

# Mental Health Awareness

## Patch

*For Girl Scouts and other scouting organizations*



**Supported by**



1050 Rosecrans Street Suite M | San Diego, CA 92106 USA

**Phone** (858) 598-5967 | [www.ibpf.org](http://www.ibpf.org)

## **Mental Health Awareness Patch**

The Mental Health Awareness Patch objectives are to educate Girl Scouts about the brain and its influence on thoughts, feelings, and behavior, and through that knowledge, increase awareness and understanding of mental illness. Through education we can change perceptions and reduce the stigma of mental illness.

The Mental Health Awareness Patch was created by International Bipolar Foundation (IBPF). IBPF is a nonprofit based in San Diego that was founded by parents of children with bipolar disorder. Our mission is to improve understanding and treatment of bipolar disorder through research; to promote care and support services for individuals and caregivers; and to erase stigma through education.

Daisies, Brownies, Juniors, Cadettes, and Seniors/Ambassadors can earn the patch. In this packet are activities appropriate for each age group.

The patch was originally designed for the Girl Scouts of the United States of America, but is also available to other similar organizations such as Girl Guides.

Once earned, the Patch is provided for free by IBPF.

For more information contact us at 858-598-5967 or email [mentalhealthpatch@ibpf.org](mailto:mentalhealthpatch@ibpf.org) with "Mental Health Patch" in the subject line.

### **How to Receive Your Patches:**

Once you have completed the activities, submit the **Patch Completion Form** at the end of this packet and we will mail you your patches for free.

**Email:** [mentalhealthpatch@ibpf.org](mailto:mentalhealthpatch@ibpf.org) with "Mental Health Patch" in the subject line.

#### **Mail:**

International Bipolar Foundation  
1050 Rosecrans Street Suite M  
San Diego, CA 92106

## **We love pictures!**

If you are able to take pictures of your group working on the activities, we would love to see them!  
Please see directions for submitting pictures at the end of the packet.

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(Not required, gives us permission to post your photos on our website and social media)

## **Patch Criteria**

### **All levels must complete:**

1. Learn About the Brain and its Role in Mental Health
2. Mental Health Facts and Myths Quiz
3. Reflection

### **Daisies/Brownies:**

1. Learn About the Brain and its Role in Mental Health
2. Take Mental Health Facts and Myths Quiz together
3. Do 1 activity in Discover
4. Do 1 activity in Take Action
5. Do Reflection

### **Juniors/Cadettes:**

1. Learn About the Brain and its Role in Mental Health
2. Take Mental Health Facts and Myths Quiz
3. Do 1 activity in Discover
4. Do 1 activity in Connect
5. Do 1 activity in Take Action
6. Do Reflection

### **Seniors/Ambassadors:**

1. Learn About the Brain and its Role in Mental Health
2. Take the Mental Health Facts and Myths Quiz
3. Do 2 activities in Discover
4. Do 2 activities in Connect
5. Do 2 activities in Take Action
6. Do Reflection

Please reference the [Resource List](#) provided for suggested websites with information, videos and activities that will facilitate completing the Patch.

## **Required For All Levels**

1. Read Learn About the Brain and Its Role in Mental Health for background information. Complete 1 worksheet activity about the brain.
2. Take the Mental Health Facts and Myths Quiz included in the packet. After completing all chosen patch activities:
3. Reflection: Review the Girl Scout Law and discuss how it relates to what you have learned about mental illness. Discuss with your troop.

## **Discover**

1. Approximately one in four people will have a mental illness in his/her lifetime. Discuss whether mental illness is different than any other illness.
2. Find out about common mental health issues that children and teens experience.
3. Invite a mental health professional to speak to your troop and find out about mental illness and treatment.
4. Find out about bipolar disorder. Is the cause known? What are the symptoms? Is there a cure?
5. The dictionary defines stigma as a mark, scar or characteristic that causes embarrassment for a person. It causes society to exclude the person, similar to prejudice and discrimination. Like prejudice, stigma is based on a lack of understanding. Find out why stigma prevents some people from getting help. Read "Social Awareness."
6. Discover whether there is an anti-stigma campaign in your community. Describe what you find out.
7. Review the Great Achievers with Mental Illness page. Find the names on the word search. Create a collage with the pictures of great achievers you find.

## **Connect**

1. Read a book or see a play or movie in which there is a character who suffers from mental illness. Discuss with your troop.
2. Read the words on the bookmark "Getting to Know Me" from Bipolar Magazine. Create a bookmark to help people understand mental health awareness.
3. Observe how people with a mental illness are treated in the news, TV shows or social media. Write about what you observed.

4. Role-play or act out one of the following scenes with your troop.
  - a. A child coming to school for the first time with hearing aids.
  - b. A student who has to go to the nurse to take medicine every day.
  - c. A child who overhears others calling her “weird” and “psycho.” Discuss your thoughts and feelings.
5. Interview someone with a mental illness. Find out how stigma affects them. Tell others what you learn.
6. Express through art, music or writing how you imagine a person living with mental illness might feel. 7. Write a story about a girl who has a family member with a mental illness.

### **Take Action**

1. Explore what resources are available for mental health at your school.
2. Explore what resources are available in your community, state or country. Interview someone who works or volunteers there.
3. Create an anti-stigma or mental health poster.
4. Volunteer or participate at a local mental health event.
5. Create a skit in which you demonstrate a positive interaction with someone affected by mental illness. Present it to your troop.
6. PASS IT ON: Talk about mental illness and stigma with at least one adult and ask them to pass on the mental health awareness message to their peers.

### **Reflection**

*After* completing all chosen patch activities, review the Girl Scout Law and discuss how it relates to what you have learned about mental illness. Discuss with your troop.

## **The Brain**

### **Required Activity #1 Learn about the Brain and its Role in Mental Health**

Additional information, games, puzzles, both printable and online, on this excellent website.

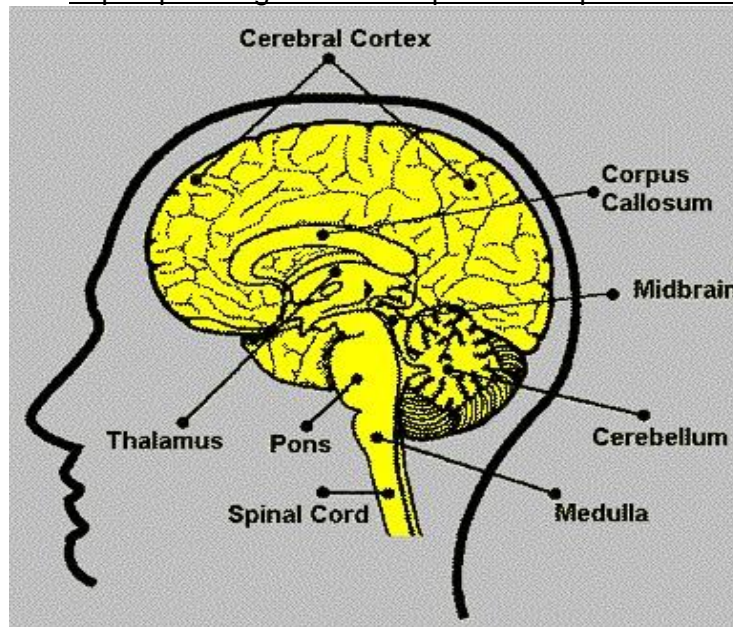
*Neuroscience for Kids:* <http://faculty.washington.edu/chudler/neurok.html>

