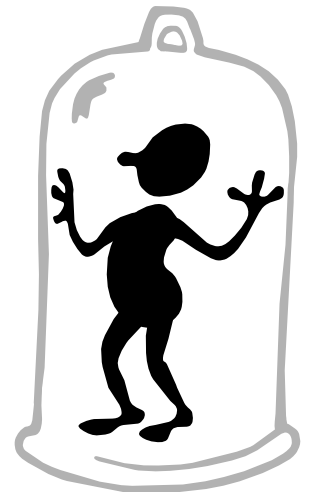
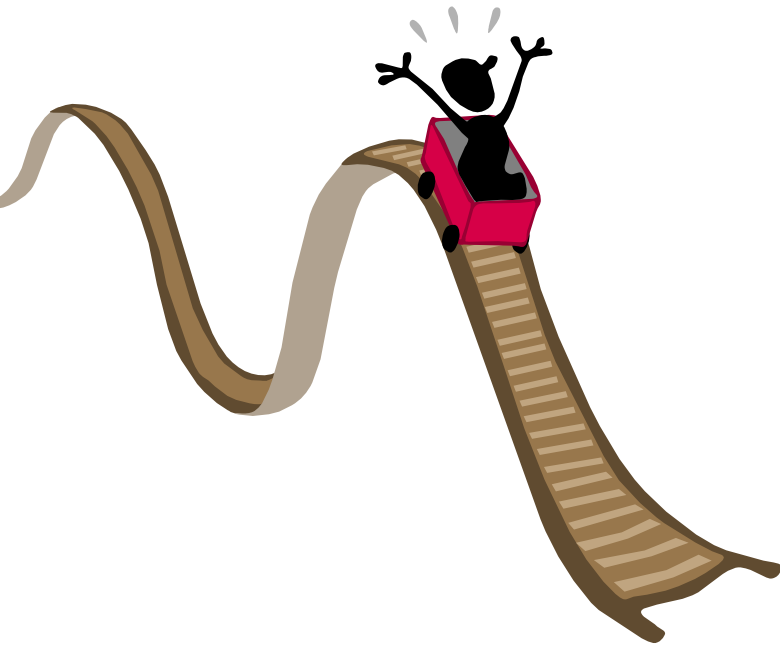


Free Resources and Suggested Topics for the Course Counseling & Mental Health

Arlene Spearman

Associate Director

Curriculum Center for Family and Consumer Sciences



Counseling and Mental Health

	TEKS
Introduction	
Class guidelines; stigma	1(C); 4(A)
Overview; prevalence; history	1(C)(F)
Careers	
Careers in counseling and mental health	3(A); 4(C)
Consequences of career decisions	3(C)
Ethics and the Law	
Ethics and professionalism	4(A)(B); 6(A)
Law	4(B)(D)(E)(F)(G)
Brain and Nervous System	
The brain and nervous system	1(B)
Mental Health	
Mental health and wellness across the life span	1(D)(E)
Healthy communication	1(A); 2(A)(B)(C); 3(D)
Good practices for mental health	1(E)
Theories and Treatments	
Theories	1(E):3(E)
Treatments	3(A)(B)(E)(F)
Mental Disorders	
Overview, classification, assessment, diagnosis, epidemiology, and etiology	1(H)
Disorders that start in childhood	1(E)(H)
Specific disorders	1(H)
Substance-related disorders	1(G)(H)
Technology & Information Services	
Technology & IS	6(A)(B)(C)
Safety	
Safety	5(A)(B)(C)(D)

1. Introduction

Class Guidelines
Stigma
Prevalence
History



- **Class guidelines**

- **Teacher**

- Be self aware. Check your motives and goals for discussion.
- Do your best to discuss the topic with tact, and try to choose language that will not promote defensiveness in the students. Remember that how you say or phrase something is often more important than what you say.
- Make your classroom a safe place to learn. Provide opportunities for students to learn to deal with issues with civility, objectivity, and fairness.

- **Students**

- Confidentiality is important. As a student in this introductory class, I will keep specific information about friends and family out of class discussions.
- Mental health professionals receive much training before they are qualified to diagnose clients. An incorrect diagnosis can do much harm. As a student in this class, I will refrain from diagnosing people I know.
- The stigma attached to mental health issues can keep people from getting the help they need. As a student in this class, I will treat all people with dignity and respect.

Stigma

- “People first” language
- Stigma Buster display for duration of class.
- Geico commercial
 - "Could switching to GEICO really save you 15 percent or more on car insurance? Does a former drill sergeant make a terrible therapist?"
- Glen Close

Celebrities with Mental Health Disorders

<http://health.discovery.com/tv/psych-week/articles/celebrities-mental-disorders.html>

Celebrities with Mental Health Disorders

By Marianne English, HowStuffWorks.com

With 26 percent of Americans 18 years or older living with a diagnosable mental disorder, it's no wonder mental health is an increasing priority for the average person. But what about the celebrities or famous people we've come to follow so closely? They aren't exempt from mental health issues, either. Some are more private about their mental health, while others strive to raise awareness in hopes of debunking misconceptions about disorders. This slide show includes some of Hollywood and history's most well-known names.

Catherine Zeta Jones may be the new face of bipolar II disorder, but it's no role she hoped to land. Despite now speaking publicly to help remove some of the stigma that comes with the condition, who's to say Jones would've done so if reports of her treatment hadn't gotten out? "She went to go get some help and some other patient probably in there said, 'Hey, you won't believe who's in here now,'" husband Michael Douglas said during an interview on "The Oprah Winfrey Show." What's the difference between bipolar I and II? According to WebMD, they possess many of the same characteristics -- the highs and lows -- but with bipolar II, the person never reaches full-on mania.



4 5 6 7 8 9 10 11 12 13 14 15 Next >>

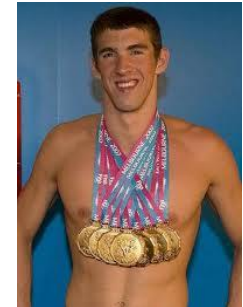
Catherine Zeta Jones



Carrie Fisher



Emma Thompson



Michael Phelps



Paula Deen



Margo Kidder



What a Difference a Friend Makes

www.whatadifference.samhsa.gov

WHAT A DIFFERENCE A **FRIEND** MAKES

A Life in the Community for Everyone
SAMHSA
Substance Abuse and Mental Health Services Administration
U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES

About this initiative Partner/Grassroots Organizations Media Center

LEARN SUPPORT LISTEN

2gether

Visit the Forum

Chat with people living with mental health problems and to friends of those living with mental health problems. The 2gether forums are a great place to ask questions and share experiences and ways to help.

What a difference a friend makes.

Welcome! This site is here for people living with mental illness—and their friends. You'll find tools to help in the recovery process, and you can also learn about the different kinds of mental illnesses, read real-life stories about support and...

