



## **MAD HOPE Curriculum Overview**

The MAD HOPE curriculum is an interactive, multi media three-hour program that helps youth develop skills and further understanding around issues of mental well-being and suicide prevention. The curriculum is typically presented within existing middle and high school classrooms. Goals for the students who complete the training:

- Better understand protective factors, and be able to identify at least three that they can use
- Better understand when to be concerned about their own or a peer's mental health
- Better understand warning signs of suicide
- Feel more confident in how to seek help for self or peer in a crisis
- Feel more comfortable with help seeking for self or peer in a crisis
- Increase knowledge of resources available to support mental well-being

### **Section 1: Social-Emotional Overview**

- Feelings as Tools- Feelings are Valuable!
- Stress is Normal
- Building Resilience/Protective Factors
- Connection Saves Lives!
- Trusted Adults

### **Section 2: Learning About Mental Health and Suicide**

- Normalizing Mental Health
- When to Get Help for Mental Health
- Words Matter
- Facts About Suicide
- Youth Are the Eyes and Ears of Their Peers!
- Warning Signs of Suicide

### **Section 3: How to Help!**

- Don't Keep Suicide a Secret
- Steps to Follow/How to Have the Conversation
- Role Plays- Practicing How to Share Concern if You Think Someone is Suicidal

\*Throughout all the sections of the program, students will learn about resources such as 988 (National Suicide Prevention and Crisis Lifeline) and the Crisis Text Line, as well as brainstorming the resources already in place in their lives and in the school.