



The American Mental Wellness Association (AMWA) is the umbrella organization that unites individuals and organizations together as one voice for mental wellness in the United States. The AMWA is pleased to announce that we have partnered with the Girl Scouts to develop a patch program for all age levels.

To earn the patch, leaders can go to www.AmericanMentalWellness.org and download the program criteria. While on the site, we encourage all visitors to sign up to be a “Champion” for prevention, early intervention, scientific research and cures of mental health problems! Registering to be a “Champion” is free and allows you access to all of the site’s content. If you enjoy the site’s content, please like us on Facebook and/or Twitter.

Complete the required age-appropriate activities. As a trusted Girl Scout volunteer, you know your girls. So, if you find an activity under a different age level would better compliment your troop’s understanding of mental wellness, you are free to substitute that activity as long as that activity is under the relevant Connect, Discover and Take Action category and are subsequently completed. Once you complete the report and submit it to us with your feedback we will give each scout a free patch. Please expect 3-4 weeks for delivery.

We are a non-profit organization. Donations in any amount to off-set the costs of the patches and shipping are appreciated but not required.

THE GOALS OF THE PATCH PROGRAM ARE:

- Raise awareness of the signs and symptoms of common mental health problems and reduce the stigma often associated with them.
- Introduce healthy practices in all dimensions of life --biophysical, psychological, social and spiritual—that promote mental wellness.
- Connect participants to the mental health community and the ongoing dialog regarding prevention, early intervention, scientific research, and cures.

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A LETTER FROM THE AMWA EXECUTIVE DIRECTOR

Dear Girl Scout Leader:

The American Mental Wellness Association thanks you for all you do to help young girls mature into well balanced, healthy women.

Our mantra is “A Healthier Mind is a Happier Life.”

By choosing to use this curriculum for your girls to obtain The American Mental Wellness Association patch you are giving them the greatest opportunity to live a healthy, happy, fulfilling life.

Mental health and substance use disorders were the leading cause of disease burden in the United States in 2015, surpassing cancer, cardiovascular disease, injuries, diabetes, etc. In May new research was presented at the 2017 Pediatric Academic Societies Meeting showing the percentage of younger children and teens hospitalized for suicidal thoughts or actions in the United States doubled over the past decade. Dr. Gregory Plemmons, Associate Professor of Pediatrics at Monroe Carell Jr. Children’s Hospital at Vanderbilt, reported the rate of hospitalization as a result of suicidal thoughts or attempts in girls increased from 60 percent in 2008 to 66 percent in 2017. Dr. Plemmons looked at administrative data from 32 children’s hospitals to identify the total number of emergency department and inpatient visits over eight years. The results were 118,363 children ages 5 through 17 had a discharge diagnosis of suicidality or serious self-harm. Moreover, the Center for Disease Control and Prevention reported that suicide had tripled in girls, ages 10 through 14 between 1999 and 2014.

Kara Bagot, M.D. a Child and Adolescent Psychiatrist and Assistant Professor at the University of California, San Diego Department of Psychiatry, writes in healingmagazine.org “Psychiatric symptoms may precede, exacerbate or follow substance use; in particular, it is likely that [a] major depressive episode precedes opiate use disorder by about three years.”

The American Mental Wellness Association (AMWA) is a one stop hub for information on mental wellness and mental health problems, which includes substance use disorders, from in utero to centenarian. Just like people wanting information on cancer can contact the American Cancer Society, and people looking for information on heart disease can contact the American Heart Association, people who are looking for information on mental wellness and mental health problems can contact the AMWA. Please visit our website at AmericanMentalWellness.org to learn more and sign up, at no cost, to be a “Champion for Prevention, Early Intervention, Scientific Research and Cures of Mental Health Problems. Under “Research” scroll down to “Resources” and you can print out for free several handouts for your troop.

Best regards,
Sharon C. Engdahl

Executive Director

AMY'S STORY

Amy is the mother of three beautiful children and is a long-time Girl Scout volunteer. Amy approached the American Mental Wellness Association with the idea of developing a patch program for Girl Scouts because she has come to understand that the key to a vital, successful life, and the pursuit of happiness, is grounded in mental wellness. Human beings are fragile and very often fear that which is different or hard to understand. It is vitally important that we reach out to uphold each other, to share what we now know about the brain, the nature of mental illness and substance abuse, and to shine a light for those still stumbling and struggling in the shadows.

Amy, born in 1971, was raised in a middle-class family in a suburban town in Pennsylvania. She is the oldest of three sisters. It was not until decades later, in dealing with the repercussions of her own family's crisis that she began to dissect her childhood and found undeniable signs of substance abuse, depression, anxiety and perhaps other mental illnesses throughout her family tree. She was amazed at these revelations as though looking at her own life with a new lens and wondered why did we never talk about any of this? She thought of family members who have passed away, and was able to forgive past hurts, but was filled with regret that they had never found treatment or the peace and serenity that comes with good mental health.

Circa 2012, as Amy's own children were trying to navigate the pitfalls of middle school and high school, undiagnosed depression and anxiety contributed to both her daughters' dissent into drug addiction. Addiction is a disease. It is a family disease and it is progressive and chronic. Through many successes and setbacks, today Amy and her family are grateful for the pathway to recovery that they each walk, together and alone, one day at a time. Today Amy speaks publicly at churches, schools, civic groups and parent groups, helping others to overcome the guilt and shame often associated with mental illness, including substance abuse disorder, and to break the cycles of addiction to find recovery. She is also a certified Youth Mental Health First Aid instructor which is recommended training for any adult who works with adolescents. For more information on Youth Mental Health First Aid, contact the American Mental Wellness Association.