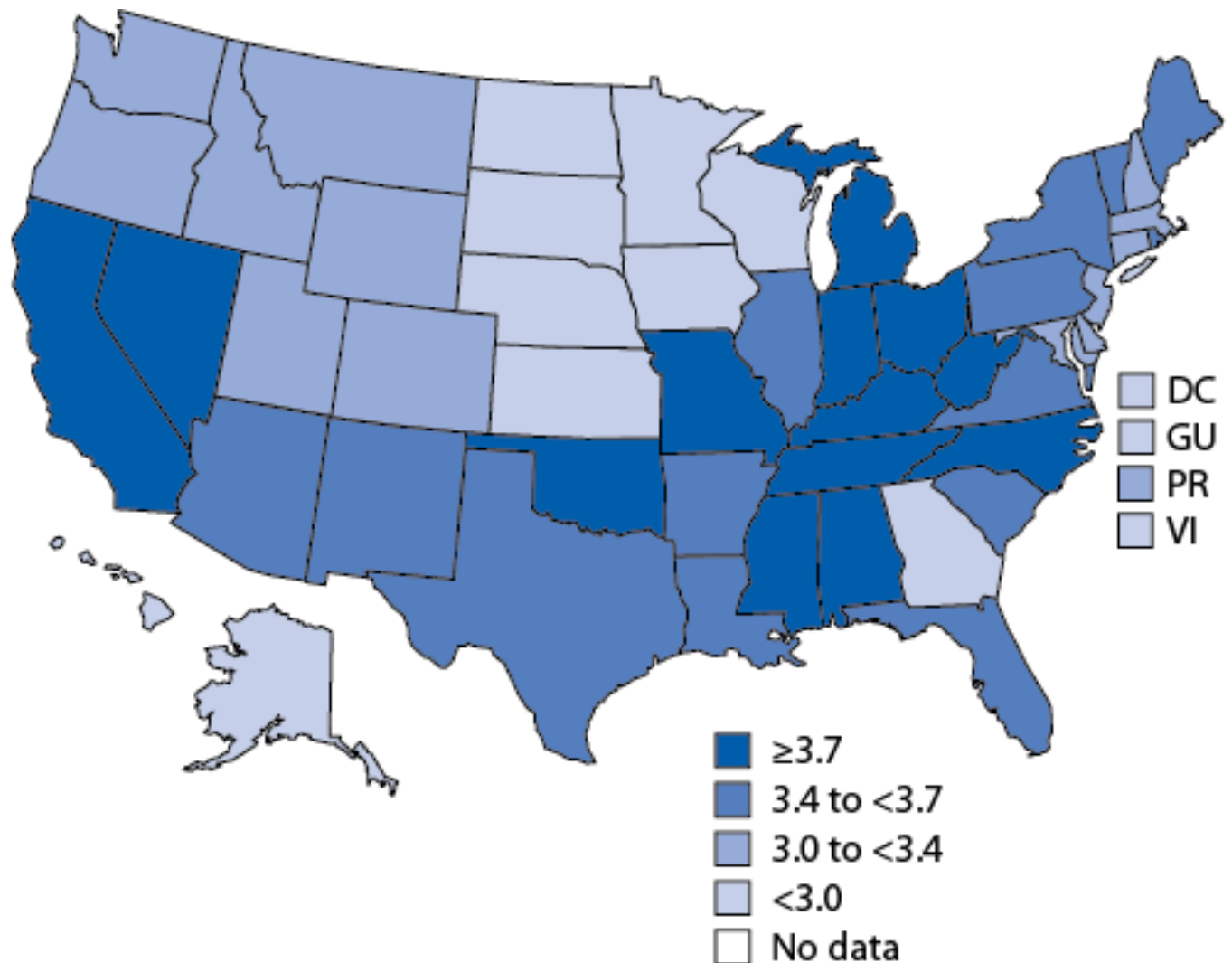
Multicultural Campaigns

Anyone can experience mental health problems. Get information, hear stories on support and recovery, and learn how to help people in your community.

Overview, Prevalence, History

- Mental Health Basics
 - CDC www.cdc.gov/mentalhealth/basics.htm
- What's Normal – What's Not
- Prevalence
 - NIMH
 - CDC
 - Surgeon General's Report on Mental Health
- History
 - “Five Pathways to Understanding the Brain” in *Time Magazine*

Survey question: "Now thinking about your mental health, which includes stress, depression, and problems with emotions, for how many days during the last 30 days was your mental health not good?"

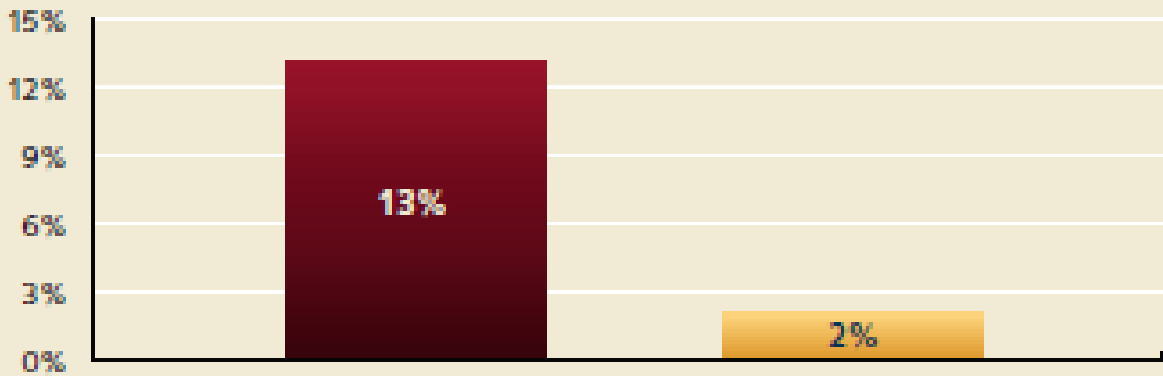


A wide gap between the burden of neuropsychiatric disorders and the mental health budget

Mental and behavioural disorders are estimated to account for 13% of the global burden of disease, yet, on average, the mental health budgets of countries constitute only 2% of their total health expenditures.

17

Burden of neuropsychiatric disorders vs budget



Burden of neuropsychiatric disorders as a percentage of all disorders

Median mental health budget as a percentage of total government health budget

2. Careers

- **AchieveTexas Human Services College and Career Planning Guide**

www.achievetexas.org/Human_Services.htm

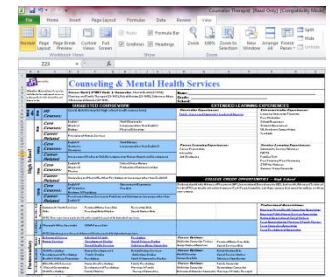
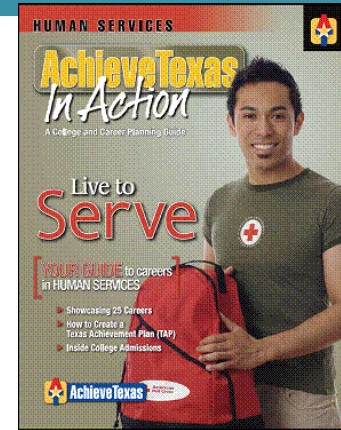
- **AchieveTexas Marriage and Family Therapist Program of Study Models**

www.achievetexas.org/Human_Services.htm

- **CareerOneStop** 15 videos

www.careerinfonet.org/videos/COS_videos_by_cluster.asp?id=,27&nodeid=28

- What's the Difference Between Doctors?
- Professional Associations

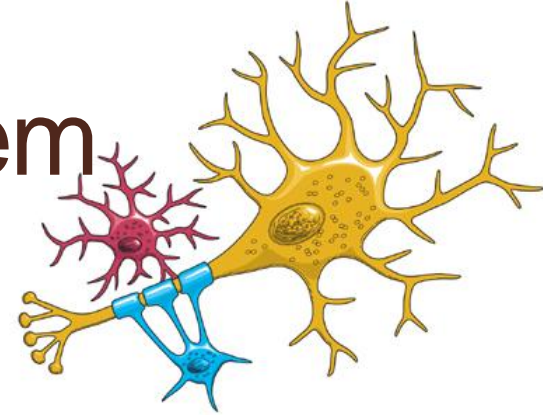


careeronestop
PATHWAYS TO CAREER SUCCESS

3. Ethics and the Law

- Code of Ethics
 - Psychiatry – Principles of medical Ethics with Annotations Especially Applicable to Psychiatry.
 - Psychology – Ethical Principles of Psychologists and Code of Conduct
 - Counseling – Code of Ethics
- Media Resources
 - *Sybil*
 - *Sybil Exposed* – Radio review
<www.npr.org/books/titles/141501937/sybil-exposed-the-extraordinary-story-behind-the-famous-multiple-personality-cas> (6 minutes)
 - *What About Bob?*
 - *Revenge* Season 1, episode 4 – “Duplicity,” originally airing on 10/12/2011
 - “Malpractice Dangers for Psychiatrists” by O. Brandt Daudill, Jr., Esq. in www.medscape.com

4. Brain and Nervous System



- Society for Neuroscience
 - Neuromyth Busters
<www.sfn.org/index.aspx?pagename=baw_home>
- Mental Health: A Report of the Surgeon General
 - <www.surgeongeneral.gov/library/mentalhealth/chapter2/sec1.html#neuroscience>
- Architecture of the Neuron
 - <www.ninds.nih.gov/disorders/brain_basics/ninds_neuron.htm>
- The Brain's Inner Workings Part I: Structure and Function
- The Brain's Inner Workings Part II: Cognition
 - NIMH YouTube Channel

Society for Neuroscience

<http://www.sfn.org>

The screenshot shows the Society for Neuroscience website. At the top right, there are links for "My Account", "Join", "Advertise", "News", "Store", and "Contact". The logo "SfN SOCIETY FOR NEUROSCIENCE" is on the left, with the tagline "Advancing the Understanding of the Brain and Nervous System" below it. A search bar is on the right. A navigation menu includes "About SfN", "Annual Meeting", "Membership & Chapters", "About Neuroscience", "Publications", "Professional Development", and "Education & Advocacy".