## The Brain – The Director

Before thinking about the problems that occur in the brain when someone has a mental illness, it is helpful to think about how the brain functions normally. The brain is an incredibly complex organ. It makes up only 2 percent of our body weight, but it consumes 20 percent of the oxygen we breathe and 20 percent of the energy we take in. It controls virtually everything we as humans experience, including movement, sensing our environment, regulating our involuntary body processes such as breathing, and controlling our emotions. Hundreds of thousands of chemical reactions occur every second in the brain; those reactions underlie the thoughts, actions, and behaviors with which we respond to environmental stimuli. In short, the brain dictates the internal processes and behaviors that allow us to survive.



Picture from: <http://hplusmagazine.com/wp-content/uploads/brain1.jpg>





**Cerebral Cortex:** This area is involved in thought, voluntary movement (raising your hand), language, reasoning (problem solving), and perception (seeing).

**Cerebellum:** This area is involved in involuntary movement (a movement you make without thinking about it first), balance, and posture

**Brain stem:** Basic functions such as breathing, swallowing, heart beat

**Thalamus:** processing of information you bring in through your 5 senses, and movement

**Hippocampus:** Learning and memory

**Basal Ganglia:** Movement

**Midbrain:** Vision, hearing and eye movement

**Corpus Collosum:** Connects right and left hemispheres

**Hypothalamus:** Hunger, body temperature, thirst, and circadian rhythms

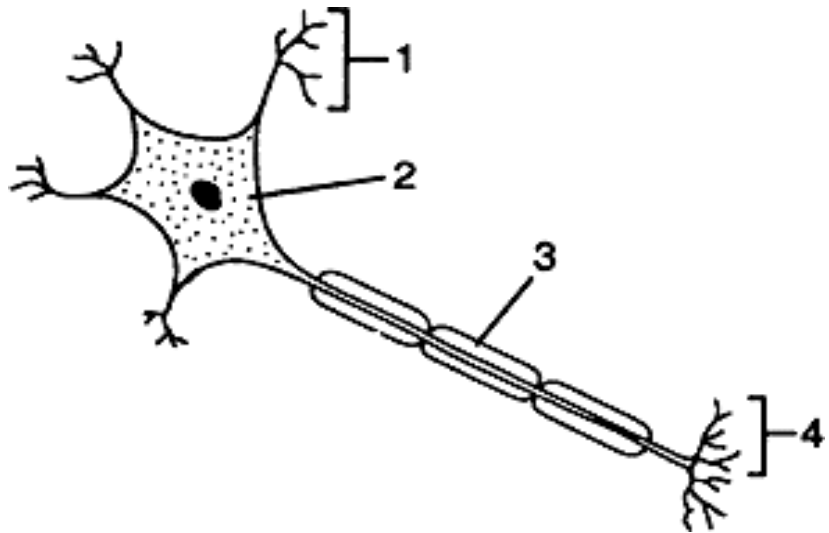
**Did you notice how several areas seem to be involved in the same function?** That's because many human functions require multiple systems to work together. How do they work together? They talk to each other! They communicate via cells transmitting information.

### **The Neuron – The Communicator**

How does the brain take in all this information, process it, and cause a response? The basic functional unit of the brain is the neuron. A neuron is a specialized cell that can produce different actions because of its precise connections with other neurons, sensory receptors, and muscle cells.

# Neuron

1. Dendrites
2. Cell body includes nucleus
3. Axon
4. Axon terminal or presynaptic



Neurons communicate using both electrical signals and chemical messages. The chemical messengers are called neurotransmitters. The neurotransmitter is formed in the cell body and travels through the axon to the presynaptic terminal where it is released and taken up by the dendrites of another neuron. In terms of mental illness acetylcholine, serotonin, dopamine and norepinephrine are the neurotransmitters thought to play a significant role.

What happens when there is miscommunication? When the neurons cannot communicate effectively, either due to a brain injury (concussion) or abnormal neurons in certain parts of the brain, or too much or too little of certain neurotransmitters or a combination of any of the above, the result is neurological and psychiatric disorders.

For example, a concussion causes memory loss, confusion, and blurred vision. Alzheimer's disease patients have both structural abnormalities in their brains and too little of the neurotransmitter acetylcholine. Depressive symptoms are related to too little serotonin available for cells, and bipolar disease symptoms are related to several neurotransmitters.

To learn more about known and hypothesized causes of various mental illnesses, search out the resources listed in the Resource page.

**To finish this REQUIRED activity, do one of the following included in this packet:**

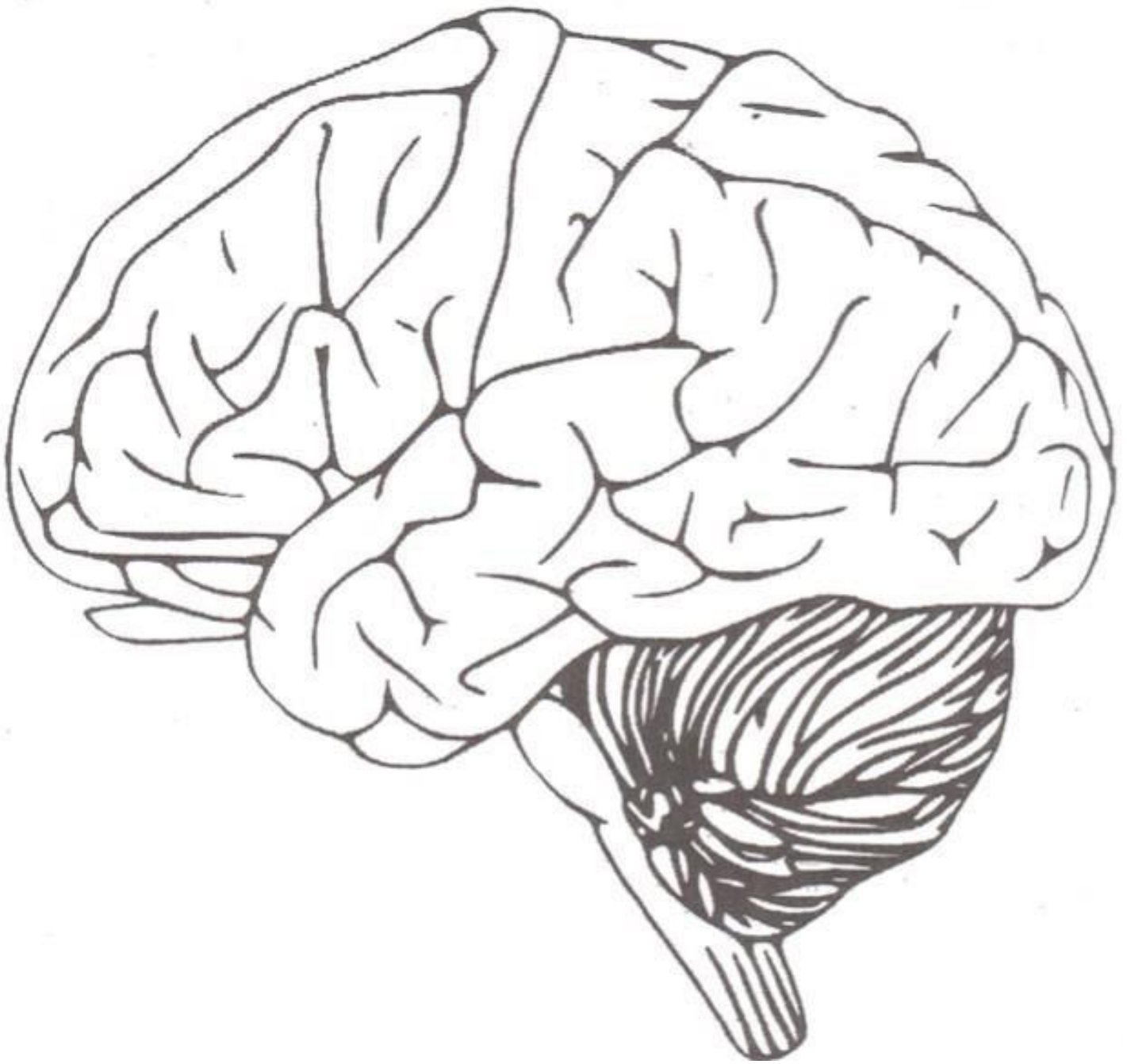
- Coloring sheet: This is my brain it helps me \_\_\_\_\_.
- Label a Neuron
- Make a Neuron
- Beady Neuron