DAISY AND BROWNIE PATCH REQUIREMENTS

Complete at least one activity under each component: Connect, Discover, Take Action.

CONNECT:

1. Daisy and Brownie Girl Scouts will probably have difficulty understanding what it means for a person to have a mental health problem. We can help them understand that mental health problems are medical conditions just like other physical illnesses or injuries. It is a problem in a person's brain and nervous system. Complete the puzzle to connect the different parts of the brain and then color the different parts.
2. Learn the word "stigma". A simple definition for this age group could be, a negative way of thinking about a person or thing. Often people who struggle with a mental health problem can't behave the way other people who don't have a mental health problem behave in a situation. For example, some kids with ADHD have a hard time sitting still and being quiet when the teacher asks for quiet time. Can you think of a time when you had negative thoughts about someone who was "being bad"? What if she couldn't help it? What if the part of her brain that helps her be calm needed some help? What are ways to help someone calm down?
3. What are some words you might hear someone say about a person who acts different? For example, if someone seems to be scared of everything and cries all the time, what are names you might hear that person be called? What if she couldn't help it? What if the part of her brain that would help her not be afraid needed some help? What are ways to be kind to her? What are some good things we could say instead?

DISCOVER:

1. What are some good habits to help our brains stay strong and healthy?
Answers include getting enough rest, eating healthy food, exercising our brains by reading, playing games, and working on puzzles, having a faith practice, spending time with good friends, having quiet time, and having a positive attitude!
2. What does it mean to have a positive attitude? Do you like to try new things? Do you like to go to new places? Do you always have to have your own way? What happens when you don't get your own way? Think about the last time you "threw a fit". What happened and what could you do differently next time? How can we practice positive thoughts?
3. Research has shown that the *median* age for the onset of an anxiety disorder is between 8 and 12 years old. Median means that in 50% of the recorded cases, the patient is older than this age range and in 50% of the cases the patient is younger than this age range. Onset means the first presentation of symptoms of the disorder. Let's talk about anxiety. What is it? Does everyone feel anxious sometimes? How do we know if our anxiety is a problem that we need to talk to someone about?

Anxiety is an uneasy feeling caused by fear. Severe anxiety can result in physical symptoms such as shortness of breath, stomachaches, headaches, racing heart, sweating, dizziness and even chest pains. Every single person sometimes feels afraid. It is not a problem to sometimes feel afraid or uncomfortable in a situation and it can actually be a good thing, our body's way of warning us against danger. Anxiety might be a problem if you experience these severe symptoms and/or if it often keeps you from doing things you want to do that your friends and family enjoy. If you feel scared all the time, who could you talk to about that?

TAKE ACTION:

1. Draw a picture or make a poster about one of the healthy habits for mental health.
2. What's the difference between "taking medicine" and "doing drugs" which is bad for you? Take the "Drug Free Zone" pledge. Color the picture and sign your name to promise to respect yourself and only put good things in your body.
3. Think about ways you can help another person through a stressful situation. With your troop, role play one or both of these situations:
 - a. Pretend one volunteer is a new girl in your class. How could you make her feel welcome? Think about how you would feel if you had to go to a new school where you did not know anyone. Can you see how being friendly and kind to others can help relieve anxiety?
 - b. Pretend that you are at a Girl Scout meeting and everyone was asked to bring an empty milk carton to use for a craft. Pretend one volunteer forgot her milk carton and she's the only one who forgot! Think about how it feels to be left out. It's not a good feeling is it? What could we do to help in this situation? Can you see how feeling included relieves anxiety?

JUNIOR PATCH REQUIREMENTS

Complete at least two activities under each component: Connect, Discover, Take Action.

CONNECT:

Junior Girl Scouts will probably understand that a person can have a mental health problem but may not think of a mental health problem as a medical condition just like other physical illnesses or injuries. It is a problem in a person's brain and nervous system. Complete one or more of the attached activities to learn about the brain and its role in mental health.

1. Take the Mental Health Myths and Facts Quiz. Trade papers with someone and review the answers. A good exercise is to take the quiz again at the end of the program.
2. Learn the word "stigma". A simple definition for this age group could be, a negative way of thinking about a person or thing. Often people who struggle with a mental health problem can't behave the way other people who don't have a mental health problem behave in a situation. What are words or phrases, names, you have heard to describe someone who might struggle with anxiety, depression, ADHD or another mental illness? Write the answers on a chalkboard or piece of newsprint. Can you see why someone experiencing symptoms of a mental illness might not want to tell anyone? What would happen if we chose to be kind instead?

DISCOVER:

1. What are some good habits to help our brains stay strong and healthy?
Answers include getting enough rest, getting plenty of exercise, eating healthy food, exercising our brains by reading, playing games, and working on puzzles, having a faith practice, spending time with good friends, a meditation practice or having quiet time, and having a positive attitude!
2. Research what happens to the brain when a person does not get enough rest. What is the recommended amount of sleep for someone your age? Share your findings with another person.
3. Learn at least 3 facts (not opinions) about at least 2 of the following common types of mental health disorders. Share what you find out with the troop:
 - a. Anxiety Disorders
 - b. Depression Disorders
 - c. Bipolar Disorders
 - d. Eating Disorders
 - e. Substance Abuse Disorders
4. When do mental health problems most commonly present themselves in a person's life? Tape the age range signs around the room. Depending on the size of your troop, you can ask each girl to go to the sign she thinks is the correct median age range for the onset of each type of mental health disorder, reveal the answer and then do the next type, or alternatively, you can write each mental health disorder on a paper and assign one to each girl, revealing the correct answers all at once.