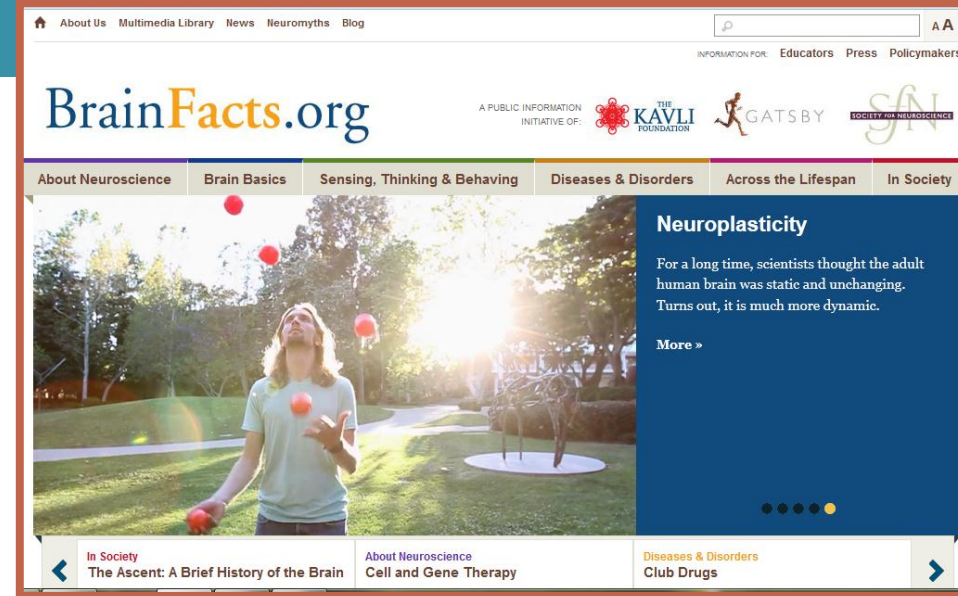
The main content area is titled "Brain Awareness Week" and includes a "Print" button. Below the title is a breadcrumb trail: "Home » Education & Advocacy » Brain Awareness Week". There are two images: a purple graphic with a brain and the text "BRAIN AWARENESS WEEK March 11-17, 2013", and a photograph of a woman in a teal shirt and a young boy holding a brain model.

A left sidebar contains a list of links: "Policy & Advocacy", "Public Information & Outreach", "Brain Awareness Week", "» See How It's Done", "» Neuroscientist-Teacher Partners", "» BrainFacts.org", "» Brain Facts", "» Brain Bee", and "» Science Olympiad".

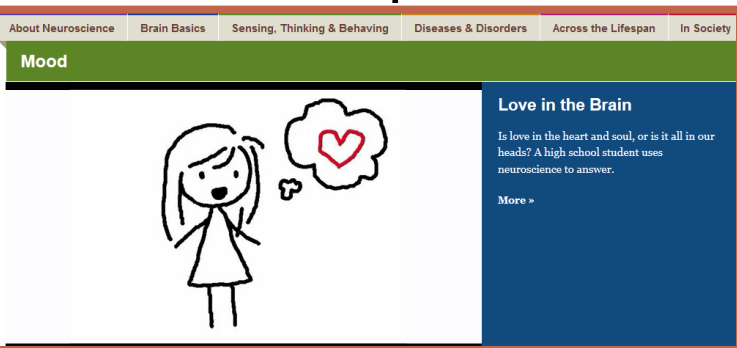
At the bottom, there are two buttons: "What is Brain Awareness Week?" and "ADDITIONAL RESOURCES".

• BrainFacts.org

- Brain Basics
 - Neuroanatomy
 - Cell communication
 - Brain development
- Sensing, Moving & Behaving
 - Awareness & Attention
 - Mood
 - Sleep



- Diseases & Disorders
 - Childhood disorders
 - Addiction
 - Psychiatric disorders
- Across the Life Span
 - Diet & Exercise
 - Stress & Anxiety
 - Youth & Aging



Charlie Rose: The Brain Series

www.charlierose.com/view/collection/10702

Charlie rose

Guests ▾ Topics ▾ Collections ▾ About ▾ CR Speaking ▾ Underwriting ▾

What's on Charlie Rose: [7/25: David Remnick and Christian Marclay](#) [Login or Register](#)

Collections: sponsored by

Charlie Rose: The Brain Series ^{RSS}

Page 1 of 2 12 ▶

The Charlie Rose Brain Series explores one of sciences final frontiers, the study of the human brain.

Charlie Rose Brain Series 2 Episode 10: Disorders of...
with [Eric Kandel](#), [Beth Kingkiner](#), [Peter Frates](#) and more on Jul 20, 2012
60 min 2 comments ★★★★★

Charlie Rose Brain Series 2 Episode 9: Multiple Sclerosis
with [Stephen L. Hauser](#), [Alfred Sandrock](#), [Eric Kandel](#) and more on Jul 6, 2012
60 min 19 comments ★★★★★

Charlie Rose Brain Series 2 Episode 8: Parkinson's Disease...
with [Eric Kandel](#), [Stanley Fahn](#), [Anne B. Young](#) and more on Jun 15, 2012
60 min 7 comments ★★★★★


NIH Science Education

<http://science.education.nih.gov>

← → science.education.nih.gov/customers.nsf/WebPages/CSHome

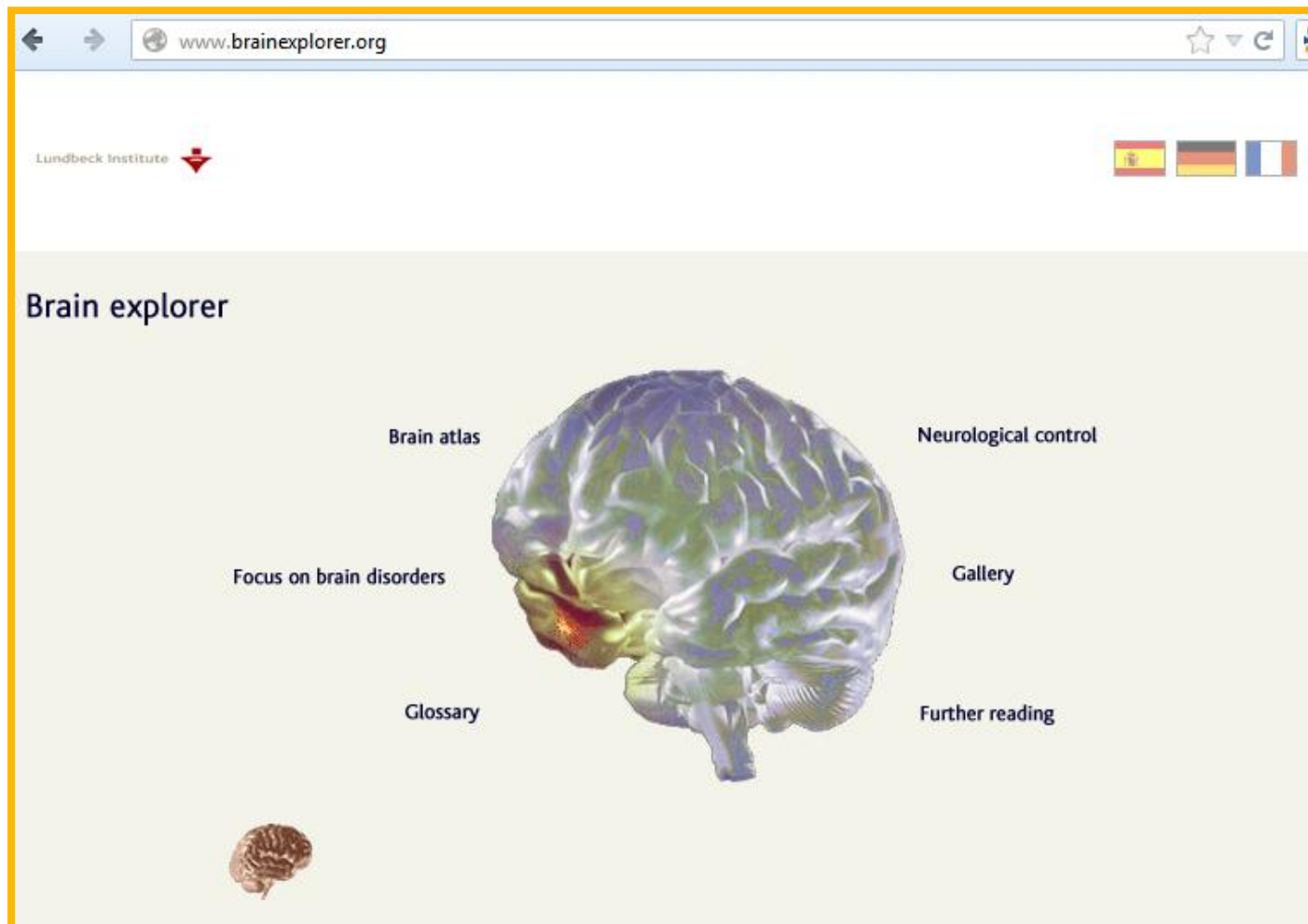
NIH Curriculum Supplement Series

[FAQ](#) | [News](#) | [Feedback](#)