- Model a Brain
- Neuroanatomy Word Search
- Neurotransmitter Word Search ● Brain Structure Dominoes

Sources: <http://science.education.nih.gov/supplements/nih5/Mental/guide/info-mental-a.htm>

<http://faculty.washington.edu/chudler/neurok.html>

<https://faculty.washington.edu/chudler/chmodel.html>

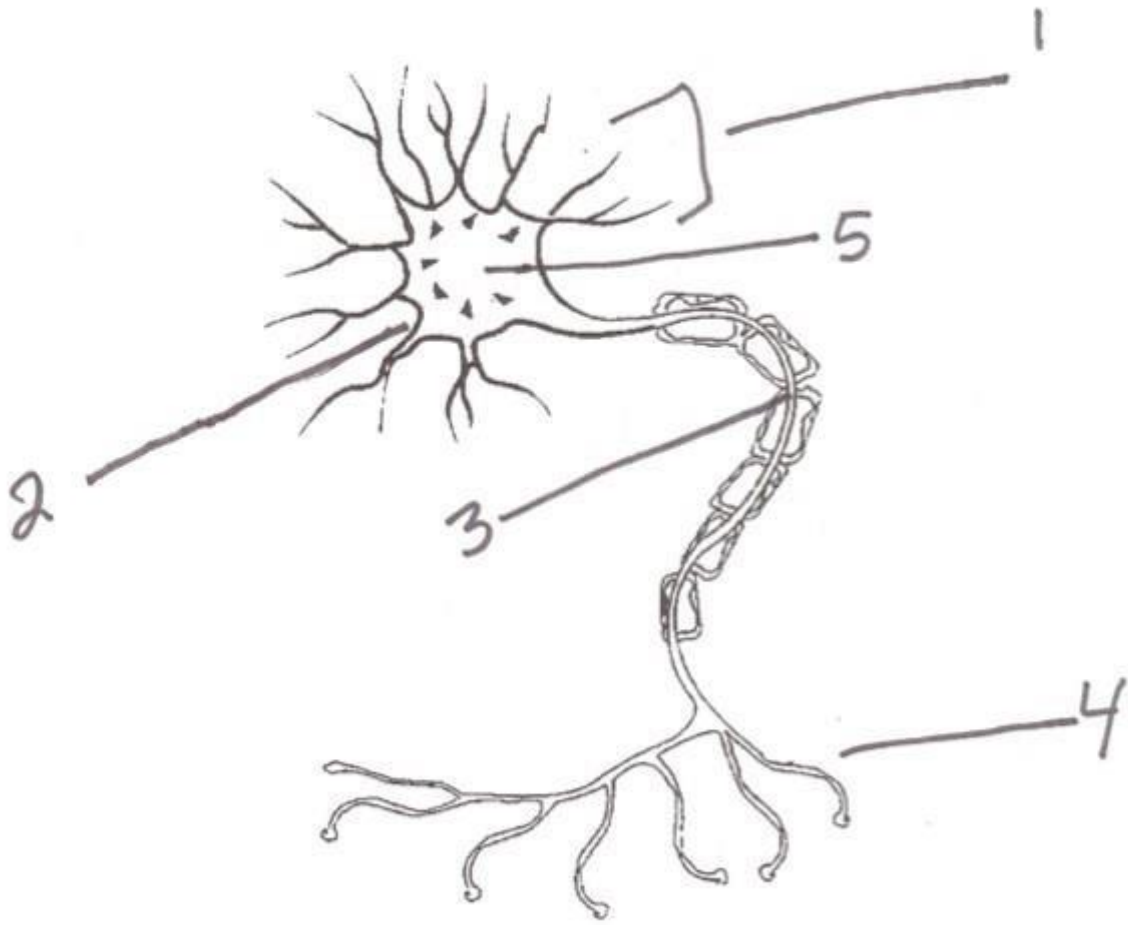


**This is my brain, it helps me \_\_\_\_\_.**

**Color and/or label parts of the brain.**

**Label Dendrite, Axon, Cell Body, Nucleus, and Presynaptic Terminal.**

# The Neuron



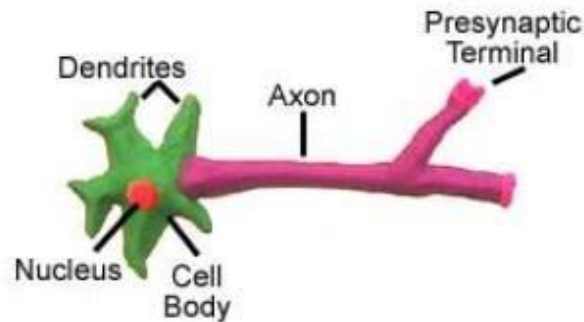


# Make a Neuron



For grades 3-12

Create a model of a neuron by using clay, playdough, styrofoam, recyclables, food or anything else you can get your hands on. Use pictures from books to give you an idea of where the components of a neuron should go and what shape they should be. Use different colors to indicate different structures. Make a neural circuit with a few of the neurons. Create sensory or motor systems. Eat your model if you made it out of food!!