You will have to explain that median is not an average. The median age range means that 50% of the cases were younger than this age range and 50% of the cases were older than this age range. You will also have to explain onset, meaning the time the symptoms first presented themselves.

5. On a chalkboard or piece of newsprint, write out the alphabet in two vertical columns. Set a time limit (3 – 5 minutes) and see if you can come up with a word or phrase that relates to factors that protect and promote good mental health.

TAKE ACTION:

1. Draw a picture or make a poster about one of the healthy habits for mental health.
2. Take the “Drug Free Zone” pledge. Color the picture and sign your name to promise to respect yourself and only put good things in your body.
3. Use the toolbox graphic included in the packet. Cut out pictures from a magazine that represent all the healthy practices a person should develop for enhanced mental health. Share your finished product with the group.
4. Try some yoga. Invite a yoga instructor to your troop or try an online resource to try out a few yoga poses. Discuss the calming effect yoga has on one’s mind.

CADETTE/SENIOR/AMBASSADOR PATCH REQUIREMENTS

Complete at least three activities under each component: Connect, Discover, Take Action.

CONNECT:

1. Take the Mental Health Myths and Facts Quiz. Trade papers with someone and review the answers. A good exercise is to take the quiz again at the end of the program.
2. Let's talk about the word "stigma". Often people who struggle with a mental health problem can't behave the way other people who don't have a mental illness behave in a situation. What are words or phrases, names, you have heard to describe someone who might struggle with anxiety, depression, ADHD or another mental illness? Write the answers on a chalkboard or piece of newsprint. Can you see why someone experiencing symptoms of a mental illness might not want to tell anyone? What would happen if we chose to be kind instead?
3. Invite a mental health professional or someone who has recovered from a mental health disorder to speak to your troop.
4. Watch a television show or movie with a central character struggling with a mental health disorder? How is mental illness portrayed in the show/film? Some depictions can be quite triggering to a person who is experiencing the onset of symptoms of a mental health problem. We encourage everyone to watch responsibly and process the material with a trusted adult. A good resource for material is <http://mentalhealthchannel.tv/>

DISCOVER:

1. What are some good habits to help our brains stay strong and healthy?
Answers include getting enough rest, getting plenty of exercise, eating healthy food, exercising our brains by reading, playing games, and working on puzzles, having a faith practice, spending time with good friends, a meditation practice or having quiet time, and having a positive attitude!
2. Research what happens to the brain when a person does not get enough rest. What is the recommended amount of sleep for someone your age? Share your findings with another person.
3. Learn at least 3 facts (not opinions) about at least 2 of the following common types of mental health disorders. Share your findings with the troop:
 - a. Anxiety Disorders
 - b. Depression Disorders
 - c. Bipolar Disorders
 - d. Eating Disorders
 - e. Substance Abuse Disorders
4. When do mental illnesses most commonly present themselves in a person's life? Tape the age range signs around the room. Depending on the size of your troop, you can ask each girl to go to the sign she thinks is the correct median age range for the onset of each mental health disorder, reveal the answer and then do the next mental health disorder, or alternatively, you can write each mental health disorder on a paper and assign one to each girl, revealing the correct answers all at once.

You will have to explain that median is not an average. The median age range means that 50% of the cases were younger than this age range and 50% of the cases were older than this age range. You will also have to explain onset, meaning the time the symptoms first presented themselves.
5. On a chalkboard or piece of newsprint, write out the alphabet in two vertical columns. Set a time limit (3 – 5 minutes) and see if you can come up with a word or phrase that relates to factors that protect and promote good mental health.
6. What are the four stages of substance abuse? What are common signs and symptoms of each stage? Experimentation, Occasional/Social, Pre-Occupation, Chemical Dependency

7. What is the rate of teen suicide in our nation today? In your state? Understand that every statement about suicide is serious and must not be dismissed. What are some ways to correct our language to make sure we are never flippant about suicide?
8. Look critically through some fashion magazines. What do these pictures say about the American standard for beauty and body image? Are these healthy, realistic ideals? What are girls taught about the importance of our appearance? As a troop, discuss how we often connect self-worth to how we look. Now make the connection to depression and eating disorders.

TAKE ACTION:

1. Develop an action plan for how to help someone who may be experiencing a mental health challenge. Learn the fundamental steps of ACE: Ask, Care, and Escort. Ask your friend about troubling behavior, Care about them by talking nonjudgmentally and listening to them, and Escort them to an adult who can help.
2. Create a skit or program to discuss healthy body image and building self-esteem with a Junior troop in your area.
3. Watch two or more of the following videos about how the images of women we see in fashion magazines are actually created. (Remember you can download this packet from <https://www.americanmentalwellness.org/>
<https://youtu.be/17i5QzF3kqE>
<https://www.youtube.com/watch?v=iYhCn0jf46U>
<https://www.youtube.com/watch?v=KtquNV1fr64>
<https://www.youtube.com/watch?v=cdbnl7NZ-ok>
4. Research the connection between substance abuse and other mental health disorders. What does co-occurring diagnosis mean and why do you think it would be essential to treat both conditions together?
5. Go to www.AmericanMentalWellness.org and sign on as a “‘Champion’ for prevention, early intervention, scientific research, and cures of mental health problems”. Also, explore the site’s content. We encourage you to post your experiences and insights about the AMWA Girl Scout Patch program!



6. Try some yoga. Invite a yoga instructor to your troop or try an online resource to try out a few yoga poses. Discuss the calming effect yoga has on one's mind.
7. Try a meditation practice. There are many free online resources. Discuss the calming effect meditation has on one's mind.

