



# ADAP Curriculum Overview

The ADAP student curriculum is three hours long and typically taught in three consecutive 45-60 minute classes, though it can also be taught in two 90 minute classes. We recommend the curriculum be taught in health class, though other settings can be considered. All instructors are provided high quality training DVDs depicting the full length curriculum.

## ***Day 1 of 3 (50 minutes)***

- + Welcome, introductions and brief introduction of ADAP
- + Students complete pre-test survey (ADKQ)
- + Review learning objectives
- + Differentiate between the feeling of sadness and the illness of Depression
- + Explore the process of diagnosing an illness, using example of pneumonia
- + Learn the symptoms of Depression
- + Learn how the diagnosis of Depression is made
- + Discuss stigma
- + Discuss what to do if you have concerns
- + Handout homework assignment and symptom list

## ***Day 2 of 3 (50 minutes)***

- + Welcome and reintroduction of program
- + Review learning objectives
- + Review homework
- + Watch video, *Day for Night, Recognizing Teenage Depression*, which portrays real teens with mood disorders discussing various aspects of the illness
- + Review video assignment, exploring descriptions of depressive and manic symptoms
- + Explain how we know Depression is an illness
- + Review of what to do if you have concerns

## ***Day 3 of 3 (50 minutes)***

- + Welcome and reintroduction of program
- + Review learning objectives
- + Watch video, *Psychiatry 101: Psychiatry One on One*, which shows an actor being interviewed by a psychiatrist, demonstrating three different mood states
- + Discussion of differences between the illness of Depression and having a rough time
- + Learn the symptoms of Mania
- + Review of Bipolar Disorder and how the diagnosis is made
- + Create a mood graph to visualize normal variations in mood, Bipolar Disorder, and Major Depression
- + Review the treatments for mood disorders
- + Discuss behaviors commonly seen with mood disorders
- + Students break into smaller groups and work on brief assignments to present to the class
- + Review of what to do if you have concerns