disagree with the following statements

1. People who have schizophrenia are likely to be violent
2. People who are in a psychiatric hospital are not allowed to vote
3. Rapists are likely to be mentally ill
4. Women are more likely than men to visit their GP with mental health problems
5. People with long term mental health problems are likely to experience abuse from members of the public

Teachers' Notes 5.2 Activity 3

1. People who have schizophrenia are likely to be violent

False People with schizophrenia are much more likely to harm themselves than anyone else, with 10% of people with a diagnosis of schizophrenia committing suicide.

- The overwhelming majority of people with severe mental health problems experience symptoms which though distressing, do not make them violent or dangerous to the public.
- Violence or violent conduct is not a symptom of any mental health problem. A very small minority of people with serious mental health problems are sometimes at risk of harming themselves or others.
- The risk of being killed by a stranger with a severe mental health problem is roughly 1:10,000,000, about the same probability as being hit by lightning.

A 1996 study for the Health Education Authority, Making Headlines, analysed cuttings from the national press. It found that:

- items linking mental distress with 'harm to others', 'crime' and 'harm to self' accounted for almost 46% of all coverage
- 75% of tabloid editorials about mental health linked mental distress to violence
- negative coverage was not confined to the tabloids - it extended to the broadsheets as well
- Overall, negative coverage outnumbered more balanced reporting by almost three to one

*Source: see me Mental Health and Public Risk factsheet
www.seemescotland.org*

2. People who are in psychiatric hospitals are not allowed to vote

False People in a psychiatric hospital can vote. This includes people detained under the Mental Health Act, who can vote by post. People detained in a psychiatric hospital as a consequence of **criminal** activity are not entitled to vote.

3. Rapists are likely to be mentally ill

False The levels of mental health problems found in convicted rapists are no different from levels in the general population.

4. Women are more likely to visit their GP with mental health problems

True Women are more likely to visit their GP and be diagnosed with a mental health problem. This seems to be because women are more likely to feel able to tell their doctor how they are feeling emotionally. Less men than women visit their GP stating they have a mental or emotional problem however many more men than women commit suicide.

Teachers' Notes 5.2 Activity 3 *continued*

5. People with long term mental health problems are likely to experience abuse from members of the public

True A survey undertaken by the National Schizophrenia Fellowship (Scotland) found that 41 % of people with long term mental health problems experienced harassment compared with 15% of the general population (NSF Scotland 2001).

S5 Lesson 3 – Put yourself in my shoes

Materials

Pupil Worksheet 5.3: one scenario per small group

Learning Outcome

Pupils will be able to explore their feelings towards people with mental health problems

Pupils will be able to identify the impact of depression, schizophrenia and self harm on an individual

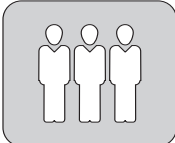
Pupils will be aware of the negative attitudes and discrimination towards people with mental health problems

Supports

Theme: My Relationships

Topic: My Family

Unit: Women's and Men's Health

<p>Activity 50 mins</p> 	<p>Pupils in small groups</p> <p>Teacher</p>	<p>Give each group one case study to complete: Pupil Worksheets 5.3</p> <p>Take feedback from class and lead discussion, using Teachers' Notes 5.3</p>
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Pupil Worksheet 5.3 – Afsha

Afsha

Afsha is 19 and works full time in a pub. She lives in a flat with her flatmate. She is very quiet, with few close friends. She likes listening to music and reading. When she is alone, she sometimes makes cuts on her arms with scissors or a razor. She also makes cigarette burns on her stomach. Her boss saw the scars on Afsha's arms and asked her to wear long-sleeve shirts, so as to not upset the customers. Afsha did as she was asked. The following week she was told that she was not pulling her weight in the pub and was sacked. This has made her very depressed and she is starting to cut herself more often.

Questions to answer:

1. What would you do if you were Afsha's friend?

2. Was Afsha discriminated against?

3. What should Afsha's boss have done?

Pupil Worksheet 5.3 – Hannah

Hannah

Hannah is 18 years old and is at college. A few months ago she started hearing voices inside her head, telling her to do things she knew were strange. Eventually the voices became so loud she did as they said, to make them go away. She left home one day, with no money, and started wandering around. Someone who found her lying in the street in the rain took her into hospital. Hannah stayed in a psychiatric hospital for 2 months, and was prescribed medication. She then moved back home and is back at college part time.

Questions to answer:

1. How would you feel if you met Hannah at a party and someone told you about what had happened to her?

2. How would you feel if Hannah was your friend or sister?

Teachers Notes 5.3 – Afsha

Afsha

1. What would you say to Afsha if she was your friend?

Prompts for discussion:

- Telling Afsha to “get a grip” or to stop self harming will further isolate her and make her feel worse about herself
- Suggest to Afsha she seek help from her GP or local counselling services
- Most people who self harm do so because they feel it helps them cope with severe emotional pain, not as a means of seeking attention
- It is important to be accepting to friends about their mental health problems and to recognise that they are essentially still the same person
- Friends’ support will be crucial to Afsha’s recovery

2. Was Afsha discriminated against?

Prompts for discussion:

- Was Afsha suspended due to her mental health problem and her boss’ fear of addressing it?
- It is illegal to discriminate against someone on the grounds of mental health problems, although it is still widespread.

