

Lesson 11: Behavioral/Mental Health

K-W-L Graphic Organizer

K (Know) What do you know about Behavioral/Mental Health?	W (Want) What do you want to know about Behavioral/Mental Health?	L (Learned) What did you learn about Behavioral/Mental Health?

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Glossary

1. **Acculturation:** The process of learning and adapting to a new culture
2. **Anxiety:** A general feeling of worry or fear that something bad will happen
3. **Behavioral Health/Mental Health:** A part of health that is important for everyone - it deals with our ability to do the activities (behaviors) of our daily lives, including how we act, feel, and think about life
4. **Counselor:** A person who is trained to listen carefully and talk with others in helpful ways; they can give advice and help you make your own choices
 - a. Note: there are different types of counselors, including career counselors, health counselors, etc.
5. **Coping:** Something a person does or can learn to do to deal with their responsibilities or problems
 - a. Examples of *positive* coping: laughing with friends, taking a walk, and eating healthy foods
 - b. Examples of *negative* coping: using drugs or alcohol to escape pain, yelling at others to release stress, and staying alone too much
6. **Crisis:** A time of extreme difficulty, trouble, or danger: an emergency
 - a. Note: There are crisis counseling phone numbers for people with mental health emergencies to call 24 hours a day, 7 days a week. You can also call 911 and say what your language is, to get an interpreter who can help you find mental health services.
7. **Emotions:** How you feel inside in response to what happens to you and around you, involving both physical and mental responses (examples include happiness, sadness, anger, excitement, boredom, and fear)
8. **Mood:** A way of feeling that lasts longer than a few moments, describes how you feel on most days, in general (examples include happy, sad, or anxious)
9. **Psychiatrist:** A medical doctor (M.D.) who specializes in treating behavioral health conditions and mental illnesses; they can prescribe medications to help people feel better, like medications that help people's sleep or anxiety
10. **Psychologist:** A person with a Ph.D. or Psy.D. degree who has training and expertise in behavioral health care; they can diagnose and treat behavioral health problems and also support human growth, strength, and resiliency
11. **Psychotherapy (or simply Therapy):** A type of counseling involving talking and practicing new behaviors over **several weeks or months** to improve a person's behavioral and mental health
 - a. Note: There are many different types of therapy, including group therapy (a small group of people and a therapist talk together at the same time) and individual therapy (a person meets with a therapist)
12. **Relax:** to feel calm and peaceful in one's body and mind
13. **Resiliency:** The ability to survive, adapt, and recover after difficult situations involving stress, trauma, or change
14. **Social support:** Feeling and knowing that you have other people who care about you and can help you when you need it, which is always important for behavioral health, especially during times of stress
15. **Somatic symptoms:** Physical aches and pains, like headaches, stomach aches, back pain, feeling weak all over, etc. that can have physical causes, mental causes, or both; can be influenced by stress, trauma, or thinking too much
16. **Stress:** Pressure, tension, or worry that can be felt in the body and mind and is caused by a difficult situation or a change
17. **Substance Use:** Use of drugs or alcohol
18. **Support Group:** A group of people with similar experiences or concerns who meet regularly to give each other encouragement, comfort, and advice
19. **Trauma:** An overwhelming experience involving intense fear, helplessness, or threat to one's life (examples include war, natural disasters, or being the victim of a violent crime)

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Reading Comprehension

In the United States, there are many types of health care. Each type of health care has its own name and focuses on one part of our health. For example, dental health care focuses on the health of the teeth and mouth, and a person visits a dentist for dental health care.

Behavioral health care focuses on behavioral health, which is the ability to do our usual activities or behaviors, like going to work, attending school, or taking care of our families. Our ability to do these behaviors every day is affected by how we think and feel, so behavioral health is also called **mental health** or **mental well-being**.

Many things contribute to positive behavioral health, like eating healthy foods and getting enough sleep and regular exercise. Physical health is often related to behavioral health, although they are not the same thing. The foods we eat affect our **mood** and energy. Physical exercise, like walking, for at least 30 minutes a day can have a positive effect on mood, sleep, and other parts of behavioral health. Other factors that are important to behavioral health include spending time with others (we all need **social support**), doing things each day that are important to you, and taking time to **relax**. Engaging in cultural or religious activities is important to many people's mental well-being. Developing new skills and using our abilities to help our community can also be good for our mental well-being. We can also learn to use positive **coping strategies** in times of **stress**, like asking for help from others or taking deep breaths to **stay calm**.

