

SHARPEN MENTAL HEALTH LITERACY

A FIVE-HOUR COURSE TO IMPROVE MENTAL HEALTH LITERACY AND BOOST RESILIENCE.



Available for ages 14 and up.

REGISTRATION:

- \$49 individual
- \$699 institutional / educational

email tfarrell@sharpenminds.com to register or arrange for a license.



**EVERY COLLEGE STUDENT
NEEDS THIS COURSE.**



~ students who participated in the course at a GA university

OBJECTIVES:

- Identify and understand the four pillars of a mental health literacy framework and protective factors for mental wellness.
- Learn strategies for decreasing shame and stigma and assisting an individual who is struggling
- Cultivate basic understanding of mindfulness based stress reduction (MBSR)
- Understand trauma and toxic stress and how trauma impacts the developing mind and nervous system
- Latest research on suicide prevention outlining the risk /protective factors and warning signs
- Introduction to disordered eating prevention and knowledge of shared protective factors
- Learn mentoring best practices

This 5 hour course will help school and community leaders, teachers and staff assess and address mental health needs of students and improve educational life outcomes by improving protective factors for mental wellbeing. Mental health literacy interventions can provide adolescents and adults with the tools they need to reduce stress, such as coping mechanisms and improved awareness surrounding mental illness (Riebschleger et al., 2019). Protective factors, such as those that 'buffer' or 'protect' one from the effects of negative life experiences, risk factors, or other life stressors, can reduce the likelihood of an adolescent developing a mental health disorder and improve resiliency (Riebschleger et al., 2019). Common protective factors may include but are not limited to, the problem-solving skills of the child/adolescent, close parental relationships, nurturing from parents and psychoeducation, etc. (Riebschleger et al., 2019).

Evidence Base

Studies with the Sharpen Mental Health Literacy program have shown to decrease shame and stigma around mental disorders (Fadel et al, 2022) and have evolved six qualitative themes from the training effectiveness feedback including: 1) Help-Seeking, 2) Stress Management, 3) Tailored Guidance to Resources, 4) Understanding Warning Signs, 5) Body Image Awareness, and 6) Engaging with Mentees (Biber et al, 2022).

Between 2020 and 2021 a longitudinal study was conducted on 215 medical students in South Carolina with the contents of the SMHL program. The research team saw a significant decrease in the perception of mental health stigma associated with utilizing mental health resources. Stigma is a common barrier to accessing mental health support and treatment when needed for medical students in particular.

(Fadel et al, 2022)

Post-test survey findings from 144 educators across the state of South Carolina who participated in this training in 2018 who agreed with the following statements:

I am more confident in my ability to refer students to appropriate mental health resources in our community: **93%**

I am more confident in my ability to identify students who may be suffering: **89%**

I am more likely to approach a student who I suspect may be suffering from a mental health disorder to help get the conversation started: **91%**

After today's training, I am more aware of the connection between trauma and mental health disorders: **93%**