BRAIN ACTIVITY #1

Learn about the brain and its role in mental health

Additional information, games, puzzles, both printable and online are available on this excellent website:

Neuroscience for Kids: <http://faculty.washington.edu/chudler/neurok.html>

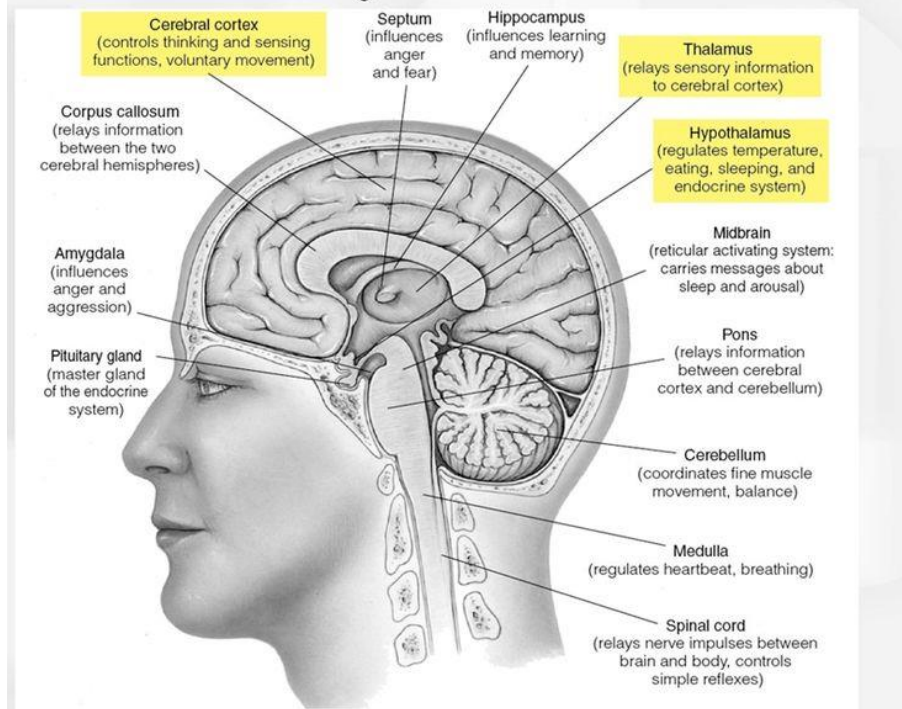
The Brain- The Director

Before thinking about the problems that occur in the brain when someone has a mental illness, it is helpful to think about how the brain functions normally. The brain is an incredibly complex organ. It makes up only 2 percent of our body weight, but it consumes 20 percent of the oxygen we breathe and 20 percent of the energy we take in. It controls virtually everything we as humans experience, including movement, sensing our environment, regulating our involuntary body processes such as breathing, and controlling our emotions. Hundreds of thousands of chemical reactions occur every second in the brain; those reactions underlie the thoughts, actions, and behaviors with which we respond to environmental stimuli. In short, the brain dictates the internal processes and behaviors that allow us to survive.



Picture from: <http://hplusmagazine.com/wp-content/uploads/brain1.jpg>

Anatomy of the Brain



Cerebral Cortex - This area is involved in thought, voluntary movement (raising your hand), language, reasoning (problem solving), and perception (seeing).

Cerebellum - This area is involved in involuntary movement (a movement you make without thinking about it first), balance, and posture

Medulla - This is the brain stem with basic functions such as breathing, swallowing, heart beat

Thalamus - processing of information you bring in through your 5 senses, and movement

Hippocampus - Learning and memory

Amygdala - Influences anger and aggression

Midbrain - Vision, hearing and eye movement and carries messages about sleep and arousal

Corpus Collosum - Connects right and left hemispheres

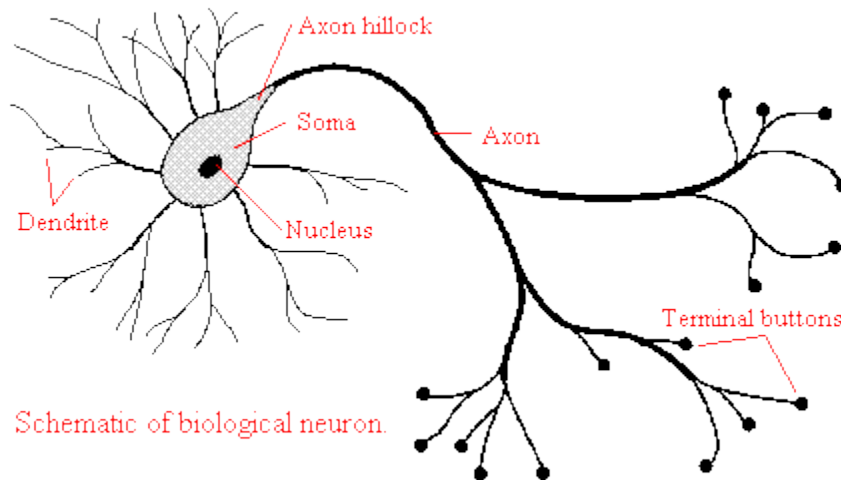
Hypothalamus - Hunger, body temperature, thirst, and circadian rhythms

Query: Did you notice how several areas seem to be involved in the same function? That's because many human functions require multiple systems to work together. How do they work together? They talk to each other! They communicate via cells

transmitting information.

The Neuron – The communicator

How does the brain take in all this information, process it, and cause a response? The basic functional unit of the brain is the neuron. A neuron is a specialized cell that can produce different actions because of its precise connections with other neurons, sensory receptors, and muscle cells.