Some of our experiences, now or in the past, challenge our mental well-being. Experiences that make us afraid or very sad can affect our behavioral health for a long time. We may find it harder to cope with everyday stress because of our difficult experiences. Seeking behavioral health care does not mean you're "crazy." It is a normal, healthy response to experiences like war, moving to a new country, separation from family, and other **trauma** or life changes. People who have **somatic symptoms**,

like head or stomach aches or back pain from thinking too much, can also benefit from behavioral health care.

Behavioral health care is not only for people struggling with their mental and physical health. Behavioral health care may include services like parenting programs, support groups, stress management and relaxation skills, **substance use** programs, different types of **psychotherapy** and **counseling**, and medications. Everyone, not only those who have experienced trauma, can benefit from seeking support and developing healthy coping skills.

Because mental health is an important part of everyone's health, some types of behavioral health care are covered by health insurance. Behavioral health care has helped many people improve the quality of their lives.

Write a short answer based on the reading.

1. What are some **positive behavioral health care** practices people can do?

2. Is behavioral health care only for people with problems? List some types of behavioral health care.

3. Why is behavioral health care covered by health insurance?

Critical thinking skills:

1. Think about the question.
2. Talk about the answer with a partner.
3. Write a brief paragraph to answer the question.

What is an example of a situation someone could experience in which she or he could benefit from behavioral health care? How could behavioral health care help in this situation?

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Vocabulary Match and Complete the Sentence

Read each item. Write the letter from the column on the right that gives the correct definition of the term on the left. Use the reading and glossary to help you.

1. _____ mood	a. a type of counseling involving talking and practicing new behaviors over a period of time to improve a person's behavioral health
2. _____ crisis	b. physical aches and pains, like headaches, stomach aches, or back pain
3. _____ psychotherapy	c. use of drugs or alcohol
4. _____ resiliency	d. a time of extreme difficulty, trouble, or danger: an emergency
5. _____ somatic symptoms	e. a state of being calm and peaceful in one's body and mind
6. _____ substance use	f. a general feeling of worry or fear that something bad will happen
7. _____ relaxation	g. the ability to survive, adapt, and recover after difficult situations involving stress, trauma, or change
8. _____ anxiety	h. the way you feel most days, in general

Use the words in the box to complete each sentence in the following passage.

social support stress mental health coping physical exercise behavioral health

_____ refers to our ability to do our usual activities or behaviors.

The way we think and feel affects our behaviors, so behavioral health is also called

_____. Many people find _____ with _____.
difficult at times. It is important to get _____ to promote good behavioral health. Also, spending time with friends and family gives you _____, which is another way to cope with the stress of daily life.

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Vocabulary Card Match

acculturation	The process of learning and adapting to a new culture	counselor	A person who is trained to listen carefully and talk with others in helpful ways
psychiatrist	A medical doctor (M.D.) who specializes in treating behavioral health conditions and mental illnesses; they can prescribe medications to help people feel better, like medications that help people's sleep or anxiety	psychologist	A person with a Ph.D. or Psy.D. degree who has training and expertise in behavioral health care; they can diagnose and treat behavioral health problems and also support human growth, strength, and resiliency
emotions	How you feel inside in response to what happens to you and around you, involving both physical and mental responses	mood	A way of feeling that lasts longer than a few moments, describes how you feel on most days, in general
social support	Feeling and knowing that you have other people who care about you and can help you when you need it, which is always important for behavioral health, especially during times of stress	trauma	An overwhelming experience involving intense fear, helplessness, or threat to one's life (examples include war, natural disasters, or being the victim of a violent crime)

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Vocabulary Card Match

Copy the words and their definitions after you match all of the cards.

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

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Quiz

Read the questions. Then circle A, B, C or D.

1. Behavioral health includes things you do every day to stay well. Which of these are examples?
 - A. going to work
 - B. taking care of family
 - C. hospitals
 - D. both A and B

2. Who needs behavioral health care?
 - A. immigrants
 - B. students
 - C. all people
 - D. teachers

3. Are some types of behavioral health care covered by insurance?
 - A. yes
 - B. no

4. How can someone practice good behavioral health skills?
 - A. eat healthy foods
 - B. get physical exercise
 - C. reduce stress and increase relaxation
 - D. all of the above

5. Who helps people with behavioral health?
 - A. a counselor
 - B. a support group
 - C. a psychologist
 - D. all of the above

6. Why would someone get behavioral health care?
 - A. because of stress related to acculturation
 - B. because of somatic symptoms
 - C. for allergies
 - D. both A and B

7. What word describes how a person feels, in general—lasting longer than a few moments?
 - A. mood
 - B. emotion
 - C. counselor
 - D. psychiatrist

8. How can you learn more about behavioral health?