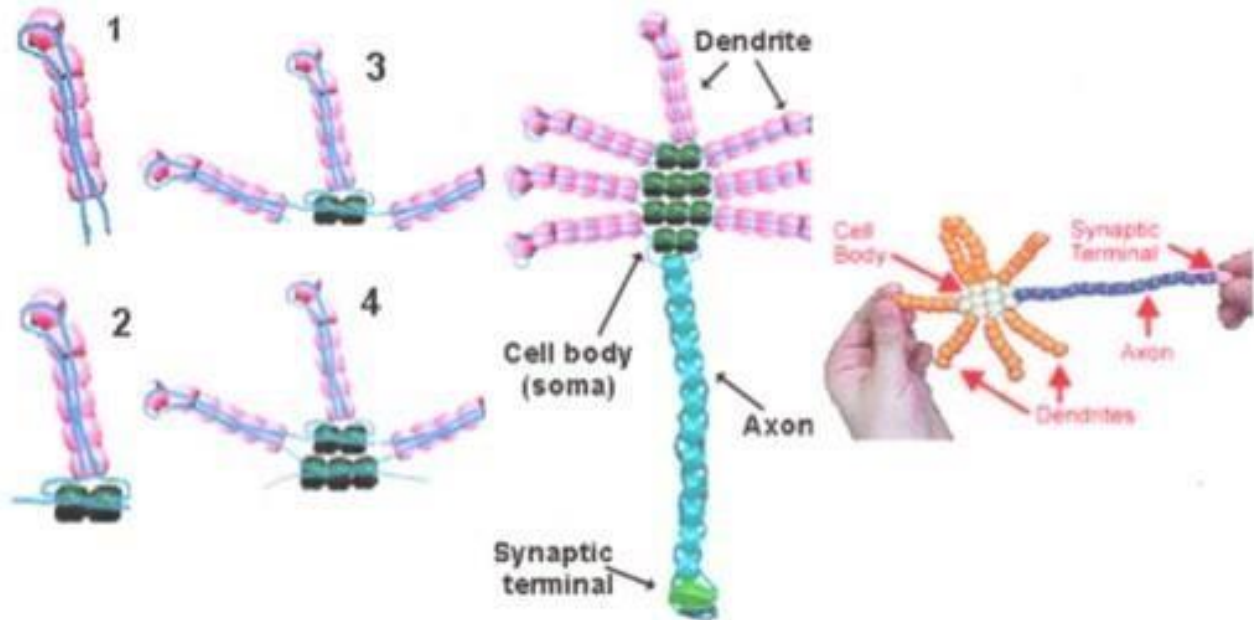
Materials:

- Clay or Playdough or Styrofoam or Recyclables (bottle caps, cups, buttons, etc) OR Food (fruit, jelly beans)
- A picture or diagram of a neuron (see the picture below or go to: [more about neurons.](#))

# Beady Neuron

For grades 3-12

Get out those beads and make a neuron! This neuron with seven dendrites requires 65 beads: 42 beads for the dendrites, 10 beads for the cell body, 12 beads for the axon and 1 bead for the synaptic terminal. String the beads using the pattern in the diagrams below. The string can be yarn, rope, or for the best result use flexible wire. You can also create your own pattern or use a different colored bead for a nucleus in the cell body.



Materials:

- Wire
- 65 beads



# Model a Brain

For grades K-12

Create a model of the brain by using clay, playdough, styrofoam, recyclables, food, etc. Create a whole brain or use a brain atlas and create cross-sections of the brain at different levels. Use different colors to indicate different structures.



Materials:

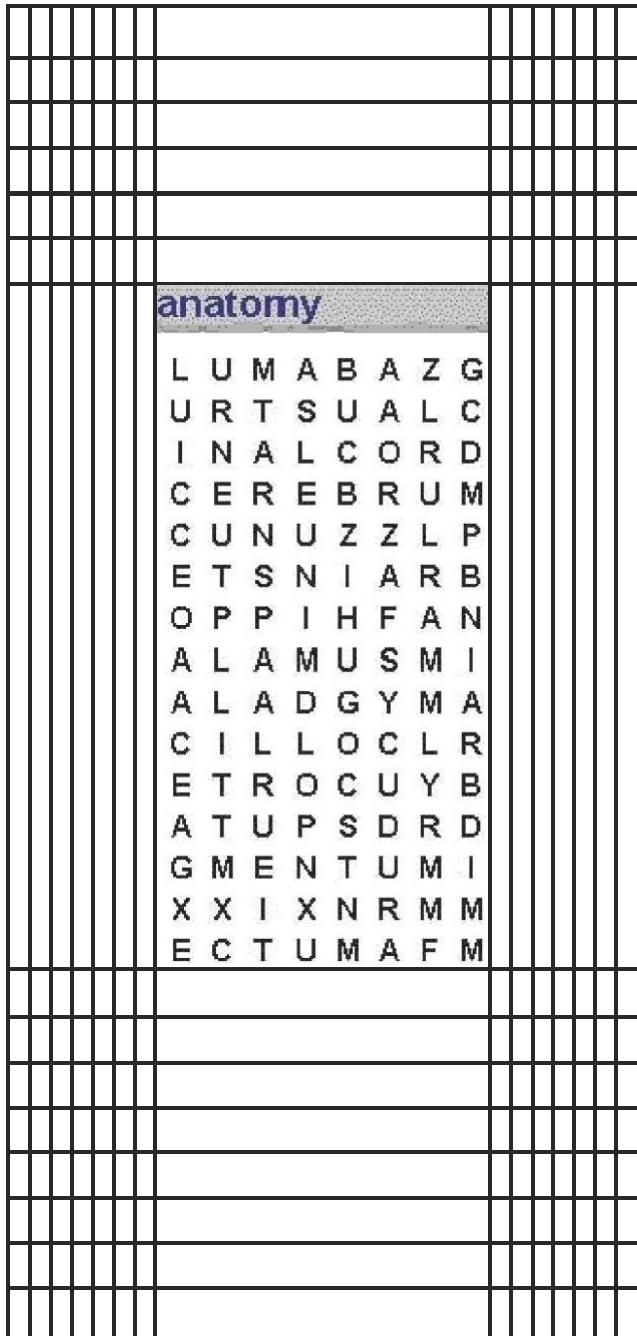
- Clay or Playdough or Styrofoam or Recyclables (bottle caps, cups, buttons, etc) OR Food (fruit, jelly beans)
- A picture or diagram of the brain

Name \_\_\_\_\_

## Neuroanatomy Word Search

Can you find all the different words related to neuroanatomy in this puzzle ? Print out this page, then circle all the words that you can find. The words can be up, down or backwards. Here is the puzzle:

\_\_\_\_\_



<b>Word List</b>	
Amygdala	Insula
Brainstem	Medulla
Cerebellum	Midbrain
Cerebrum	Nucleus
Clastrum	Pia
Colliculus	Pineal
Corpus callosum	Pons
Cortex	Putamen
Dura	Spinal cord
Fornix	Tectum
Globus pallidus	Tegmentum
Hemisphere	Thalamus
Hippocampus	Tract
Hypothalamus	

