



A message to instructors ...

Mental health is a deeply personal issue that is usually difficult to discuss. Whether concerns revolve around an individual's own mental health concerns or those of others, mental health affects entire families, colleagues, close friends and communities. Because of stigma, discrimination and fear, mental health concerns often create family secrets, e.g. something that is never discussed. Added to this dilemma is the fact that a symptom of mental illness is that people often do not recognize when their own thoughts/ feelings are not normal. They may not feel sick and most of the time, people don't have sufficient objectivity to see what others may be observing. This is one of the complexities of addressing topics and concerns surrounding mental health.

While it is a difficult challenge, please know that it's usually a relief when people have opportunities to hear about and talk about such an important issue.

As this curriculum is taught, don't be afraid to ask students how they're doing or how they're feeling. When this is done, be prepared to truly listen for the answers, even if conversations are difficult or uncomfortable. Mental health is a hard subject to teach and to truly understand. While you may not fully understand issues that arise, your most critical teaching role may be to facilitate knowledge and understanding and help people find resources. In discussing these issues, emotions - including your own - may run high. All endeavors to positively address the realities of mental illnesses and mental health challenges are needed. You're embarking on a challenging – but worthwhile - journey to create a healthier, happier environment for those you serve.

Thank you!



Addiction / Co-occurring disorders: addiction problems pose mental health challenges, and mental health challenges often pose addiction problems. However, not all people with addictive disorders have mental illnesses, and vice versa. Addictions often have a strong base in genetics or inherited family genes and physical health. Addiction is not normally considered a mental illness or mental health challenge unless it occurs in conjunction with a mental illness. The facts are:

- 50% of people with an addictive disorder also have a mental illness or anxiety disorder.
- 20% of people with mental illnesses have some sort of addiction.
- There is a strong correlation between mental health and substance use, as alcohol or other substances are often used to medicate (or self-medicate) mental health symptoms.
- Addiction is not a mental health diagnosis, but addictions certainly impact and complicate how the brain - and therefore behaviors - are impacted.
- Addictions, however, may become so serious that they can lead to mental illnesses. Addiction is a vital topic to cover, check statements in the pre- and post- tests to ensure wording that's accurate and comfortable within the context of the curriculum.

You might want to introduce the topic of genetics in this section. It's sometimes hard to be self-aware of personal behaviors, but they may recognize those of family members or friends. Science continues to evolve, but there seem to be linkages to genetics in many mental health diagnoses as well as addiction problems. Genetics are not at the point of predicting who **will** develop illnesses, but it is at a point of recognizing vulnerabilities that make some people more likely to become ill.

- Additional resources to use to bring in some interesting statistics:
 - Family History and Genetics – www.ncadd.org/about-addiction/family-history-and-genetics
 - National Institute on Alcohol Abuse and Alcoholism
 - Binge Drinking
 - Consequences and Risks of Underage Drinking
 - Adverse Effects on Brain Development



LESSON PLAN

Materials needed	Handouts	Estimated time
<ul style="list-style-type: none">• Dry erase board and markers• Pencils	<ul style="list-style-type: none">• "Let's Talk About Alcohol" lesson• "Listening Activity" handout• Skills Practice Worksheet• Pre-Assessment• Post-Assessment	<ul style="list-style-type: none">• 1 hour

NOTE TO INSTRUCTOR: To accommodate the literacy levels and educational experiences of the participants, oral and/or group activities may be substituted for reading, writing, skills practice, and survey activities.

Elements	Activities	Notes
Preparation	<ul style="list-style-type: none">• Introduce the topic. (5 minutes)• Conduct the Pre-Assessment. (5 minutes)• Introduce the new vocabulary. (5 minutes)	<p>Questions:</p> <ol style="list-style-type: none">1. How do you know if someone has a drinking problem?2. What can happen when someone drinks too much alcohol regularly? <ul style="list-style-type: none">• Distribute Pre-Assessment, and ask students to turn it in when it is complete.• Write the vocabulary words on the board and ask the students to read them aloud. Ask the students if they know what they mean. Provide students with the definitions from the lesson.
Instructions	<ul style="list-style-type: none">• Read the lesson "Let's Talk About Alcohol". (10 minutes)• Identify the vocabulary words in the lesson. (5 minutes)• Distribute and review the Skills Practice Worksheet with the students and ask them to complete it. Use the Answer Key sheet to verify the correct answers. (25 minutes)	<ul style="list-style-type: none">• Instructor leads guided reading of topic.• Students identify the vocabulary words by circling them in the lesson.• Activity 1: Students have 10 minutes to complete this activity.• Activity 2: Students have 10 minutes to complete this activity.• Activity 3: Students have 5 minutes to complete this activity.
Concept Check	<ul style="list-style-type: none">• Conduct Post-Assessment. (5 minutes)	<ul style="list-style-type: none">• Students complete Post-Assessment.