Title	Description
<p>Select a title to request print versions, access electronic versions, and view state education standards alignments.</p> <h3>High School</h3> <ul style="list-style-type: none">• Evolution and Medicine - NEW!• Exploring Bioethics• Cell Biology and Cancer• Emerging and Re-emerging Infectious Diseases• Human Genetic Variation• The Brain: Understanding Neurobiology Through the Study of Addiction• Sleep, Sleep Disorders and Biological Rhythms• Using Technology to Understand Cellular and Molecular Biology <h3>Middle School</h3> <ul style="list-style-type: none">• Rare Diseases and Scientific Inquiry - NEW!• The Science of Healthy Behavior	<p>4 of 17</p>  <h3>The Brain: Understanding Neurobiology Through the Study of Addiction</h3> <p>Grades 9 - 12 more information</p> <p>← 00 →</p> <p>The NIH curriculum supplements are teacher's guides to two weeks of lessons on the science behind selected health topics. They combine cutting-edge biomedical discoveries with state-of-the-art instructional practices.</p> <p>HTML and PDF versions of each supplement are online and accessible to all. Print versions are FREE upon request to educators in the U.S.</p> <h3>The NIH Curriculum Supplements</h3> <ul style="list-style-type: none">• Are based on the latest research on how people learn• Are consistent with National Science Education Standards

Brain Explorer

www.brainexplorer.org

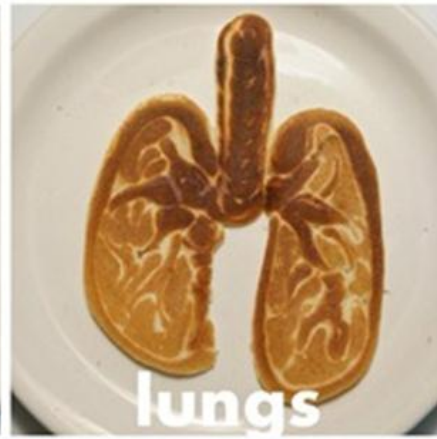




brain



liver



lungs



heart



uterus



stomach



bladder

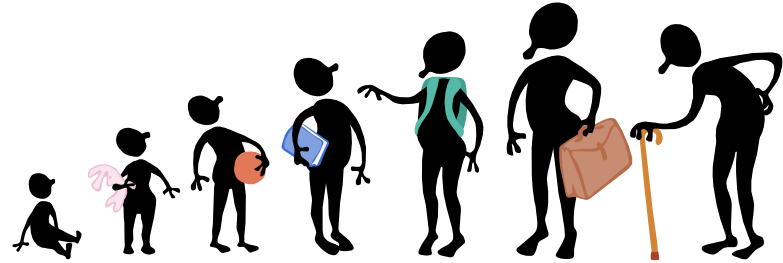


intestines



kidney

5 – Mental Health



- Mental health and wellness across the life span
 - 10 Tips for Building Resilience in Children and Youth
 - National Center on Parent, Family, and Community Engagement <eclkc.ohs.acf.hhs.gov/>
 - Inside the Teenage Brain
 - <www.pbs.org/wgbh/pages/frontline/shows/teenbrain/view/>
 - Brain Briefings: Healthy Aging
 - <www.sfn.org/index.aspx?pagename=brainBriefings_11_healthyaging>
 - Brain Facts: Aging. Society for Neuroscience
 - <www.sfn.org/index.aspx?pagename=brainfacts>

- **Healthy Communication**

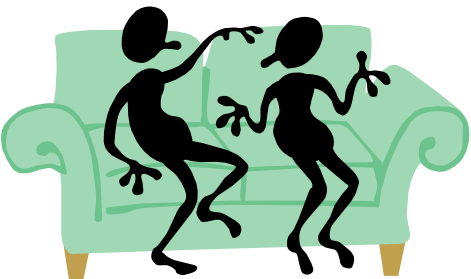


- **Decoding Body Language**

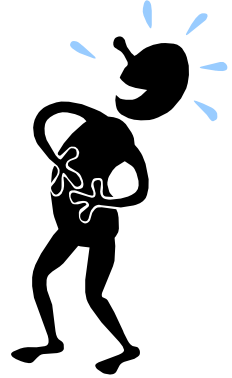
<www.npr.org/templates/story/story.php?storyId=92000147> (6 minutes)

- **Reaching Peace Through Peer Mediation**

<www.pbs.org/inthemix/shows/vid_schoolviol.html> (3:44 min.)



• Good Practices for Mental Health



- Tools to Live Your Life Well

www.liveyourlifewell.org/go/live-your-life-well/help

- Self Help video - **Sorting Out the Good from the Bad**
<video.pbs.org/video/1275319856/> (3:34 minutes)

- Self-esteem - **You is kind . . .** on YouTube
<www.youtube.com/watch?feature=endscreen&NR=1&v=kMD0XtQqfkg>

- Stress Quiz -


<science.nationalgeographic.com/science/health-and-human-body/human-body/stress-quiz.html>





TED: Ideas Worth Spreading


<http://www.ted.com>

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 Ideas worth spreading


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Speakers	TEDx Events	TED Community	TED Blog
Themes	TED Prize 	TED-Ed  NEW!	TED Initiatives
Translations	TED Fellows		

Themes What Makes Us Happy?




It's perhaps the most universal human yearning: to be happy. But this simplest of goals so often eludes us. We're not terribly good, we humans, at knowing what we want.


"The Pursuit of Happiness" was 2004's conference theme, but TED speakers over many years have continued this quest. [Daniel Gilbert's](#) astonishing




Baba Shiv: Sometimes it's good to give up the driver's seat
09:47 Posted: Jul 2012
Views: 114,347 | Comments: 64




Jane McGonigal: The game that can give you 10 extra years of life
19:30 Posted: Jul 2012
Views: 677,540 | Comments: 262




Sebastian Deterding: What your designs say about you
12:23 Posted: May 2012
Views: 206,599 | Comments: 31




Michael Norton: How to buy happiness
10:58 Posted: Apr 2012
Views: 870,626 | Comments: 240




Laura Carstensen: Older people are happier
11:38 Posted: Apr 2012
Views: 307,821 | Comments: 106




Jonathan Haidt: Religion, evolution, and the ecstasy of self-transcendence
18:16 Posted: Mar 2012
Views: 493,126 | Comments: 430



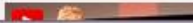
Larry Smith: Why you will fail to have a great career
15:00 Posted: Mar 2012
Views: 1,128,472 | Comments: 557



Shawn Achor: The happy secret to better work
12:20 Posted: Feb 2012
Views: 2,538,362 | Comments: 336



Alain de Botton: Atheism



Jane Fonda: Life's third

Imagine – How Creativity Works

- Guest Jonah Lehrer, author of *Imagine – How Creativity Works*
- Charlie Rose
<http://www.charlierose.com/view/interview/12302>
- <http://vimeo.com/38798735#>
(3:40 minutes)



A screenshot of a Charlie Rose interview with Jonah Lehrer. The top left shows the 'Charlie rose' logo and a 'Guests' dropdown menu. Below the logo, it says 'What's on Charlie Rose: 7/13: Yani Tseng, Bubba Watson, Butch Harmon and more'. The name 'Jonah Lehrer' is prominently displayed. Below that, it says 'with Jonah Lehrer in Books, Art & Design on Tuesday, April 17, 2012' followed by five stars. The main part of the screenshot is a video player showing a man with glasses (Jonah Lehrer) in a suit. At the bottom, there is a caption: 'Jonah Lehrer on his book "Imagine—How Creativity Works"' and a 'Share' button.