Name \_\_\_\_\_

## Neurotransmitter Word Search

Can you find all the neurotransmitters in this puzzle? Print out this page, then circle all the words that you can find. The words can be up, down or backwards. Here is the puzzle:

C	G	L	Y	C	I	N	E	Y	Y	S	Y	G	S	T
N	H	I	A	S	P	A	R	T	A	T	E	O	E	Z
J	B	O	M	B	E	S	I	N	C	G	M	V	R	D
I	E	E	L	B	O	Z	K	L	E	A	Z	A	O	H
G	N	N	P	E	I	R	B	K	T	S	E	S	T	I
P	I	D	K	R	C	L	R	O	Y	T	H	O	O	S
X	M	O	W	E	N	Y	S	M	L	R	I	P	N	S
L	A	R	K	U	P	T	S	I	C	I	S	R	I	D
E	P	P	C	B	A	H	U	T	H	N	T	E	N	X
F	D	H	E	T	A	B	A	G	O	Y	A	S	F	Y
T	D	I	I	V	Q	W	E	L	L	K	M	S	M	T
D	Y	N	O	R	P	H	I	N	I	K	I	I	W	D
B	R	A	D	Y	K	I	N	I	N	N	N	N	D	C
N	G	L	U	T	A	M	A	T	E	C	E	A	I	I
F	E	N	I	R	H	P	E	N	I	P	E	R		N

### Word List

Acetylcholine	Gastrin
Aspartate	Glutamate
Bombesin	Glycine
Bradykinin	Histamine
Cholecystokinin	Norepinephrine
Dopamine	Oxytocin
Dynorphin	Serotonin
Endorphin	Somatostatin
Enkephalin	Vasopressin
Gaba	

IB arm to tram esl | IB arm to Worm she etsl

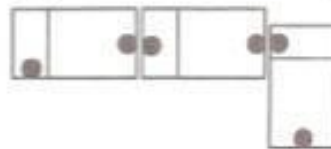


## Brain Structure Dominoes

Cerebellum	Brain Stem	Hypothalamus	Thalamus	Limbic System
Breathing, heart rate, blood pressure	Hunger, body temperature, thirst, circadian rhythms	Sensory processing, movement, sends information to the cerebral cortex	Emotional response, memory, (amygdala, hippocampus and other structures)	Learning, memory
Hippocampus	Midbrain	Corpus callosum	Human Brain Weight	Human Spinal Cord Weight
Vision, hearing, eye movement	Connects the right and left cerebral hemispheres	1.4 kilograms (3 pounds)	35-40 grams	Movement, balance, posture

Directions: Cut out each of the ten dominoes. Mix up the dominoes and then match each word with the correct description on another domino. Match the black dots of each domino. If you have matched the words and their descriptions correctly, you will have made a rectangle with all of the dominoes.

Example:



## Mental Illness Myths and Facts Quiz

Daisy/Brownie/Junior Can be completed as

a group or individually

### Answer True or False?

1. You can catch a mental illness from someone else. \_\_\_\_\_

2. People living with mental illness are not smart. \_\_\_\_
3. People who have a mental illness don't care what people think or say about them. \_\_\_\_\_
4. People with mental illness are more likely to be a victim of a crime than commit a crime. \_\_\_\_\_
5. Mental illness is a medical problem just like diabetes or asthma. \_\_\_\_

## **Mental Illness Facts and Myths Quiz**

### **Cadette/Senior/Ambassador**

Can be completed as a group or individually

#### **Answer True or False?**

1. You can catch a mental illness from someone else. \_\_\_\_
2. People living with a mental illness are not smart. \_\_\_\_\_
3. People who have a mental illness don't care what people think or say about them. \_\_\_\_\_
4. People with mental illness are more likely to be a victim of a crime than commit a crime. \_\_\_\_\_
5. Mental illness is a medical problem just as diabetes and asthma are. \_\_\_\_\_
6. People with mental illnesses can't work. \_\_\_\_
7. No one with a mental illness has contributed to our world in a positive way. \_\_\_\_\_
8. It's okay to gossip about or make fun of people who have a mental illness. \_\_\_\_\_

9. 1 in 4 people will be diagnosed with a mental illness in their lifetime. \_\_\_\_\_
10. Depressed people can just “snap out of it” if they try. \_\_\_\_
11. Many people with mental illness don’t go to treatment because of the stigma of mental illness.
12. Scientists already know what causes all mental illnesses. \_\_\_\_\_

## **Answer Key for Mental Illness Facts and Myths Quiz**

### **All Levels**

1. You can catch a mental illness from someone else. **FALSE**
2. People living with a mental illness are not smart. **FALSE**
3. People who have a mental illness don’t care what people think or say about them.  
**FALSE**
4. People with a mental illness are more likely to be a victim of a crime than commit a crime.  
**TRUE**
5. Mental illness is a medical problem just as diabetes and asthma are. **TRUE**
6. People with a mental illness can’t work. **FALSE**
7. No one with a mental illness has contributed to our world in a positive way. **FALSE**
8. It’s okay to gossip about or make fun of people who have a mental illness. **FALSE**
9. 1 in 4 people will be diagnosed with a mental illness in their lifetime. **TRUE**
10. Depressed people can just “snap out of it” if they try. **FALSE**
11. Many people with mental illness don’t go to treatment because of the stigma of mental illness. **TRUE**
12. Scientists already know what causes all mental illnesses. **FALSE**

As you explore the websites noted on the Resource List in your work toward completing the Patch you will likely learn more about these facts. You might want to retake the quiz after completing all Patch activities.

## Social Awareness

This information may be read aloud and discussed. It may be shared-reading with each section being read by a different person. “Popcorn” style reading would have the first reader pick the 2<sup>nd</sup> reader by saying “popcorn” and the person’s name. Continue with all the sections. Or each section could be numbered and cut out and given to the ones to read aloud in order.

Every person is different. Some may be raised by two parents, or a single parent, or may be in foster care. Everyone has a unique personality.

To list some of the differences among our close friends and family would be a challenging task. It would be even harder to list the differences among those we don’t know.

It is important to concentrate and think about what we all have in common. At the top of the list is: **Everyone likes to be treated with respect and kindness.**

It’s true everyone has problems. Some may be more challenging than others.

Rather than jumping to conclusions or making assumptions when you encounter someone who may have a physical, mental or emotional challenge, keep in mind you may not have all the information you need. You may make a mistake you will regret.

Becoming informed about people will help you to learn not to judge in a negative way. Judging can cause them to feel stigma or shame.

Think about how to help fight stigma by changing how you treat others who may be different. Come up with some ideas on what you could do to make ALL people feel welcomed and accepted.

An effective place to begin is to learn and practice this positive statement: If you can’t say something nice, don’t say anything at all!



Review the Person First Language on the next page to learn the right way to talk about mental illness and disabilities.

