

Unit 4 Project: Overcoming Mental Health Stereotypes

Purpose: To better understand the challenges faced by people with mental illnesses, and to develop ways to overcome the stigma and stereotypes they face

Due Date: January 9th (A Day) or January 10th (B Day)

Points: 50

Assignment: Working in groups of at least 2, but no more than 3, you will research the causes, symptoms, and treatment options for a specific mental illness or psychological disorder (choose from the list on the back). You will write a 2-3 page summary of your research, and create a public awareness campaign to help increase public awareness regarding the illness or disorder, and to help overcome any stigma or stereotypes people with that illness or disorder may face. To help you better understand public perceptions of this mental illness, you will design and conduct a survey to measure public perception, and use that information to shape your campaign. You may choose any medium you like for the public awareness campaign, but here are some suggestions:

- A documentary
- A mini-play (recorded on video)
- A set of posters (such as might be used on billboards or in newspaper ads)
- A website
- A public art display

Whatever medium you choose, it needs to be something that could be displayed in the classroom. Videos will need to be in a format that can be shown on a Chromebook. These public awareness campaigns will be on display in class on January 9th and 10th. In addition, a few of them will be posted on the class website.

Requirements:

Written Portion

- Correctly defines specific mental illness
- Discusses multiple theories for cause of assigned illness
- Explores multiple treatment options and/or strategies for adaptation
- Connects treatment options to larger theoretical perspectives
- Analyzes social stigma attached to mental illness
- Proposes clear strategy for overcoming social stigma
- Correct APA format
- Cites at least 3 academic sources
- Includes original research (interview or survey data)
- Briefly describes and explains public awareness campaign

Public Awareness Campaign

- Presentation shows serious consideration of the social challenges associated with mental illness
- Information is presented in a unique, creative manner
- Presentation seems likely to catch public attention
- Presentation effectively corrects misconceptions about mental illness

Possible Mental Illnesses

<p style="text-align: center;"><u>Anxiety Disorders</u></p> <p>Panic Disorder Agoraphobia Social Phobia Other Specific Phobia Obsessive Compulsive Disorder Post-Traumatic Stress Disorder Generalized Anxiety Disorder</p>	<p style="text-align: center;"><u>Mood Disorders</u></p> <p>Major Depressive Disorder Dysthymic Disorder Seasonal Affective Disorder Bipolar Disorder (I & II) Cyclothymic Disorder</p>
<p style="text-align: center;"><u>Dissociative Disorders</u></p> <p>Dissociative Amnesia Dissociative Fugue Dissociative Identity Disorder</p>	<p style="text-align: center;"><u>Somatoform Disorders</u></p> <p>Somatization Disorder Conversion Disorder Hypochondriasis Pain Disorder</p>
<p style="text-align: center;"><u>Psychotic Disorders</u></p> <p>Schizophrenia (Paranoid Type) Schizophrenia (Disorganized Type) Schizophrenia (Catatonic Type) Schizoaffective Disorder Delusional Disorder Shared Psychotic Disorder</p>	<p style="text-align: center;"><u>Other Disorders (From various categories)</u></p> <p>Tourette's Disorder (or Syndrome) Dementia (Alzheimer's Type) Primary Insomnia Narcolepsy Nightmare Disorder Sleepwalking Disorder Kleptomania Pyromania Trichotillomania</p>