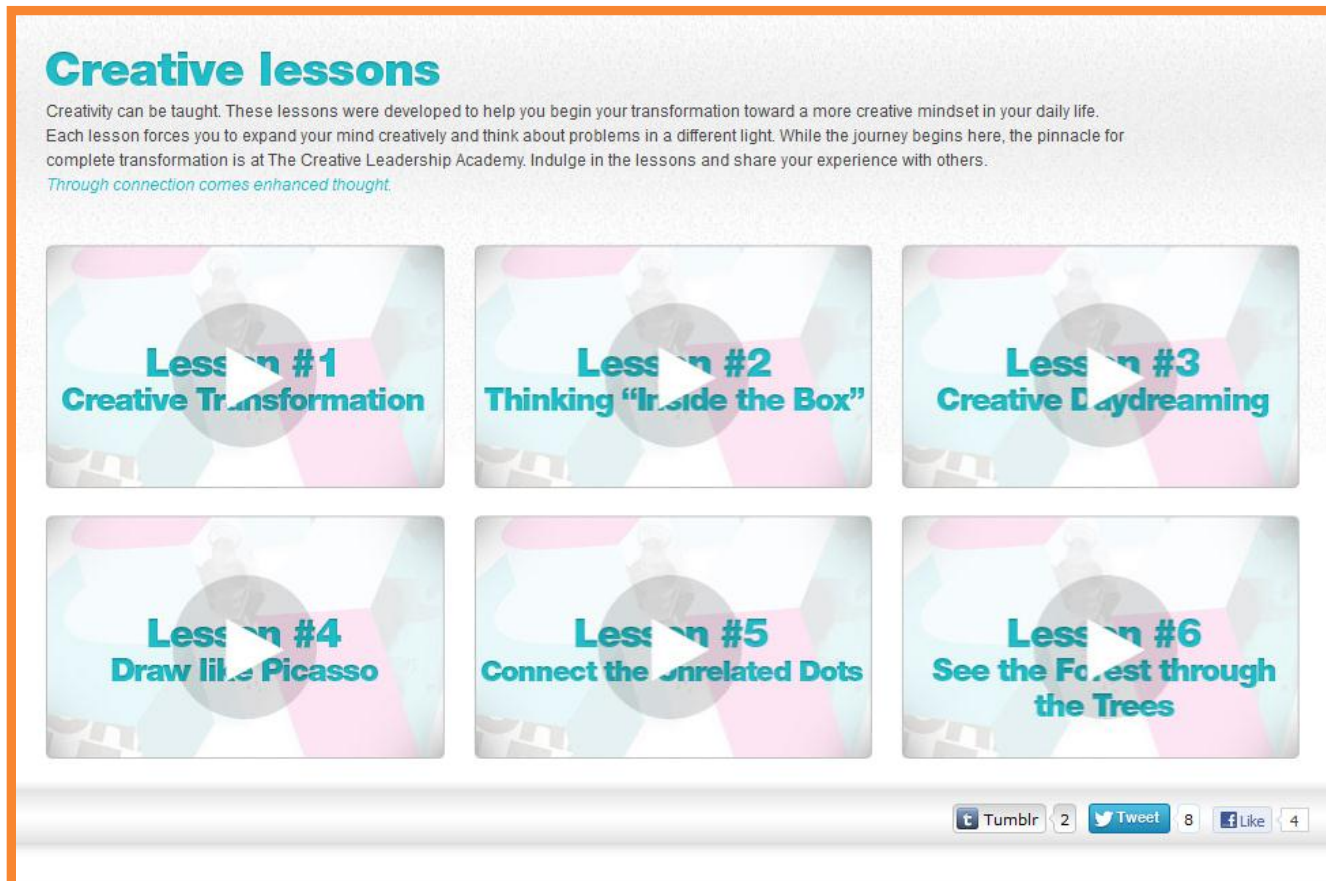
Creativity



- Compound Remote Association Problems
<socrates.berkeley.edu/~kihlstrm/RATest.htm>
 - Used in studies of creativity and intuition
 - Insight problem solving
- broken clear eye
- manners round tennis

Creativity

- Creativity lessons
 - www.iirusa.com/CLA/lessons.xml



Creative lessons

Creativity can be taught. These lessons were developed to help you begin your transformation toward a more creative mindset in your daily life. Each lesson forces you to expand your mind creatively and think about problems in a different light. While the journey begins here, the pinnacle for complete transformation is at The Creative Leadership Academy. Indulge in the lessons and share your experience with others.

Through connection comes enhanced thought.

Lesson #1
Creative Transformation

Lesson #2
Thinking "Inside the Box"

Lesson #3
Creative Daydreaming

Lesson #4
Draw like Picasso

Lesson #5
Connect the Unrelated Dots

Lesson #6
See the Forest through the Trees

Tumblr 2 Tweet 8 Like 4

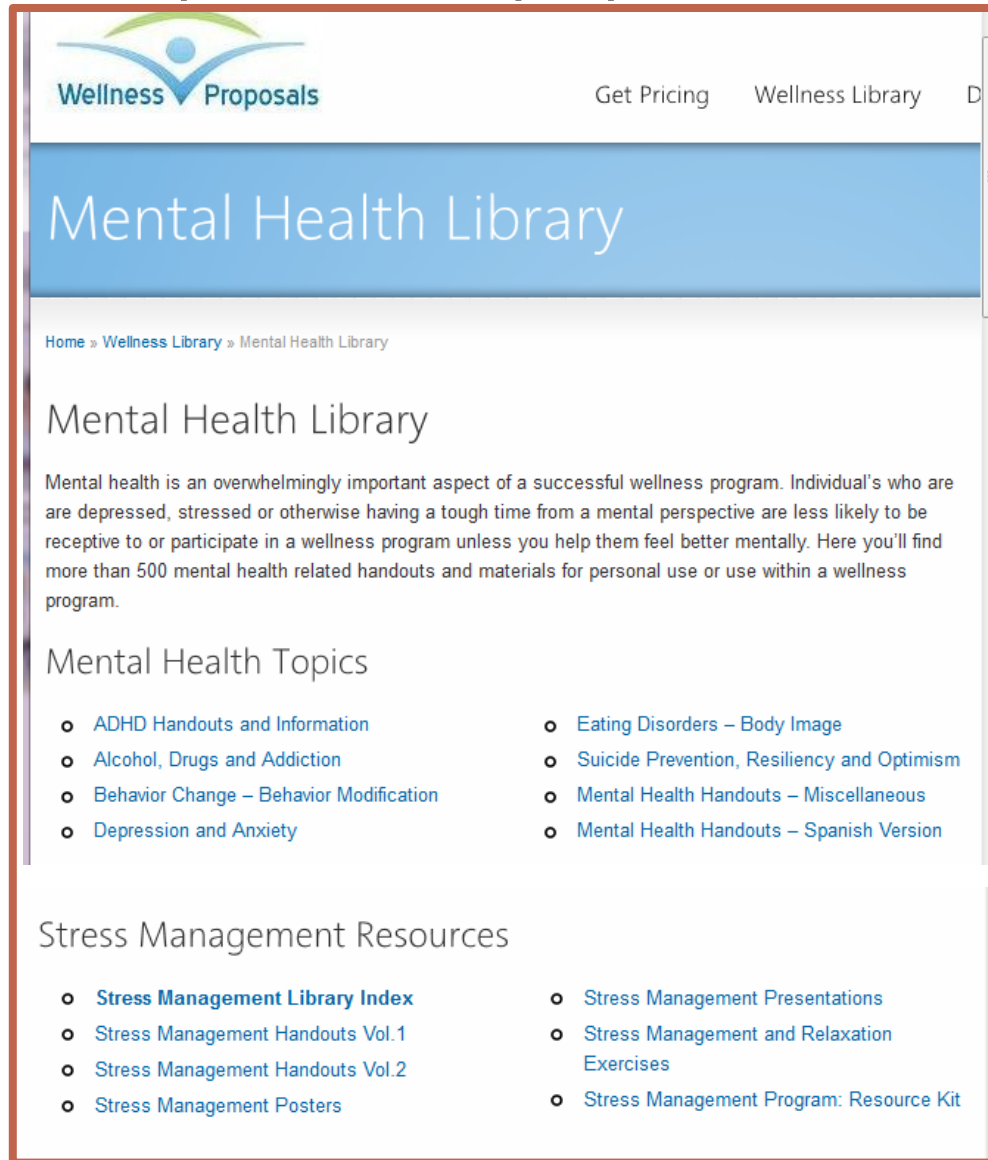
I ♥ NY

Milton Glaser

- “Art is work.”
- “The good is the enemy of the great.”
- “How you live changes your brain.”