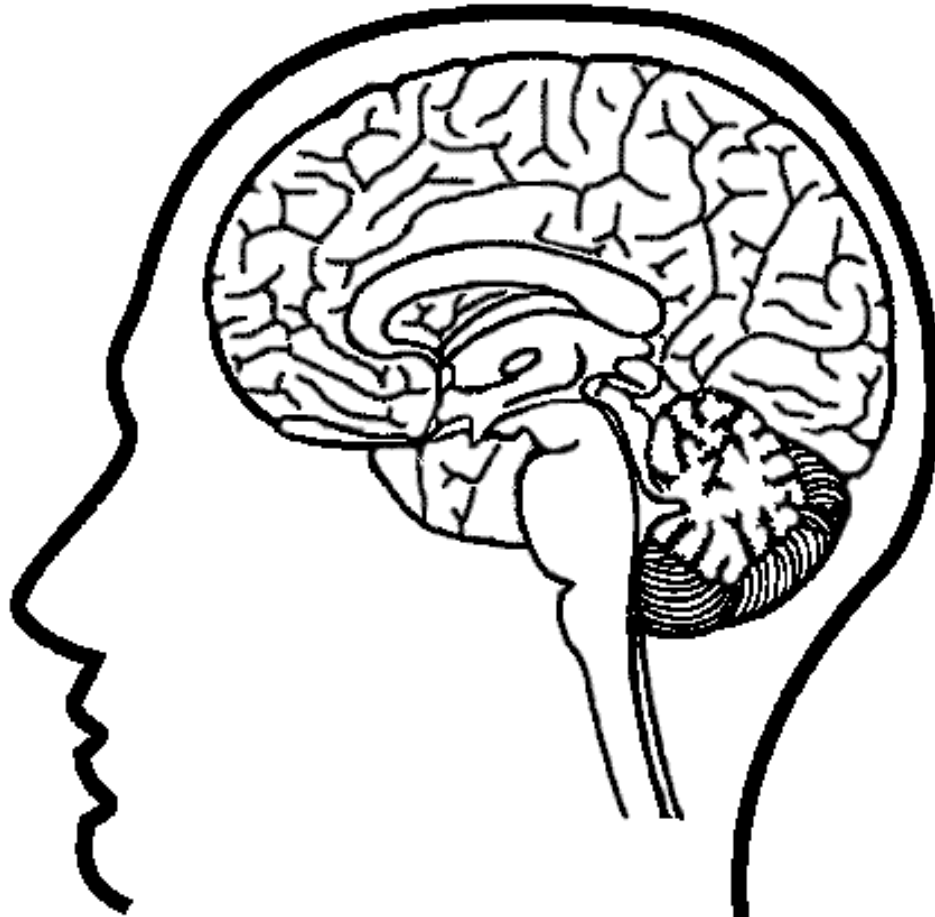


Neurons communicate using both electrical signals and chemical messages. The chemical messengers are called neurotransmitters. The neurotransmitter is formed in the cell body and travels through the axon to the presynaptic terminal where it is released and taken up by the dendrites of another neuron. In terms of mental illness acetylcholine, serotonin, dopamine and norepinephrine are the neurotransmitters thought to play a significant role.

Query: What happens when there is miscommunication? When the neurons can not communicate effectively, either due to a brain injury (concussion) or abnormal neurons in certain parts of the brain, or too much or too little of certain neurotransmitters or a combination of any of the above, the result is neurological and psychiatric disorders. For example, a concussion causes memory loss, confusion, and blurred vision. Alzheimer's disease patients have both structural abnormalities in their brains and too little of the neurotransmitter acetylcholine. Depressive symptoms are related to too little serotonin available for cells, and bipolar disease symptoms are related to several neurotransmitters.

To learn more about known and hypothesized causes of various mental illnesses, search out the resources listed in the Resource page.

BRAIN ACTIVITY #2



This is my brain, it helps me _____.

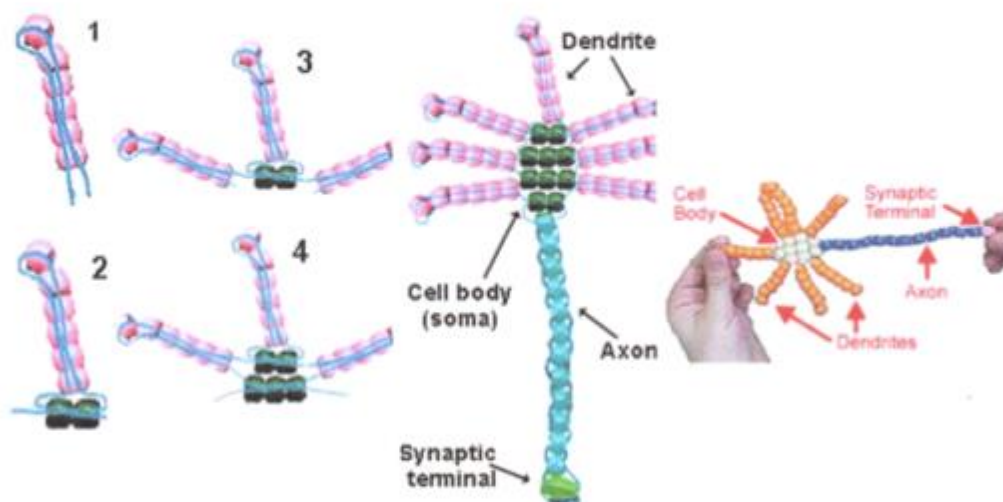
Color and/or label parts of the brain.

