



## Online Young Adult Mental Health Worker Curriculum



This online curriculum prepares high school students and young adults to become skilled frontline mental health workers. Participants will learn to promote, maintain, and improve the mental health of individuals and communities in various settings.

***[\\*Click here to download our digital packet to learn more.](#)***

**Our curriculum is perfect for individuals, schools, pipeline programs, community organizations, and enrichment programs to train students to become mental health ambassadors!**

**The fun, interactive curriculum consisting of 20 modules is hosted on Canvas, a digital learning platform. Each module has a pre and post quiz accompanied with assignments, activities, and real-world solutions to address mental health.**

**Upon completion of all the modules, students will be able to download a certificate of completion. This certificate can be used toward community-service hours, to apply for mental health worker and similarly skilled jobs, a part of their college applications or as the first step toward a health career.**

## Curriculum Modules

Role of MHW	Cultural Competency	The Data Behind Mental Health	Shadowing
Mental Health	Public Health	Motivational Interviewing	Mental Health Project Development
US Health Services System	The Nervous System & Mental Health	Community Assessment	Public Speaking and Presentation Skills
Bioethics	Chronic Disease & Mental Health	Mental Health & The Environment	Community Mental Health Monitoring
Effective Communication	Sexual & Mental Health	Nutrition	COVID-19 & Mental Health

## Why the Young Adult Mental Health Worker Program

According to a survey conducted by the Centers of Disease Control (CDC), 40% of young adults between the ages of 18-29 years old reported symptoms of anxiety or depression that have been shown to be associated with diagnoses of generalized anxiety disorder or major depressive disorder, with symptoms occurring nearly every day.<sup>1</sup> Many individuals who suffer with poor mental health do not seek treatment due to simply not knowing where to go for help, or financial strains, citing the expensive cost of treatment, and the stigma surrounding mental health. Due to the dire nature of mental health in the youth, The Young Adult Mental Health Program was developed to educate the youth in young adults about how to respond to the signs of mental illness and how to maintain the mental health of themselves, their peers, and their communities.

<sup>1</sup> "Mental Health - Household Pulse Survey Covid-19." *Centers for Disease Control and Prevention*, available at <https://www.cdc.gov/nchs/covid19/pulse/mental-health.htm>.

## Benefits of Completing the Young Adult Mental Health Worker Program

- Gain an understanding of the importance of mental health work and why it is important to be an advocate for your community.
- Learn the importance of motivational interviewing and how to conduct mental health aid assessments.
- Become a mental health liaison between your community and health professionals.
- After completion of the program, you will be able to apply for MHW jobs and other similarly skilled positions.

**Interested in Purchasing?**

[Click here to purchase now.](#)

**Contact Us**

For more information about purchasing the curriculum, contact:

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