

State Mandated Mental Health Curriculum

The Florida Department Of Education has mandated that all 9th-12th students in the state of Florida be taught a mental health curriculum with the following topics:

- (a) Recognition of signs and symptoms of mental health disorders;
- (b) Prevention of mental health disorders;
- (c) Mental health awareness and assistance;
- (d) How to reduce the stigma around mental health disorders;
- (e) Awareness of resources, including local school and community resources;
- (f) The process for accessing treatment;
- (g) Strategies to develop healthy coping techniques;
- (h) Strategies to support a peer, friend, or family member with a mental health disorder;
- (i) Prevention of suicide;
- (j) Prevention of the abuse of and addiction to alcohol, nicotine, and drugs.

We will be using the Apex online learning module for this instruction.