BRAIN ACTIVITY #3

Beady Neuron

For grades 3-12

Get out those beads and make a neuron! This neuron with seven dendrites requires 65 beads: 42 beads for the dendrites, 10 beads for the cell body, 12 beads for the axon and 1 bead for the synaptic terminal. String the beads using the pattern in the diagrams below. The string can be yarn, rope, or for the best result use flexible wire. You can also create your own pattern or use a different colored bead for a nucleus in the cell body.



Materials:

- Wire
- 65 beads

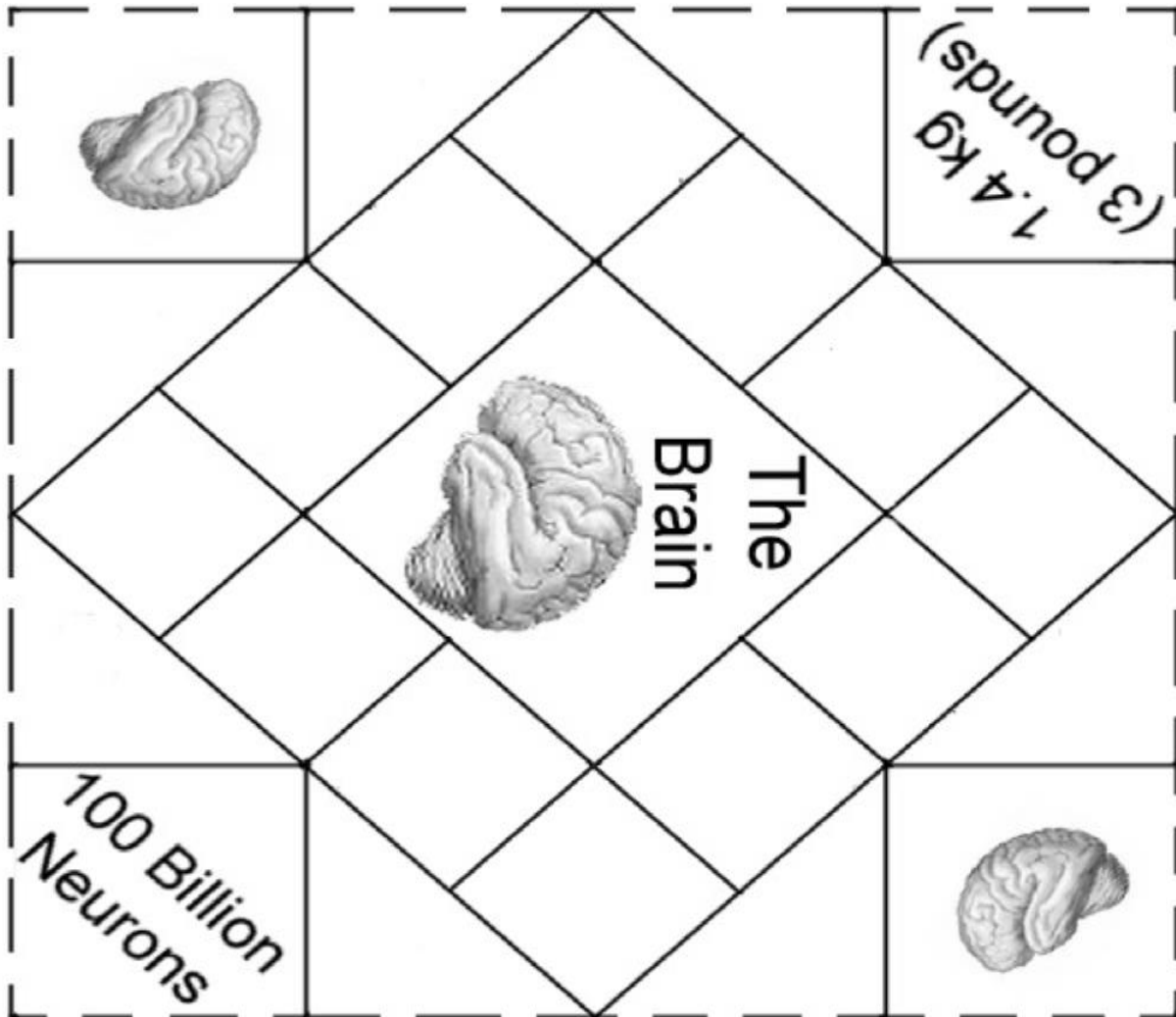
BRAIN ACTIVITY #4 – BRAIN PUZZLE

Cut out these pieces along the dotted lines. Mix up the pieces, then try and put the brain back together.





BRAIN ACTIVITY #5 – BRAIN ORIGAMI

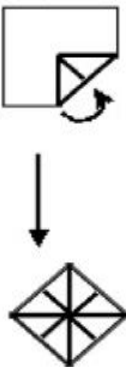


Brain Origami

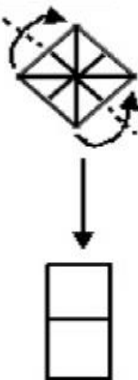
1. Cut along the dashed line to remove the pattern.
2. Turn the paper over so that the printed side is down.
3. Bend the four corners to the center of the paper.



4. Turn the paper over.
5. Bring the four corners to the center of the paper.



6. Fold the paper in half.



7. Put your thumb and first fingers in the outside pockets.
8. Bring the corners together.
9. Open and close origami to reveal brain facts.

MENTAL HEALTH MYTHS AND FACTS QUIZ (DAISY/BROWNIE)

Ask girls if they believe the following statements are true, false, or if they are unsure. Answer key is on the next page.