Wellness Proposals

<<http://wellnessproposals.com>>



The screenshot shows the Wellness Proposals website. At the top left is the logo, which consists of a stylized blue and green figure with arms raised, above the text "Wellness Proposals". To the right of the logo are two links: "Get Pricing" and "Wellness Library". Below the logo is a blue banner with the text "Mental Health Library" in white. Underneath the banner is a breadcrumb trail: "Home » Wellness Library » Mental Health Library". The main heading is "Mental Health Library". Below this is a paragraph of text: "Mental health is an overwhelmingly important aspect of a successful wellness program. Individual's who are are depressed, stressed or otherwise having a tough time from a mental perspective are less likely to be receptive to or participate in a wellness program unless you help them feel better mentally. Here you'll find more than 500 mental health related handouts and materials for personal use or use within a wellness program." Below the paragraph is a section titled "Mental Health Topics" with a list of ten items: "ADHD Handouts and Information", "Alcohol, Drugs and Addiction", "Behavior Change – Behavior Modification", "Depression and Anxiety", "Eating Disorders – Body Image", "Suicide Prevention, Resiliency and Optimism", "Mental Health Handouts – Miscellaneous", and "Mental Health Handouts – Spanish Version". At the bottom is a section titled "Stress Management Resources" with a list of five items: "Stress Management Library Index", "Stress Management Handouts Vol.1", "Stress Management Handouts Vol.2", "Stress Management Posters", "Stress Management Presentations", "Stress Management and Relaxation Exercises", and "Stress Management Program: Resource Kit".

Wellness Proposals

Get Pricing Wellness Library

Mental Health Library

Home » Wellness Library » Mental Health Library

Mental Health Library

Mental health is an overwhelmingly important aspect of a successful wellness program. Individual's who are are depressed, stressed or otherwise having a tough time from a mental perspective are less likely to be receptive to or participate in a wellness program unless you help them feel better mentally. Here you'll find more than 500 mental health related handouts and materials for personal use or use within a wellness program.

Mental Health Topics

- o ADHD Handouts and Information
- o Alcohol, Drugs and Addiction
- o Behavior Change – Behavior Modification
- o Depression and Anxiety
- o Eating Disorders – Body Image
- o Suicide Prevention, Resiliency and Optimism
- o Mental Health Handouts – Miscellaneous
- o Mental Health Handouts – Spanish Version

Stress Management Resources

- o Stress Management Library Index
- o Stress Management Handouts Vol.1
- o Stress Management Handouts Vol.2
- o Stress Management Posters
- o Stress Management Presentations
- o Stress Management and Relaxation Exercises
- o Stress Management Program: Resource Kit

Stress Management Posters

Get up
15
minutes
early.



Smart

Apologize
for a
mistake.



Smart


Clasp
your
arms
behind your
back and
stretch
your
shoulders.

Smart

Find someone
you are
grateful for
and **thank**
them.


Smart

Learn
to say **no.**



Smart

Go for a
brisk
walk.



Smart

Practice
laughing
out **loud.**

HAHA
HAHA

Smart

Take a
deep
breath
and **let it**
all out.

Smart

Spend an
evening
without
TV.



Smart


Laugh
at
something
you
did.

Smart

Keep a
journal
of
thoughts
and
feelings.

Smart

Go to **work**
a
different
way.



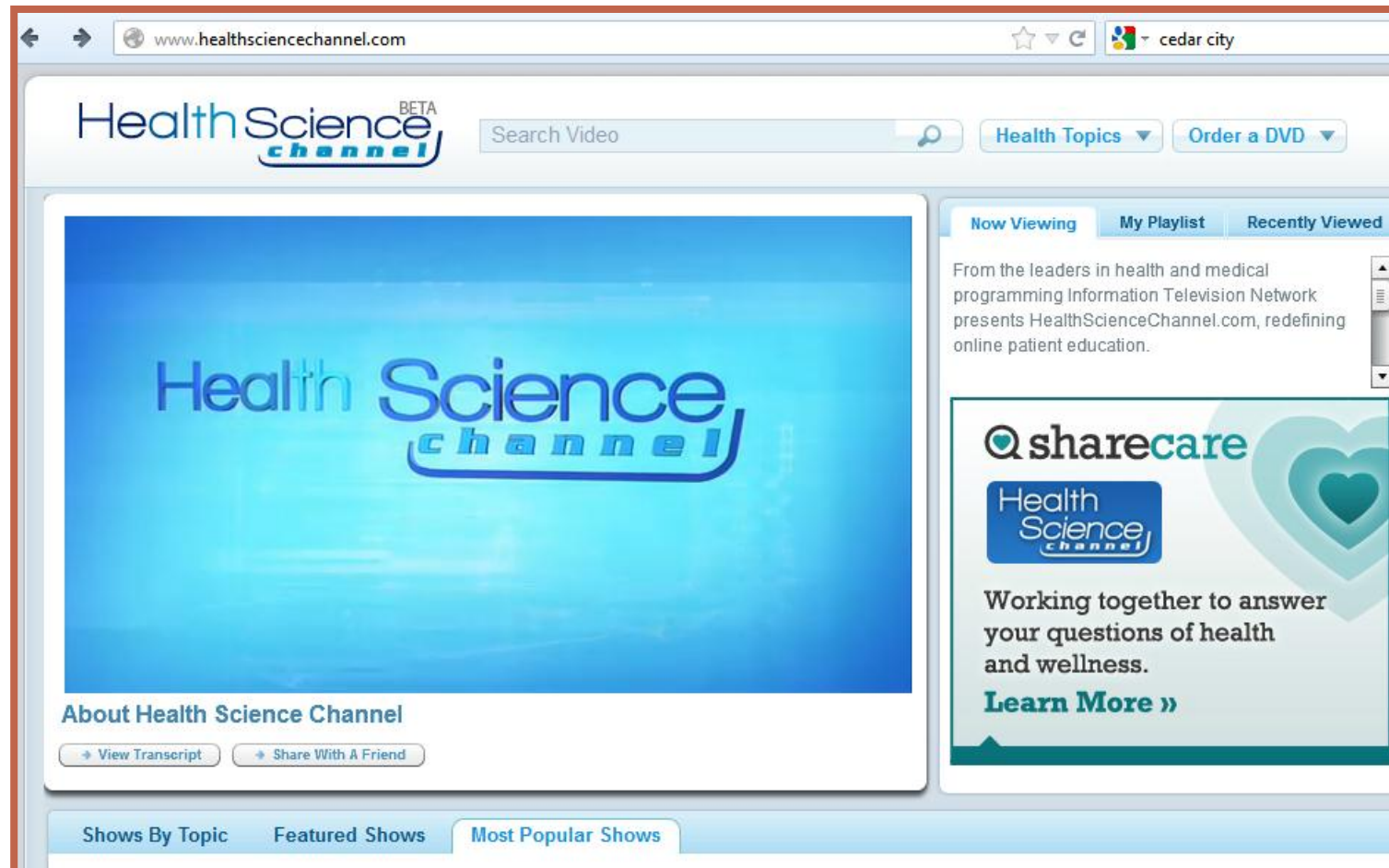
Smart

Health Science Channel

<http://www.healthsciencechannel.com/>

Emotional Health

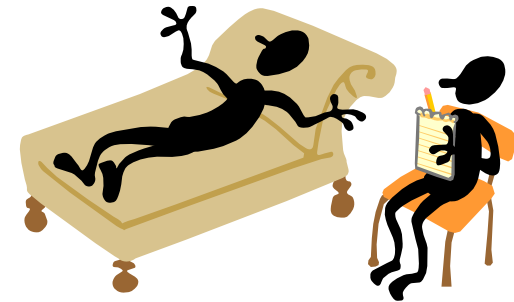
Mental Health



The screenshot shows the homepage of the Health Science Channel website. The browser address bar displays "www.healthsciencechannel.com" and the location is "cedar city". The website header features the "Health Science channel" logo with "BETA" above "channel", a search bar labeled "Search Video", and navigation buttons for "Health Topics" and "Order a DVD". The main content area is dominated by a large blue graphic with the "Health Science channel" logo. Below this graphic is the text "About Health Science Channel" and two buttons: "View Transcript" and "Share With A Friend". To the right, there are tabs for "Now Viewing", "My Playlist", and "Recently Viewed". Below these tabs is a paragraph of text: "From the leaders in health and medical programming Information Television Network presents HealthScienceChannel.com, redefining online patient education." Below this text is a "sharecare" advertisement featuring the Health Science Channel logo and the text "Working together to answer your questions of health and wellness. Learn More »". At the bottom of the page, there are navigation tabs for "Shows By Topic", "Featured Shows", and "Most Popular Shows".