## Person First Language

Person first language emphasizes the person, not the disability. Avoid defining a person by their disability or diagnosis. For example, she has bipolar disorder and he has diabetes, *not* she is bipolar and he is diabetes.

Preferred language:	Instead of:
She is a person who receives help/treatment for mental health or substance use problem or a psychiatric disability	She is a patient
He is a person with a disability	He is disabled/handicapped
She is a child without disabilities	She is normal
He has a diagnosis of bipolar disorder	He is (a) bipolar
He is living with bipolar disorder	
She has a mental health problem or challenge	She is mentally ill/ emotionally disturbed/ psycho/ insane/lunatic
She is a person with lived experience of a mental health condition	
He has a brain injury	He is brain damaged
He experiences symptoms of psychosis/ He hears voices	He is psychotic
She has an intellectual disability	She is mentally retarded
He has autism	He is autistic
Is receiving mental health services	Mental health patient/case
Attempted suicide	Unsuccessful suicide
Died by suicide	Committed suicide
A student receiving special education services	Special education student
Person with substance use disorder	Addict, abuser, junkie
Person experiencing alcohol/drug problem	
Experiencing, or being treated for, or has a diagnosis of, or a history of, mental illness	Suffering with, or a victim of, a mental illness

Source: American Psychiatric Association

THE HUFFINGTON POST

## Famous Achievers with Mental Health Conditions

“I don’t know anyone who has a mental illness.” *YES YOU DO!*

People of all walks of life have mental illness. You probably know someone who has a relative with a depression, Alzheimer’s disease, autism, bipolar, or any number of mental illnesses.

There are famous and successful people as well...

**Abraham Lincoln:** the 16<sup>th</sup> president of the U.S. - depression.

**Mark Twain:** perhaps one of our greatest American writers - depression.

**Vincent Van Gogh:** one of the great artists - bipolar disorder.

**Winston Churchill:** prime minister of England during WWII - bipolar disorder.

**John Nash:** Nobel Prize winner for Economics and subject of the movie “A Beautiful Mind”- schizophrenia.

**Buzz Aldrin:** American astronaut - bipolar disorder

**Mike Wallace:** anchor for “60 Minutes” - depression.

**Carrie Fisher:** writer and actress (played Princess Leia in Star Wars) - bipolar disorder.

**Catherine Zeta Jones:** actress – bipolar disorder.

**Meta World Peace** (aka Ron Artest): professional basketball player - depression

**Pete Wentz:** singer for Fall Out Boy - depression

**Adam Levine:** lead singer of Maroon Five - ADHD

**J.K. Rowling:** author of the Harry Potter series- depression

**Michael Phelps:** Olympic Gold Medal swimmer - ADHD.

\*To see videos of these people and others speaking about their mental illness visit <http://www.halfofus.com/video/?videoID=68&chapterID=1>

## Famous Achievers: Word Searches

Words Horizontal- Level: Easy



Vinny

Nash

WorldPeace

Wentz

ZetaJones

Twain

Fisher

Churchill

Lincoln

Wallace

Aldrin

VanGogh



Nash  
Wallace  
Twain  
ZetaJones  
Aldrin

Vinny  
Churchill  
Lincoln  
VanGogh  
WorldPeace

Wentz  
Fisher

Words horizontal, vertical, and diagonal- Level: HARD

E	K	H	I	M	W	B	X	J	L	G	S	D	C	V	V	Q
C	H	U	R	C	H	I	L	L	L	O	E	I	U	M	A	X
Q	V	E	H	X	Z	J	Y	I	K	M	B	C	F	K	N	Z
Z	I	E	I	J	Z	M	U	F	N	W	U	A	B	O	G	E
R	N	P	S	O	X	W	A	I	Z	C	C	I	Z	N	O	Y
V	N	O	X	I	R	I	P	S	E	F	O	N	A	Y	G	E
U	Y	E	U	L	G	K	I	H	T	T	L	L	Y	U	H	X
O	O	Y	G	X	U	A	P	E	A	I	C	H	N	E	U	R
N	J	R	L	R	K	M	O	R	J	N	A	S	H	Z	A	P
K	T	O	R	P	W	G	N	U	O	Q	H	A	O	R	L	Q
W	A	L	L	A	C	E	P	Q	N	V	B	U	G	E	D	X
U	A	C	V	N	K	C	N	U	E	E	W	D	I	J	R	H
P	X	A	Q	H	B	E	F	T	S	A	C	E	G	U	I	X
S	Q	Q	A	P	E	I	E	L	Z	O	A	W	X	O	N	Z
W	O	R	L	D	P	E	A	C	E	U	K	G	T	M	E	P
H	Y	L	Z	Q	T	B	I	T	T	W	A	I	N	W	V	Y
H	I	Y	W	L	X	G	P	G	E	B	Y	N	B	N	X	U

Wentz  
 Lincoln  
 Wallace  
 Churchill  
 WorldPeace

Fisher  
 Aldrin  
 VanGogh  
 Nash  
 ZetaJones

Vinny  
 Twain



**Getting to know me...**

I am not like the other people in your life. I can't get over it, mellow out, learn to live with it, take a chill pill, calm down, deal with it, or change the way you want me to change. It takes a huge amount of will just to survive this illness. Mania takes away my reasoning. Depression makes life pointless.

If you tell me to change when I'm in a mood swing, I won't believe that I can, or even hear you. My brain is telling me something different than you are telling me. People with bipolar disorder have a civil war going on in their brains—this war is between the real person and the ill person. And sometimes the ill person wins.

But I am here and I want to listen to you. Learn as much as you can about this illness and then ask me questions. Then we can communicate better.

Our relationship means so much. I promise to do all that I can to manage this illness.

From : *to magazine* Spring 2010

**Getting to know me...**

I am not like the other people in your life. I can't get over it, mellow out, learn to live with it, take a chill pill, calm down, deal with it, or change the way you want me to change. It takes a huge amount of will just to survive this illness. Mania takes away my reasoning. Depression makes life pointless.

If you tell me to change when I'm in a mood swing, I won't believe that I can, or even hear you. My brain is telling me something different than you are telling me. People with bipolar disorder have a civil war going on in their brains—this war is between the real person and the ill person. And sometimes the ill person wins.

But I am here and I want to listen to you. Learn as much as you can about this illness and then ask me questions. Then we can communicate better.

Our relationship means so much. I promise to do all that I can to manage this illness.

From : *to magazine* Spring 2010

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## HUGS for Kids Coloring Sheet

This is an optional exercise to volunteer directly with one of IBPF's programs and make an impact in kids experiences and journeys with mental health!

International Bipolar Foundations, HUGS for Kids program benefits children who are admitted to psychiatric units. Each child will get a kit that includes comfort items to ease the child's inpatient stay such as, a sweatshirt, slipper socks, note card for parents including a message of hope from IBPF, and plush animal friends for the very young.

