



The Sarg Initiative

ELM Module Outlines



Sarg ELM Module Outlines

Thank you for your interest in the ELM (Educators Learning about Mental health) programme. This document contains a brief overview of the topics and sub-topics covered in the early access version of our programme.

In this version, we include two fully complete modules from our basic programme and one optional module. The basic programme can be accessed via our digital learning platform while the optional module is delivered as a group workshop by one of our facilitators either in-person or online.

In the full access of the ELM programme, we will be offering the basic programme separately from the optional modules. If you have any questions about the ELM programme or anything in this document, please feel free to contact us.

We look forward to welcoming you onboard!



Module 1: Introduction to Mental Health

Key Objectives:

1. Create awareness of common mental health disorders and related concepts among educators
2. Sensitise educators to the mental health needs of students
3. Early identification and management of mental health problems
4. Promotion of positive mental health
5. Increase understanding of connections between mental health and school/university/career success

Topic	Description
I. Introduction to Mental Health	<ul style="list-style-type: none"> - What is mental health? - Importance of mental health - Protective and deleterious factors - Dynamism of mental health
II. Mental Health and Psychological Development	<ul style="list-style-type: none"> - Difference between healthy and pathological development - Mental health spectrum
III. Types of Mental Health Difficulties	<ul style="list-style-type: none"> - Anxiety Disorders: (1) General Anxiety Disorder, (2) Social Anxiety Disorder, (3) Specific Phobias, (4) Panic Disorder - Mood Disorders: (1) Depression, (2) Mania, (3) Bipolar Disorder - Psychotic Disorders: (1) Schizophrenia - Personality Disorders: (1) Cluster A, (2) Cluster B, (3) Cluster C - Eating Disorders: (1) Anorexia Nervosa, (2) Bulimia Nervosa, (3) Binge Eating - Neurodevelopmental Disorders: (1) Autism Spectrum Disorders, (2) ADHD/ADD Learning Disabilities - Stress Disorders: (1) Post-traumatic Stress Disorder, (2) Acute Stress Disorder, (3) Adjustment Disorder
IV. Impact of Mental Health	<ul style="list-style-type: none"> - General wellbeing and functioning - Academic attainment - Future/Career prospects
V. Stigma and Taboo	<ul style="list-style-type: none"> - Underlying reasons - Consequences of stigma - Pros of labelling - Cons of labelling/over-pathologising
VI. Mental Health Intervention	<ul style="list-style-type: none"> - Benefits of early identification and management - Role of teachers as agents of intervention - Skills/Strategies required to help - General dos and don'ts - Referrals for other intervention
VII. Clinical Vignettes	<ul style="list-style-type: none"> - Knowledge Test: <ol style="list-style-type: none"> 1. Typical Development 2. Atypical Development 3. Learning Disability 4. Stigmatising and Labelling
VIII. Additional Resources	<ul style="list-style-type: none"> - Readings - Videos



Module 2: Anxiety

Key Objectives:

1. Enable educators to understand the nature, causes and consequences of the most common forms of anxiety in students, namely panic attacks and exam anxiety.
2. Equip them with knowledge and strategies to manage the aforementioned behaviours and provide appropriate support to students.

Topic	Description
I. Panic Attacks	<ul style="list-style-type: none">- Description- Risk factors- Symptoms- Types- Strategies to help the student during a panic attack- General dos and don'ts
II. Exam Anxiety	<ul style="list-style-type: none">- Description- Risk factors- Symptoms- Preventative strategies- Intervention strategies
III. Clinical Vignettes	<ul style="list-style-type: none">- Knowledge Test:<ol style="list-style-type: none">1. Panic attacks2. Exam anxiety
IV. Additional Resources	<ul style="list-style-type: none">- Readings- Videos



Optional Module 1: Social Anxiety

Key Objectives:

1. Enable educators to understand the manifestation of social anxiety, and its causes and consequences.
2. To equip educators with preventative and intervention strategies to support students with social anxiety.

Topic	Description
Introduction	<ul style="list-style-type: none">- Introduction to the session- Getting to know the participants- Warm up exercise
I. Overview	<ul style="list-style-type: none">- Description
II. Signs and Symptoms	<ul style="list-style-type: none">- Typical versus atypical symptoms<ul style="list-style-type: none">• Discussion exercise
III. Ways to Help	<ul style="list-style-type: none">- To what extent is social anxiety preventable?- How effective are preventative strategies?<ul style="list-style-type: none">• Discussion exercise- Preventative and Intervention strategies
IV. Conclusion	<ul style="list-style-type: none">- General dos and don'ts- Summary of understanding<ul style="list-style-type: none">• Discussion exercise- Conclusion
V. Additional Resources	<ul style="list-style-type: none">- Readings- Videos