6. Theories and Treatments

- Freud
- Pavlov
- Skinner
- Piaget
- Nurture/Nature
- Validity and Reliability
- Rorschach




- Yale University – Psychology 110
- <http://oyc.yale.edu/psychology/psyc-110>

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PSYC 110: INTRODUCTION TO PSYCHOLOGY

[SYLLABUS](#) | [SESSIONS](#) | [SURVEY](#) | [BUY BOOKS](#)



About Professor Paul Bloom

Paul Bloom is the Brooks and Suzanne Ragen Professor of Psychology at Yale University. He was born in Montreal, Canada, was an undergraduate at McGill University, and did his doctoral work at MIT. He has published in scientific journals such as *Nature* and *Science*, and in popular outlets such as *The New York Times* and *The Atlantic Monthly*. He is the co-editor of *Behavioral and Brain Sciences*, and the author of two books: *How Children Learn the Meanings of Words* and *Descartes' Baby: How the Science of Child Development Explains What Makes Us Human*. His research explores children's understanding of art, religion, and morality.

About the Course

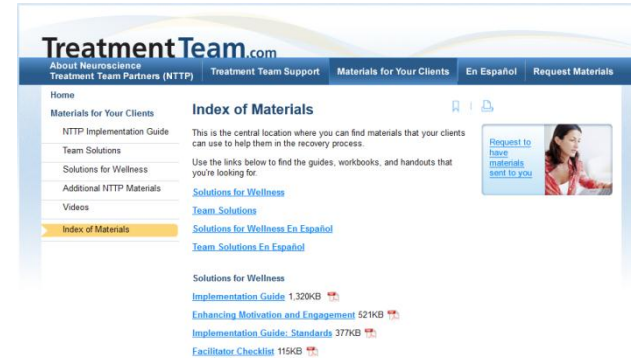
What do your dreams mean? Do men and women differ in the nature and intensity of their sexual desires? Can apes learn sign language? Why can't we tickle ourselves? This course tries

Course Structure

This Yale College course, taught on campus twice per week for 75 minutes, was recorded for Open Yale Courses in Spring 2007.

Yale – Psychology 110

- Foundations: This Is Your Brain
- Foundations: Freud
- Foundations: Skinner
- Why Are People Different?
- What Happens When This Go Wrong: Mental Illness
- The Good Life: Happiness



- **Treatments**

- Neuroscience Treatment Team Partners (NTTP) by Lily USA. <*TreatmentTeam.com*>
 - Team Solutions (information for client and family about illness and life skill management)
 - Solutions for Wellness (encourages clients to live a healthier and more active lifestyle).
 - Additional resources that can be requested are worksheets for school-age consumers, LifeScape Board Game which is designed to help build social and life skills, and a video series.

7. Mental Disorders

- Introduction
 - Classification – DSM-IV
 - Epidemiology and etiology



- Disorders That Start in Childhood

- Autism

- **What's Different About the Brains of People with Autism?**

<www.npr.org/blogs/health/2012/06/04/154175007/whats-different-about-the-brains-of-people-with-autism>.

- ADHD

- **ADHD: Understanding Attention Deficit Hyperactivity Disorder in Children**

<www.healthsciencechannel.com/video-adult-adhd-solving-mystery-attention-deficit-hyperactivity-disorder.htm > (6:11 minutes)

- Specific Disorders
 - Comorbidity
 - Depression
 - Bipolar
 - Anxiety disorders
 - Eating disorders
 - Schizophrenia
 - Personality disorders





TTU Department of Psychology Podcasts

<http://www.depts.ttu.edu/psy/resources/psychologypodcast.php>

6:00 to 11: 00 minutes in length

- Child sexual abuse
- PTSD
- Humor
- Road rage
- Divorce
- Depression
- Teamwork
- Giftedness
- Domestic abuse
- Smoking
- Phobias
- Navigating therapy
- Sheep hygiene
- Love and relationships
- Suicide
- Using technology
- Dealing with stress
- Eating disorders

Brain and Behavior Research Foundation

<http://bbrfoundation.org>

The screenshot shows the website for the Brain and Behavior Research Foundation. The browser address bar displays bbrfoundation.org. The page header includes the foundation's logo, which consists of an orange square with a white starburst shape, followed by the text "BRAIN & BEHAVIOR RESEARCH FOUNDATION" and "Awarding **NARSAD** Grants". Navigation links for "about", "events", "publications", "contact", and "search" are present, along with social media icons for Facebook and Twitter. A "SIGN UP for eNews" button and a red "DONATE" button are also visible.

The main content area features a large graphic with the following text:

- SCHIZOPHRENIA
- DEPRESSION
- BIPOLAR DISORDER
- AUTISM
- ANXIETY
- PTSD
- OCD
- ADHD
- OTHER ILLNESSES

LOOKING FOR HELP?

2011 HIGHLIGHTS – NARSAD GRANTS SUPPORTING BREAKTHROUGHS

An impressive year of progress to alleviate the suffering caused by mental illness

[Learn more](#)

Schizophrenia Anxiety

Basic Research PTSD OCD

Bipolar Disorder Next Generation Therapies

Diagnostic Tools / Early Intervention

ADHD New Technologies

Autism

Depression

MUSC: Podcast Library

<http://www.muschealth.com/multimedia/podcasts/index.aspx>

The screenshot shows the MUSC Health Podcast Library website. At the top, there is a navigation bar with links for Home, Video Library, Podcast Library, e-Newsletters, Classes & Events, About Us, Community Blog, and University & Colleges. The MUSC Health logo is on the left, and a search bar with the number 843-792-1414 is on the right. Below the navigation bar, there are tabs for Patients & Visitors, Medical Services, Maps & Parking, Health Library (selected), Physician Portal, and Careers. The main heading is "Podcast Library" with a large RSS icon to its right. Below the heading, there are links for Bookmark, Print This Page, and E-Mail Page. A search bar for "MUSC Health Audio Podcasts" is present. Navigation tabs include Main, By Health Topic, By Medical Professional, Subscription Options, and Help. The featured podcast is "Mental Health" by the MUSC Institute of Psychiatry, featuring psychiatrist Dr. Linda Austin. It includes a description, a link to the institute, and a "Subscribe to Mental Health Podcasts" button. At the bottom, a partial view of another podcast "Alcohol: How does it Affect the Heart and Brain?" by Sarah Book, M.D. is visible, with a duration of 3:13 Min.

Home | Video Library | Podcast Library | e-Newsletters | Classes & Events | About Us | Community Blog | University & Colleges

MUSC Health
MEDICAL UNIVERSITY of SOUTH CAROLINA

Contact Us | 843-792-1414

Search

Patients & Visitors | Medical Services | Maps & Parking | **Health Library** | Physician Portal | Careers

Podcast Library

☆ Bookmark | 🖨️ Print This Page | ✉️ E-Mail Page

MUSC Health Audio Podcasts

Search Podcast Library:

Main | By Health Topic | By Medical Professional | Subscription Options | Help

Mental Health

Brought to you by the Medical University of South Carolina, these podcasts feature psychiatrist Dr. Linda Austin, who is best known for her formerly syndicated radio show "What's on Your Mind?". Listen to topics including depression in older people and symptoms of bipolar disorder, among others.

▶ [MUSC Institute of Psychiatry](#)

Pod [Subscribe to Mental Health Podcasts](#)

43 Health Podcasts

[Alcohol: How does it Affect the Heart and Brain?](#) 3:13 Min.
Sarah Book, M.D.

American Psychiatric Association

<http://www.healthyminds.org/>



The screenshot shows the homepage of the American Psychiatric Association's Healthy Minds website. The browser address bar displays www.healthyminds.org. The navigation menu includes links for home, about, brochures, resources, and site map. The main header features the American Psychiatric Association logo and the slogan "Healthy Minds. Healthy Lives." Below the header is a search bar with dropdown menus for "Find Topic" and "Find Info", and a "Search:" input field with a "Go" button.