*“These vulnerable patients are feeling hopeless, scared, lonely, unloved and/or unlovable. The IBPF comfort kits will wrap the children in comfort and show them that they are worth it, and that their recovery is real and valued”*

Research shows that patients and families who have connection and support have better outcomes when it comes to healing, recovery and continued wellness. In addition, pediatric psychiatric patients historically have not received the same community support that children hospitalized for other reasons have, and IBPF is creating change through the HUGS for Kids program.

### **Show these children that you see them and you are here for them!**

1. Color in as individuals or as an entire troop the following HUGS for Kids coloring sheet.
2. Write an optional message of hope and support in the provided space.
3. Mail or, scan and email, the coloring sheet back to IBPF to be included in a child's comfort kit.
4. **Optional:** Include a donation to sponsor a comfort kit! We will dedicate a child in needs comfort kit to your troop.
  - a. A \$40 donation will cover all the comfort items, resource guide, and *Healthy Living with Bipolar Disorder Book* for one child.
  - b. Donations can be made by check or at <https://ibpf.org/get-involved/donate/>
5. **Make an incredible impact on the healing journey of these children by showing support and sending a loving hug.**

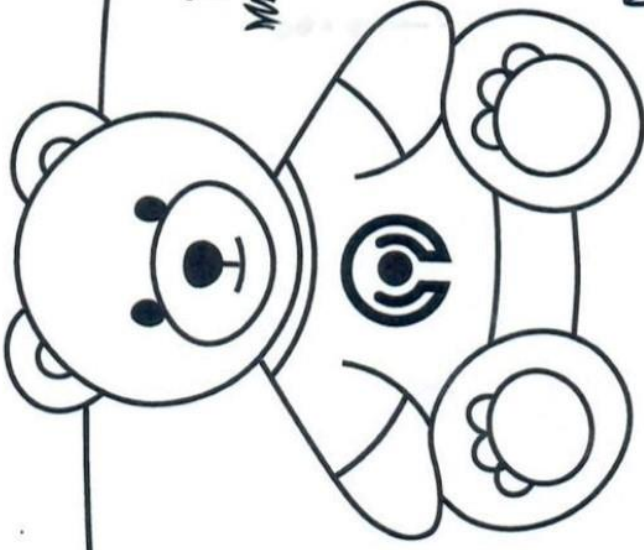
Learn more about our HUGS for Kids program at <https://ibpf.org/learn/programs/hugs-for-kids/>





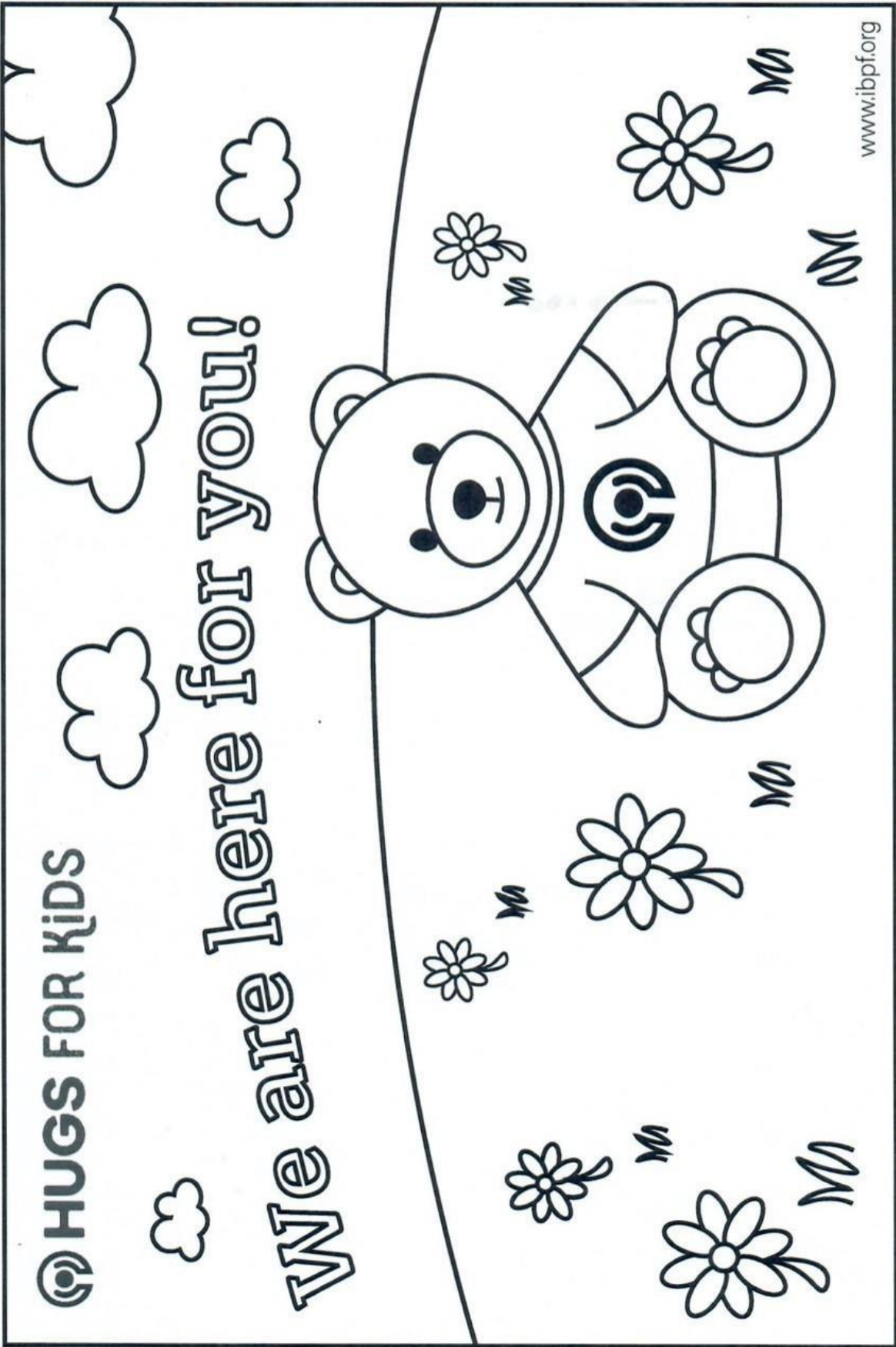
HUGS FOR KIDS

We are here for you!



www.ibpft.org

A message of hope and support!



www.ibp.org

## **Resource List**

### **Learning About the Brain**

- Brain structure app (free) for iPhone, iPad, and Android products use search term: 3D brain
- Neuroscience for Kids: This is an excellent site maintained by a professor at University of Washington. Lots of didactic and hands on activities.  
<http://faculty.washington.edu/chudler/neurok.html>
- This site has very basic information about the brain and if you use the search function you can find information about mental illness common in children.  
<http://kidshealth.org/kid/htbw/brain.html>