1. It's important to be kind to everyone, not just people who look and act like me.
2. Name calling is never an appropriate choice.
3. It is okay to feel however I feel.
4. If you are afraid about something, it is best to talk to someone about it.
5. If you feel sad all the time, it is best to talk to someone about it.
6. If you feel angry all the time, it is best to talk to someone about it.
7. Exercise can improve mental health.
8. Good sleeping habits can improve mental health.
9. Medicine can help me when I am sick.
10. Smoking cigarettes, drinking alcohol, and taking bad drugs would hurt my health.



MENTAL HEALTH MYTHS AND FACTS QUIZ (DAISY/BROWNIE)

ANSWER KEY

Ask girls if they believe the following statements are true, false, or if they are unsure. Answer key is on the next page.

1. It's important to be kind to everyone, not just people who look and act like me. - TRUE
2. Name calling is never an appropriate choice. - TRUE
3. It is okay to feel however I feel. - TRUE
4. If you are afraid about something, it is best to talk to someone about it. - TRUE
5. If you feel sad all the time, it is best to talk to someone about it. - TRUE
6. If you feel angry all the time, it is best to talk to someone about it. - TRUE
7. Exercise can improve mental health. - TRUE
8. Good sleeping habits can improve mental health. - TRUE
9. Medicine can help me when I am sick. - TRUE
10. Smoking cigarettes, drinking alcohol, and taking bad drugs would hurt my health. - TRUE

MENTAL HEALTH MYTHS AND FACTS QUIZ (JUNIOR)

Ask girls if they believe the following statements are true, false, or if they are unsure. Answer key is on the next page.

1. Most of the time, you can tell by looking at someone if he or she is struggling with a mental health problem.
2. Prejudice means to have beliefs about someone or something without knowing the facts.
3. It is okay to feel however I feel.
4. Girls are four times more likely to struggle with depression than boys.
5. People with a mental health problem tend to have a better outcome when they have a strong support system.
6. If you feel angry all the time, it is best to count to ten and find a way to forget about it.
7. It is best to have a person who is having a panic attack breathe into a paper bag.
8. Exercise and good sleeping habits can improve mental health.
9. Addiction is a mental health disorder.
10. Smoking cigarettes, drinking alcohol and taking illegal drugs are all examples of destructive behavior.

MENTAL HEALTH MYTHS AND FACTS QUIZ (JUNIOR)

ANSWER KEY

Ask girls if they believe the following statements are true, false, or if they are unsure. Answer key is on the next page.

1. Most of the time, you can tell by looking at someone if he or she is struggling with a mental health problem. - FALSE
2. Prejudice means to have beliefs about someone or something without knowing the facts. - TRUE
3. It is okay to feel however I feel. - TRUE
4. Girls are four times more likely to struggle with depression than boys. - TRUE
5. People with a mental health problem tend to have a better outcome when they have a strong support system. - TRUE
6. If you feel angry all the time, it is best to count to ten and find a way to forget about it. - FALSE
7. It is best to have a person who is having a panic attack breathe into a paper bag. - FALSE
8. Exercise and good sleeping habits can improve mental health. - TRUE
9. Addiction is a mental health disorder. - TRUE
10. Smoking cigarettes, drinking alcohol and taking illegal drugs are all examples of destructive behavior. - TRUE

MENTAL HEALTH MYTHS AND FACTS QUIZ (C, S, A)

Ask girls if they believe the following statements are true, false, or if they are unsure. Answer key is on the next page.

1. It is not a good idea to ask someone if they are feeling suicidal in case you put the idea into his or her head.
2. Depression tends to show up in a young person's life earlier than anxiety.
3. If a young person experiences trauma, it is best to force him or her to talk about it as soon as possible.
4. If a person is having a panic attack, it is best to have him or her blow into a paper bag.
5. Exercise can relieve symptoms of depression and anxiety.
6. People who talk about suicide will not complete suicide.
7. Spirituality can be a protective factor to good mental health.
8. Good sleeping habits can improve mental health.
9. Addiction is a mental health disorder.
10. People with a mental health problem tend to have a better outcome when they have a strong support system.

MENTAL HEALTH MYTHS AND FACTS QUIZ (C, S, A)

ANSWER KEY

Ask girls if they believe the following statements are true, false, or if they are unsure. Answer key is on the next page.

1. It is not a good idea to ask someone if they are feeling suicidal in case you put the idea into his or her head. - FALSE
2. Depression tends to show up in a young person's life earlier than anxiety. - FALSE
3. If a young person experiences trauma, it is best to force him or her to talk about it as soon as possible. - FALSE
4. If a person is having a panic attack, it is best to have him or her blow into a paper bag. - FALSE
5. Exercise can relieve symptoms of depression and anxiety. - TRUE
6. People who talk about suicide will not complete suicide. - FALSE
7. Spirituality can be a protective factor to good mental health. - TRUE
8. Good sleeping habits can improve mental health. - TRUE
9. Addiction is a mental health disorder. - TRUE
10. People with a mental health problem tend to have a better outcome when they have a strong support system. - TRUE



Getting to know me...

I am not like the other people in your life. I can't get over it, mellow out, learn to live with it, take a chill pill, calm down, deal with it, or change the way you want me to change. It takes a huge amount of will just to survive this illness. Mania takes away my reasoning. Depression makes life pointless.

If you tell me to change when I'm in a mood swing, I won't believe that I can, or even hear you. My brain is telling me something different than you are telling me. People with bipolar disorder have a civil war going on in their brains--this war is between the real person and the ill person. And sometimes the ill person wins.

But I am here and I want to listen to you. Learn as much as you can about this illness and then ask me questions. Then we can communicate better.

Our relationship means so much. I promise to do all that I can to manage this illness.