Let's Talk About Alcohol
Pre-Assessment

Date: _____
Name: _____

Circle the correct answer.

1. One drink is equal to:

- a. 12 ounces of beer
- b. 5 ounces of wine
- c. 1.5 ounces of tequila
- d. All of the above

2. Drinking in moderation is equal to drinking two drinks a day for men.

True

False

3. If you regularly drink too much alcohol you may:

- a. Have problems in your relationship with family members and friends
- b. Not work or study as well as before
- c. Develop health problems such as heart disease and liver disease
- d. All of the above

4. Not having alcohol in your home can help you drink less or quit drinking.

True

False

5. You may have a drinking problem if you drink when driving or using machines.

True

False

Total Correct: _____



Let's Talk About Alcohol

Every night after work, Mateo and his friends have drinks together. Sometimes his friends want him to drink more than he would like to drink. Mateo drinks because he wants to fit in. He knows that drinking a lot is causing problems at work. He is not able to work as hard as he used to. He is worried that he might lose his job. Mateo wants to drink less but he is not sure how.

F.Y.I.

Vocabulary

- Alcohol
- Alcohol abuse
- Drinking in moderation

What is ONE drink?

Think about a can of beer and a shot of tequila. These drinks are different sizes. You may think that you are drinking more *alcohol* when you have a beer than when you have a shot of tequila. Both of them have the same amount of alcohol. They both count as one drink. Each drawing below is ONE drink.



1 beer
12 ounces



1 glass of wine
5 ounces



1 shot of whiskey,
rum, or tequila
1.5 ounces

How do I know if I am drinking too much?

It is important to recognize if you are drinking too much alcohol to avoid any problems it can cause. Here is a table that shows what “drinking too much” is.

This is what “drinking too much” in ONE occasion is:



For men, 5 or more drinks
within 2-3 hours



For women, 4 or more drinks
within 2-3 hours

This is what “drinking too much” in ONE Week is:



For men, 15 or more drinks per
week



For women, 8 or more drinks
per week

How can drinking too much affect you?

Alcohol abuse is when drinking too much alcohol becomes a habit. It can cause:

- Problems at home, work, or school
- Health Issues: liver disease, heart disease, depression, stroke, cancer and birth defects
- Injury: car accident, drowning, burns and falls

**Drinking in moderation
reduces the health problems
alcohol may cause**

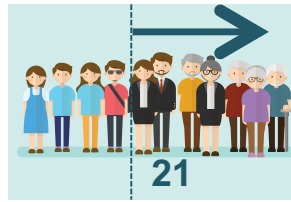
WOMEN
Up to 1
drink per
day

MEN
Up to 2 drinks
per day

You should NOT drink alcohol...



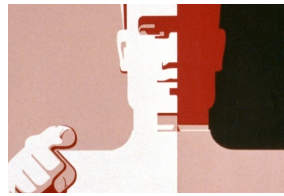
If you are a pregnant woman



If you are under 21 years of age



If you plan to drive or operate machinery



If you take medication or have a condition aggravated by alcohol

How do I know if I have a drinking problem?

You may have a drinking problem if you:

- drink more or longer than you want
- try to cut down or stop drinking but you cannot
- keep drinking even if it causes problems at work, school or at home
- drink when driving or using machines
- drink even if you have health, family, or legal problems
- have trouble sleeping, nausea, or sweat when the alcohol wears off

National Drug and
Alcohol Treatment
Referral Routing
Service
1-888-662-HELP

* If you have any of these symptoms, see your doctor right away, drink less or stop drinking.

What can I do to drink less?

- **Make a plan.** Decide how many drinks you will have ahead of time.
- **Do not drink every day.** Decide which days you will drink (for example- only on weekends).
- **Ask others to help you.** Your family, friends or coworkers can give you support.
- **Don't keep alcohol around the house.** Spend time in places where there is no alcohol.
- **Do other activities in your free time** that you enjoy instead of drinking.
- **Learn to say NO** when you do not want to drink.