Minority Mental Health Month

July is Minority Mental Health Month and Americans are an increasingly diverse people. One in three people in the U.S. identifies themselves as a member of an ethnic/racial minority. Ethnically/racially diverse people often bear a disproportionately high burden of disability resulting from mental disorders. [Read more.](#)

Obsessive-compulsive disorder

An estimated 2.2 million adults in the U.S. are affected by obsessive-compulsive disorder, and anxiety disorder. The persistent, unwanted

Mental Health: A Guide for Latinos and their Families (en Español)

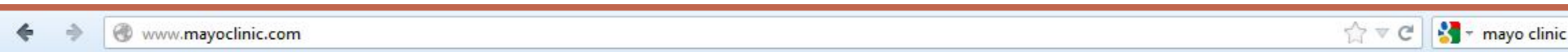
Healthy Minds Blog

NATIONAL SUICIDE PREVENTION LIFELINE
1-800-273-TALK(8255)
suicidepreventionlifeline.org
1-800-273-TALK(8255)
suicidepreventionlifeline.org

Early recognition and treatment of depression can be key to suicide prevention. Depression is often under-diagnosed, particularly in older

Mayo Clinic

http://www.mayoclinic.com/health/DiseasesIndex/DiseasesIndex



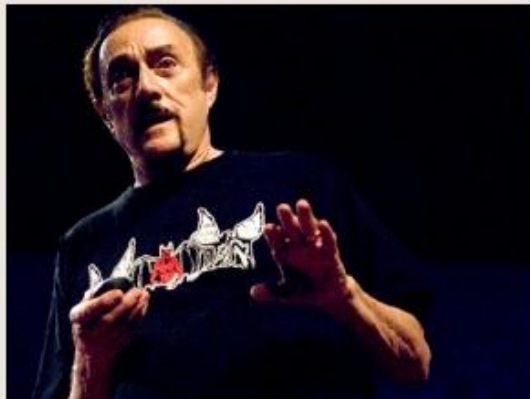
Trevor Bougill from Florida found his answer at Mayo Clinic. [Read his story.](#)

Health Information
Find information on hundreds of conditions. Check your symptoms. Improve your lifestyle.

Patient Care
See how Mayo diagnoses and treats your condition. Find a doctor. Log in to your patient account. Plan your visit.

Talks	TED Conferences	TED Conversations	About TED
Speakers	TEDx Events	TED Community	TED Blog
Themes	TED Prize	TED-Ed NEW	TED Initiatives
Translations	TED Fellows	<input type="text" value="Search"/>	

Themes How the Mind Works



At a conference about ideas, it's important to step back and consider the engine that creates them: the human mind. How exactly does the brain -- a three-pound snarl of electrochemically frantic nervous tissue -- create inspired inventions, the feeling of hunger, the experience of beauty, or the sense of self -- and how reliable is it?



Baba Shiv: Sometimes it's good to give up the driver's seat
 09:47 Posted: Jul 2012
 Views: 114,347 | Comments: 64



Elyn Saks: A tale of mental illness -- from the inside
 14:52 Posted: Jun 2012
 Views: 317,189 | Comments: 130



Ami Klin: A new way to diagnose autism
 21:12 Posted: Jun 2012
 Views: 137,960 | Comments: 90



Tali Sharot: The optimism bias
 17:40 Posted: May 2012
 Views: 502,077 | Comments: 188



Joshua Foer: Feats of memory anyone can do
 20:28 Posted: May 2012
 Views: 588,169 | Comments: 137



Rory Sutherland: Perspective is everything
 18:24 Posted: May 2012
 Views: 656,704 | Comments: 181



Laura Carstensen: Older people are happier
 11:38 Posted: Apr 2012
 Views: 307,821 | Comments: 106



Frans de Waal: Moral behavior in animals
 16:52 Posted: Apr 2012
 Views: 721,981 | Comments: 489



Questions no one knows



The cockroach beatbox

MIT: Introduction to Psychology

ocw.mit.edu/courses/brain-and-cognitive-sciences/9-00-introduction-to-psychology-fall-2004/

The screenshot displays the MIT OpenCourseWare website interface. At the top, the MIT logo and 'MITOPENCOURSEWARE MASSACHUSETTS INSTITUTE OF TECHNOLOGY' are visible. A navigation bar includes links for Home, Courses (highlighted), Donate, About OCW, Help, and Contact Us, along with a search box. The breadcrumb trail reads: Home > Courses > Brain and Cognitive Sciences > Introduction to Psychology > Audio Lectures and Notes > 22: Successful Disasters: Eating Disorders. The main heading is '22: Successful Disasters: Eating Disorders'. Below this is a video player area with a large play button and the text 'This feature is audio only.' The player includes a progress bar at 00:00, a volume icon, and a full screen icon. A 'CC is on' logo and a 'share' button are also present. On the left side, a sidebar menu lists various course resources: VIEW ALL COURSES, Course Home, Syllabus, Calendar, Readings, Audio Lectures and Notes (highlighted), Assignments, Exams, Study Materials, Download Course Materials, Translations* (Español), and Archived Versions (Fall 2002).



- **Substance-Related Disorders**

- **Hooked: Why Bad Habits Are Hard to Break**

- <www.cbsnews.com/8301-18560_162-57423321/linked-why-bad-habits-are-hard-to-break/?tag=contentMain;contentBody> (13:31 minutes)*

- **Three Fallacies**

1. Addicts must hit bottom before they can get help.
2. Treatment only works if an addict is a willing participant.
3. Addiction is a willpower problem.

- Source: The Domino Effect

- www.oregon.gov/OHA/amh/publications/domino-effect-v10.pdf*

8. Technology and Information Services

- Mental health apps
- Genetic Research and Human Genome Project
 - NIMH
<www.nimh.nih.gov/about/organization/dnbbs/genomics-research-branch/index.shtml>
 - U.S. DoE Office of Biological and Environmental Research <public.ornl.gov/site/gallery/default.cfm>



9. Safety

- Domestic and dating violence, child abuse, suicide, treatment team safety
 - **Teen Power and Control Wheel** <www.loveisrespect.org/is-this-abuse/power-and-control-wheel>
 - **That's Not Cool** <www.thatsnotcool.com>
 - **Parenting: Breaking the Cycle of Abuse – Part 1** <abcnews.go.com/Video/playerIndex?id=8597738> (8:13 minutes) There are 5 parts to this series.
 - **It's Time for Positive Change: Reducing Seclusion and Restraint in Texas** <www.hogg.utexas.edu/uploads/documents/Restraint_Brochure_101909.pdf>.
 - **Prevent Suicide in Young Adults** <www.nimh.nih.gov/news/media/audio/prevent-suicide-in-young-adults.shtml> (3:14 minutes).

<www.hogg.utexas.edu/>

www.hogg.utexas.edu

Hogg Foundation for Mental Health

ADVANCING RECOVERY AND WELLNESS IN TEXAS

Home | About Us | Initiatives | Resources | News & Events | How to Apply

Envisioning a Texas that leads the nation in promoting mental health and recovery from mental illness. supporting all Texans in achieving their potential

1 2 3

NEWS & EVENTS

Read about the latest news and events at the Hogg Foundation for Mental Health.

- Two National Health Reports Highlight Mental Health Care Concerns for America's Vulnerable and Underserved Populations
- Best Practices in Peer Support: Mental Health Cultural Competency and Transgender Individuals
- State-Supported Living Centers Receive Assistance in Implementing Trauma-Informed Care
- Austin Area African American Behavioral Health Network Meeting
- Ten Tenure-Track Assistant Professors Receive Mental Health Research Grants in Texas

SPOTLIGHT

Consensus Report Now Online:
Enhancing the Delivery of Health Care: Eliminating Health Disparities through a Culturally & Linguistically Centered Integrated Health Care Approach

Conference Presentations Now Online:
Spiritual Crossroads: Faith, Mental Health and the African American Community

SUBSCRIBE

Sign up today to receive the latest news, information and grant alerts from the Hogg Foundation.

Sign Up

SCHOLARSHIPS & FELLOWSHIPS

The Hogg Foundation for Mental Health offers scholarships & fellowships to graduate students in mental health fields.

HOGG BLOG HEADLINES

Celebrating the Legacy of Miss Ima Hogg
Thu, 26 Jul 2012 18:32:37 +0000

Children's Mental Health and Tragedy
Thu, 26 Jul 2012 15:23:31 +0000

Evaluation Executive Summary Released
Tue, 24 Jul 2012 15:44:00 +0000

SAFE AND EASY WAY TO
SHOW YOUTUBE VIDEOS TO
YOUR CLASS

YouCAN Use YouTube



- **Applian Technologies:**

- **Freecorder 5 Toolbar**

- <http://applian.com/freecorder5/>



- Free video downloader, audio recorder, and converter
- Designed to work with Microsoft Windows operating system
- System Requirements
 - Windows 7, Vista, XP, or 2000
 - High speed Internet connection
 - Works with Internet Explorer or Firefox

YouCAN Use YouTube



Once Freecorder 5 is installed, you can use the following toolbar buttons in your browser to:



- Save videos from YouTube and other sites.
- Save recently viewed videos on your PC's hard drive.
- Record any sound you can hear from your PC's speakers.
- Convert video and audio files.