From : tp magazine Spring 2020

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Drug-Free Pledge

I pledge allegiance to myself and who I want to be,
'Cause I can make my dreams come true, if I believe in me.

I pledge to stay in school and learn the things I need to know,
To make the world a better place for kids like me to grow.

I pledge to keep my dreams alive and be all I can be.

I know I can, and that's because,

I pledge to stay...

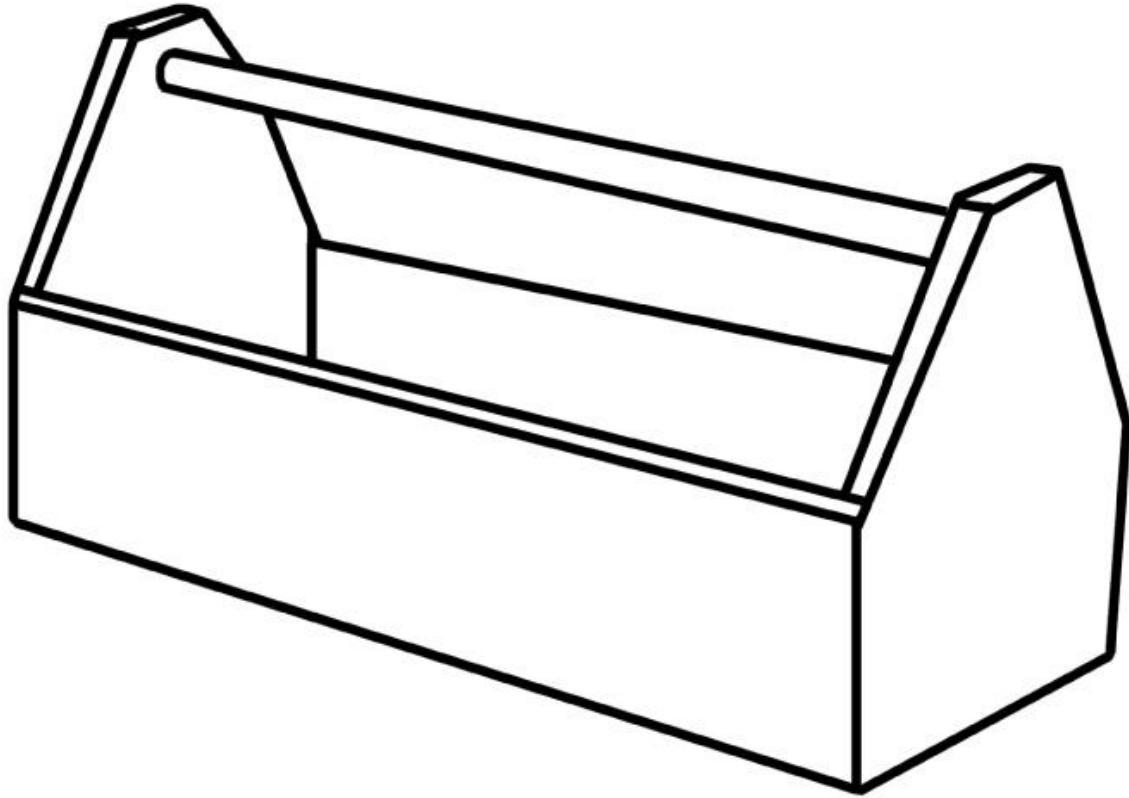
DRUG FREE!

Name _____

RESOURCE LIST

<https://www.americanmentalwellness.org/>
<http://mentalwellnessawareness.org/>
<http://www.pleaselive.org/>
<http://faculty.washington.edu/chudler/neurok.html>
<http://kidshealth.org/kid/htbw/brain.html>
<http://www.nami.org>
<http://www.endingthesilence.org/students/student-information>
<http://www.btslessonplans.org>
<http://www.webmd.com/mental-health/brain-mental-illness>
<http://www.about.com/health/#topic-list>
<http://www.nimh.nih.gov>
http://kidshealth.org/teen/your_mind
<http://www.mentalhealthamerica.net>
<http://mindsprogram.org/default.aspx>
<http://bringchange2mind.org/>
<http://www.halfofus.com/video/?videoID=68&chapterID=1>
<http://www.internationalbipolarfoundation.org/>
http://www.ted.com/playlists/9/all_kinds_of_minds.html
<http://www.about.com/health/#topic-list>
<http://www.up2sd.org/>
<http://mentalhealthchannel.tv/>

Color the Toolbox



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www.exploringnature.org



FEEDBACK REPORT

Girl Scout Leader _____ Troop _____

Address _____ City _____ State _____ Zip _____

Phone # _____ Email _____

Date of Program Completion _____

Total Number of Girls Completing Program _____

Number of patches for each level:

Daisy _____, Brownie _____, Junior _____,

Cadette _____, Senior _____, Ambassador _____

Ship Patches To (if different from above):

Name: _____

Address: _____

Please complete this report and
send it to us at
info@americanmentalwellness.org
or via mail to
***American Mental Wellness
Association, 25 Spruce Road,
Marysville PA 17053.***

Only one shipping address per order please. Please allow 3 – 4 weeks for delivery.

If you would like to make a donation, in any amount, to offset the cost of the patches and shipping, please send payment made payable to the American Mental Wellness Association with your report. Additionally, donations may be made online at www.AmericanMentalWellness.org.

We would love to hear about your troop experience. Please tell us which aspects of the program were most meaningful to you. We would also like to hear your suggestions for improvement.

Please utilize back of page or attach additional pages if you need more room. Feel free to post insights about your program on our website www.AmericanMentalWellness.org. We would love to see pictures of your event as well!