

Building Fences

A Mental Wellness Curriculum for youth

What is it?

Building Fences is a researched based curriculum to help youth reduce stigma by talking about mental health, answering questions and concerns about mental health with informed decision making, and connecting friends, family members, and peers to appropriate helps.

How is it organized?

The curriculum is organized into three, one hour sessions that can be taught all at once, at three different times, or as stand alone workshops.

Module 1: Building Fences - Stress Management

Module 2: Mending Fences - Navigating a Mental Health Crisis & Illnesses

Module 3: Maintaining Fences - Support after a crisis or diagnosis

What will they do?

Through a mixture of hands-on activities and lecture learning, youth will be able to identify risk and protective factors in their lives, talk to those struggling with their mental health, and support others after a crisis or diagnosis.

How much does it cost?

The cost of the workshop is the cost of activity supplies. Many of the supplies are already in classrooms making the estimated cost of supplies minimal. If additional supplies are needed, the estimated total for all three workshops would be \$20.

Who do I contact to teach?

This curriculum is set up in a train the trainer model. To learn how to teach it, contact Paige Wray or Tasha Howard with the University of Idaho Extension.

thoward@uidaho.edu, pwrays@uidaho.edu

