**Depression Small Group Lesson Plan Session 3: Dealing with Depression**

**School Counselor**: Any Riverside Brookfield High School Counselor

**Date**: 2013 – 2014 School Year **Grade**: 10th

**Duration:** One hour after school

**ASCA Student Standards (Domains/Standards/Competencies):**

**Academic**:

Standard A: Students will acquire the attitudes, knowledge and skills that contribute to effective learning in school and across the lifespan.

Competency A:A2 Acquire Skills for Improving Learning

A:A2.3 Use communication skills to know when & how to ask for help when needed

**Personal/Social:**

Standard A: Students will acquire the knowledge, attitudes and interpersonal skills to help them understand and respect self and others.

Competency PS:A2 Acquire Interpersonal Skills

PS:A1.5 Identify & express feelings

Competency PS:BS1 Self-knowledge Application

PS:B1.5 Demonstrate when, where and how to seek help for solving

problems and making decisions

**Learning Objectives**:

* Student will be able to identify signs of depression or mental disorders.
* Students will gain knowledge of help-seeking strategies used by people dealing with depression.
* Students will learn that mental disorders affect more than just the diagnosed individual.

**Materials**:

Construction Paper

Art Supplies (markers, crayons)

Power Point presentation (& other appropriate technology),

Group leader’s handouts with additional pertinent information

**Procedure**: (**Total Time Needed**: 60 minutes)

1. Begin the session by reviewing the materials/information covered over the first two sessions of the group. Have an open forum allowing students to ask questions where they may clarify anything they are still unsure of while also briefly discussing anything that may have come up within the last week relating to last session.
2. Have the group members sit in a circle & conduct a warm-up activity for today’s session. Students will discuss what they know about the treatment methods of mental disorders both in the United States as well as other nations around the world. Let the group discuss what they may know about methods in the United States (possibly from the experiences of family or friends) in addition to any knowledge of treatment methods they may have from countries of their nationalities.
3. Following this discussion, the group leader will share a power point presentation which outlines many of the treatment methods that were just discussed as well as introducing some new methods that might be unfamiliar to the students but effective nonetheless. The leader will also provide handouts with additional pertinent information.
4. Divide the small group into pairs where each pair will be developing their own “mental clinic by creating a fictitious client.”
5. Students will use the art supplies, construction paper, & any other relevant materials to create this fictitious client who is seeking treatment for depression or a mental disorder. They will clearly define the details of the situation (background information about the character, his/her current situation, their mental history, how their families & friends have been affected, & so on).
6. After formulating this background, each group will then settle upon a type of treatment method they chose to use on this particular character/client & why it would be effective. The students will also find a type of treatment they would not use with this client & explain why it would not help the client. This procedure will be aided by the information provided in the group leader’s presentation as well as what was said during the class discussion.
7. Each pair of students will share what they created with the others in their group. They will say exactly what they did, why they choose this particular situation, & demonstrate how important their clinical work was for the client as well as the client’s family & friends. Each pair of students should be ready to answer any questions their classmates or group leader may have in response to their presentation.
8. Finally, the group will continue discussing the topic collectively. As part of the final activity, students will discuss what they will do if they see a friend or family member who is “not feeling well.” Is this person simply having a bad day or do they need professional treatment in order to feel better? If the person is just having a bad day, friends & family can help. This will help transition to Lesson 4.

**Follow-Up:** Counselor will follow up with students who would like more information on any of the treatment methods that were discussed or who need assistance in helping any of their family or friends who may need treatment.

**References**:

Prior, A. *Dealing with Depression*. Harding University High School. Retrieved April 18, 2013 from <http://highschoolhealth.cmswiki.wikispaces.net/file/view/MEH%20Lesson%20Plan%20Day%203.pdf/303208240/MEH%20Lesson%20Plan%20Day%203.pdf>