Vocabulary & Definitions

Alcohol	In beer, wine, and liquor. When you drink too much it changes how you think and act.
Alcohol abuse	When a person regularly drinks too much and continues to drink even if it causes problems. A person may lose their job. Some go to jail because they drive drunk.
Drinking in moderation	Refers to the limited amount of alcohol a person can have to reduce the health and safety problems that alcohol can cause.



Let's Talk About Alcohol

Listening Activity

Listening Activity

Purpose: To practice listening comprehension

Time: 5 minutes

1. Tell your students that in this activity they will practice their listening comprehension skills.
2. State that you are going to read five different sentences twice.
3. Let them know that after you finish reading the sentence for the second time, they will need to fill in the blank.
4. At the end, check the students' answers to make sure they are correct. If some students do not have the right answer, invite other students to participate in the discussion until the information is clear.

Listen and Fill in the Blank

Sentence	Answer
1. When you drink too much, you may have _____ in your relationships, with your health, and at work or school.	problems
2. _____ is the ingredient in tequila that can make you feel drunk when you drink too much of it.	Alcohol
3. Drinking too much can put you at risk for _____ like car accidents or falls.	injuries or problems
4. To drink less, you should spend your time doing things you _____ that do not include alcohol.	enjoy or like
5. _____ or not drinking at all reduces the health problems that alcohol can cause.	Drinking in moderation



Let's Talk About Alcohol Skills Practice Worksheet

Name: _____

Date: _____

Activity 1: How many drinks?

After work on a Friday night, Patricia and her friends bought some beer. Patricia drank one **12 ounce bottle** of beer while she was cooking. At dinner, she drank one more beer. After dinner, some other friends arrived. They brought a bottle of tequila. Patricia had **1 shot** and another **beer**.

1. How many drinks did Patricia have? _____
2. Does the alcohol in one shot of tequila equal one bottle of beer? _____
3. Did Patricia drink in moderation? _____

Activity 2: Fill in the blank.

1. A woman drinks in moderation when she has _____ drink (s) in a day.
2. A man drinks in moderation when he has _____ drink (s) in a day.
3. If a woman drinks more than _____ drinks in a week, she is drinking too much.

Activity 3: Listen and fill in the blanks.

Listen carefully to your teacher's instructions.

Statement	Answer
1	
2	
3	
4	
5	



Let's Talk About Alcohol
Post-Assessment

Date: _____
Name: _____

Circle the correct answer.

- | | |
|---|---|
| 1. One drink is equal to: | a. 12 ounces of beer |
| | b. 5 ounces of wine |
| | c. 1.5 ounces of tequila |
| | d. All of the above |
| 2. Drinking in moderation is equal to drinking two drinks a day for men. | True False |
| 3. If you regularly drink too much alcohol you may: | a. Have problems in your relationship with family members and friends |
| | b. Not work or study as well as before |
| | c. Develop health problems such as heart disease and liver disease |
| | d. All of the above |
| 4. Not having alcohol in your home can help you drink less or quit drinking. | True False |
| 5. You may have a drinking problem if you drink when driving or using machines. | True False |

Total Correct: _____

List some things you can do to drink less or to quit drinking. (not scored)



Activity 1: How many drinks?

After work on a Friday night, Patricia and her friends bought some beer. Patricia drank one **12 ounce bottle** of beer while she was cooking. At dinner, she drank one more beer. After dinner, some other friends arrived. They brought a bottle of tequila. Patricia had **1 shot** and another **beer**.

1. How many drinks did Patricia have? 4
2. Does the alcohol in one shot of tequila equal one bottle of beer? Yes
3. Did Patricia drink in moderation? No

Activity 2: Fill in the blank.

1. A woman drinks in moderation when she has one drink (s) in a day.
2. A man drinks in moderation when he has two drink (s) in a day.
3. If a woman drinks more than eight drinks in a week, she is drinking too much.

Activity 3: Listen and fill in the blanks. Listen carefully to your teacher's instructions.

Sentence	Answer
1. When you drink too much, you may have <u>problems</u> in your relationships, with your health, and at work or school.	problems
2. <u>Alcohol</u> is the ingredient in tequila that can make you feel drunk when you drink too much of it.	Alcohol
3. Drinking too much can put you at risk for <u>injuries</u> or <u>problems</u> like car accidents or falls.	injuries or problems
4. To drink less, you should spend your time doing things you <u>enjoy</u> or <u>like</u> that do not include alcohol.	enjoy or like
5. <u>Drinking in moderation</u> or not drinking at all reduces the health problems that alcohol can cause.	Drinking in moderation