### **Mental Illness Facts and Myths**

- National Alliance on Mental Illness (NAMI): is dedicated to building better lives (through awareness, services, treatment support and research) for the millions affected by mental illness. On their website you can find information about the prevalence of mental illness as well as information about stigma. Via the local NAMI chapter you may be able to find a person to come speak to your troop. <http://www.nami.org>
- “Breaking the Silence,” is a school lesson plan developed by a parent of a child with mental illness and is endorsed by NAMI. <http://www.btslessonplans.org>
- National Institutes of Health and National Institute of Mental Health: Tax supported research and education. The first link is a lesson plan “The Science of Mental Illness” for middle schoolers, and the second link is a presentation of “Brain Basics”, and the third is a high school lesson plan, “Making Sense of Mental Health: Past and Present”.  
<http://science.education.nih.gov/supplements/nih5/Mental/default.html>  
<http://www.nimh.nih.gov/health/educational-resources/brain-basics/brain-basics.shtml>  
<http://www.nlm.nih.gov/literatureofprescription/education/c2HighSchoolHealth.html>
- <http://www.about.com/health/#topic-list> contains content approved by medical review board about mental health including mental illnesses, and celebrities with mental illness.
- Written for teens, info on mental health issues including anxiety, depression, eating disorders  
[http://kidshealth.org/teen/your\\_mind/](http://kidshealth.org/teen/your_mind/)
- Mental Health America, another support and advocacy group, works to promote mental wellness. Information about specific mental illnesses is available on their site. .  
<http://www.mentalhealthamerica.net>

- MINDS is dedicated to educating high school students about mental health. Website includes a recommended reading list as well. <http://mindsprogram.org/default.aspx>
- WebMD is a good source of information about medical issues including mental illness. <http://www.webmd.com/mental-health/brain-mental-illness>

## Stigma

- Bring Change to Mind, is an organization working to reduce stigma and discrimination against people living with mental illness. Website includes personal stories. <http://bringchange2mind.org/>
- See Also:
  - <http://www.nami.org>
  - <http://www.halfofus.com/video/?videoID=68&chapterID=1>

## Famous Achievers with Mental Illness

- TED talks: Talks by those affected by mental illness yet successful in life. Elyn Saks, successful law scholar, who has schizophrenia. Temple Grandin, famous animal expert with autism.. [http://www.ted.com/playlists/9/all\\_kinds\\_of\\_minds.html](http://www.ted.com/playlists/9/all_kinds_of_minds.html)
- Half of Us is a national campaign, which raises awareness about the prevalence of mental health issues on college campuses and connects students to the appropriate resources to get help. The videos below are contemporary rock stars, actresses, etc who speak about their experience. <http://www.halfofus.com/video/?videoID=68&chapterID=1>
- <http://www.about.com/health/#topic-list> has content approved by medical review board about mental health including mental illnesses, and celebrities with mental illness.

## Community Support and Advocacy

- It's Up To Us, San Diego is a local campaign talk openly about mental illness, recognize symptoms, utilize local resources and seek help.
- <http://www.up2sd.org/>

## **Mental Health Awareness Patch Completion Form**

When you have completed the activities to earn the patch, please fill out this form and send it to International Bipolar Foundation via email, fax, or mail.

You only need to send this form, not the whole packet. Please submit one form for the entire troop, mark how many patches at the bottom of this form.

**Please be sure to include your mailing address.**

Email: [mentalhealthpatch@ibpf.org](mailto:mentalhealthpatch@ibpf.org) with "Mental Health Patch" in the subject line

Fax: (858) 598-5158

Mailing address: International Bipolar Foundation  
1050 Rosecrans St Suite M  
San Diego, CA 92106

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Required For All	Date Completed
# 1 Learn about the Brain	
#2 Mental Health Facts and Myths	
#3 Reflection on Girl Scout Law	

Daisies and Brownies complete required activities and one activity from Discover and one from Take Action. (5 total)

Juniors and Cadettes complete required activities and one activity Discover, one from Connect, and one from Take Action. (6 total)

Seniors and Ambassadors complete required activities and two activities from Discover, two from Connect, and two from Take Action. (9 total)

Discover	Check	Date Completed
#1	√	
#2		
#3		
#4		
#5		
#6		
#7		
Connect	Check	Date Completed
#1	√	

#2		
#3		
#4		
#5		
#6		
#7		

Take Action	Check √	Date Completed
#1		
#2		
#3		
#4		
#5		
#6		

Print Leader's Name: \_\_\_\_\_

Leader's Signature: \_\_\_\_\_

Total number of patches earned: \_\_\_\_\_ Troop Level: \_\_\_\_\_ Troop #: \_\_\_\_\_

**Mailing Address:** \_\_\_\_\_

**Email Address:** \_\_\_\_\_

How did you find out about our Mental Health Awareness Patch?  
\_\_\_\_\_

**Would your troop like to be featured in our [MHA Patch Website International Collage?](#)**



**Submit individual or group photos.\* Also please include a 1 to 2 sentence comment sharing how the MHA Patch Program affected your troop, which we will apply to the image for the collage (see image above).**

**Please complete the following 2 steps:**

- 1. Submit your comment and photo.**

Via Email at [mentalhealthpatch@ibpf.org](mailto:mentalhealthpatch@ibpf.org). Don't forget to include your comment!

**OR**

Via mail: Write your comment below and include your photo(s) when you mail us your form.

Comments:

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- 2. Fill out and submit a media release form for each individual pictured (next page).**

\*Waist-up photos including scout uniform are best. Group and MHA Patch project shots welcomed.



## Media Release Form – Mental Health Awareness Patch



By signing below, I acknowledge that I have read and agree to the following:

1. I hereby grant permission to International Bipolar Foundation (“IBPF”) to use my photo in connection with the Mental Health Awareness Patch. Photos may be used on IBPF’s Website, Facebook, Twitter, e-newsletter, and/or additional social media pages.
2. I will defend, indemnify and hold harmless IBPF, its directors, officers, employees, agents and representatives, successors and assigns against any and all claims, suits or other proceedings arising out of or in connection with the Identity, Materials or Recording, including, but not limited to, claims of copyright or other intellectual property infringement, defamation or misrepresentation.

Troop Leader’s Name

Troop Number

Scout’s Name

Parent/Guardian’s Name

Parent/Guardian’s Signature

Date

1050 Rosecrans Street Suite M, San Diego, CA 92106 | [Phone \(858\) 598-5967](tel:8585985967) | [Fax \(858\) 598-5158](tel:8585985158) | [www.ibpf.org](http://www.ibpf.org)

## Media Release Form – Mental Health Awareness Patch



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2. I will defend, indemnify and hold harmless IBPF, its directors, officers, employees, agents and representatives, successors and assigns against any and all claims, suits or other proceedings



arising out of or in connection with the Identity, Materials or Recording, including, but not limited to, claims of copyright or other intellectual property infringement, defamation or misrepresentation.

\_\_\_\_\_  
Troop Leader's Name

\_\_\_\_\_  
Troop Number

\_\_\_\_\_  
Scout's Name

\_\_\_\_\_  
Parent/Guardian's Name

\_\_\_\_\_  
Parent/Guardian's Signature

\_\_\_\_\_  
Date

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