3. What should Afsha’s boss have done?

Prompts for discussion:

- Emphasise the importance of understanding Afsha’s situation rather than jumping to conclusions about her behaviour
- Highlight the need to offer support to Afsha
- Was Afsha’s ability to do the job affected?

Teachers Notes 5.3 – Joe

Joe

1. Imagine how you would feel if you found out one of your friends was taking pills for depression. Would you still want to hang about with them?

Prompts for discussion:

- Everyone gets depressed and anxious at times
- 1 in 4 Scots will experience a mental health problem
- 7 in 10 Scots have had someone close to them diagnosed with a mental health problem

Well? What do you think (2004): the second national Scottish Survey of Public Attitudes to Mental Health, Mental Wellbeing and Mental Health Problems Scottish Executive 2004

- Support is vital to recovery
- Joe is still the same person as he was before depression

2. If you were Joe what would make you feel better about your situation?

Prompts for discussion:

- Talking to someone about how you feel can be a huge relief
- Being active, having social contact, maintaining relationships and having hobbies and interests will all help Joe recover

3. Do you think Joe should tell his college friends about what has been happening? What about his boss and college tutor?

Prompts for discussion:

- Reasons for telling them
- Reasons for not telling them
- Consequences of telling them
- It is important to be able to tell people but it is equally important for them to react appropriately e.g. keep it confidential, not discriminate

Teachers Notes 5.3

Hannah

Prompts for discussion:

- Hannah was probably experiencing symptoms associated with schizophrenia
- Even if Hannah has been given a diagnosis of schizophrenia, she will still be able to lead a “normal” life, go to college, work, have relationships, be a parent
- Schizophrenia affects different people in different ways, Hannah may only ever have one “episode” where she experiences symptoms or symptoms may re-occur at intervals throughout her life
- Symptoms associated with schizophrenia – disorders of thought, hallucinations, and delusions
- Emotions which Hannah may be experiencing – rejection, fear, embarrassment, guilt

1. How would you feel if you met Hannah at a party and someone told you about what had happened to her?

Prompts for discussion:

- People diagnosed with schizophrenia are no more dangerous than anyone else
- Some people feel afraid to associate with someone with schizophrenia for fear of not knowing what to say or of developing a friendship and becoming a crutch to the person

It is crucial to remember that people with schizophrenia are no different from anyone else. You cannot generalise about people with schizophrenia as a group. Everyone has different needs, interests, skills and abilities. You should talk to Hannah about whatever you would normally talk about at a party!

2. How would you feel if Hannah was your friend or sister?

Prompts for discussion:

- In a survey by the Mental Health Foundation in 2000, 56% of people with mental health problems said that they had experienced discrimination within the family
- In a survey by Mind in 1996, 24% of people said that their families had been teased or bullied, or that they were afraid that they would be because of their mental health problem
- It is important to be accepting and supportive to friends and family about their mental health problems and provide support

S5 Lesson 4 – Recovery

Materials

DVD player and Positive Mental Attitudes DVD

Paper

Learning Outcome

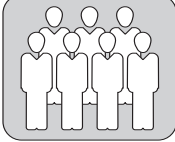


Pupils will develop an understanding of recovery, in the context of long term mental health problems

Supports

Theme: My Relationships

Topic: My Family

Unit: Women's and Men's Health

<p>Introduction 10 mins</p> 	<p>Teacher</p> <p>Ask the class: what do we mean by recovery? Lead discussion using Teachers' Notes 5.4 Introduction</p>
<p>Activity 1 15 mins</p> 	<p>Class Teacher</p> <p>Watch Recovery: A Journey of Hope DVD Discuss: how would we now term recovery? Using Teachers' Notes 5.4 Activity 1</p>
<p>Activity 2 25 mins</p> 	<p>Pupils in small groups Teacher</p> <p>Complete Pupil Worksheet 5.4 <i>Recovery</i> Take feedback and discuss: what helps us recover from a mental health problem? Using Teachers' Notes 5.4 Activity 2</p>

Teachers' Notes 5.4 Introduction Activities 1 & 2

Possible answers from pupils

Introduction

What do we mean by recovery?

Getting better

Not having the problem/illness anymore

Being cured

Not having any symptoms

Activity 1

How would we now term recovery?

Living well in the presence or absence of symptoms

Living the best life possible

Not necessarily a "cure"; people may continue to see support workers or medical practitioners or take medication yet be "well"

Activity 2

Things that help you recover when you have the 'flu

Being off school

Bed rest

Painkillers/medicine

Sleep

Fluids

Warmth

Comfort

Peace and quiet

Someone looking after you

Cont.

Teachers' Notes 5.4 Activity 2 *continued*

When someone you know dies

Crying

Talking

Taking it easy

Spending time with people who care about you

Comfort

When a relationship ends

Crying

Talking

Getting angry

Doing things you enjoy

Spending time with people who care about you

Different things will help different people.

What helps us recover from a mental health problem?

Look at answers given for recovery from flu, bereavement and relationship break up and look at similarities with recovering from a mental health problem.

E.g. talking, crying, medication, doing things you enjoy, spending time with people who care about you, having someone to support you.

Pupil Worksheet 5.4 Activity 2 – Recovery

Make a list of things that help you recover

When you have the flu

When someone you know dies

When a relationship ends