Mental Health Awareness Proposal

In 2013, 41,149 suicides were recorded, making this the 10th most common cause of death in teens in that year. This boils down to a suicide about every 13 minutes for a year, and many cases even go undetected. Most of these suicides were triggered with thoughts of feeling hopeless or useless and could quite likely have been prevented had the teen felt he or she had someone who understood. We all go through difficult times, but often feel as those we are alone. For this project, you will be creating a proposal to both improve mental health among students suffering from a mental illness and promote awareness for those who are not.

What’s a Proposal?
A proposal is the act of offering or suggesting something for acceptance or performance; i.e. you are proposing the idea of making others aware of mental illnesses, while also showing sufferers that there is hope and a way to improve their condition.

Which Mental Illnesses Can I Choose From?
You are able to pick from any number of the mental illnesses we have discussed in class this semester and beyond. Below is a list of mental illnesses you are welcome to choose from, but are certainly not limited to:

- Depression
- Bi-Polar Disorder
- Anxiety
- Schizophrenia
- ADHD
- Borderline Personality Disorder
- Eating Disorders
- PTSD (Post-Traumatic Stress Disorder)
- OCD (Obsessive Compulsive Disorder)
- Addicting and/or Abusive Relationships

*While some of these appear to be more of a physical disorder, they certainly involve an emotional or mental dimension which affects one’s mental health, which is what you will focus on for your project.

What is Required of this Project?

Research
Once you have chosen a topic, you must do research to
1. **Inform the public of this mental illness.** How will you present it to others? Statistics, facts, pictures, “Did you know?” columns, etc.
2. **Provide tips on how one can cope with/improve their mental health.** How can one who suffers from this particular illness either improve upon their condition and/or cope with it?
3. **Consequences of an untreated illness.** What can happen if this particular condition goes untreated?
4. **Resources to Help.** Perhaps provide statistics to prove that this person is not alone. Where can they seek help? Are there multiple options for those who are not comfortable talking to someone, for instance?
Cite at least 4 sources (in MLA format!) to show where you got your information. ONE must be a book source.

**Poster**
The poster will present your information in a visually pleasing and informative manner. How will you catch someone’s eye so that they are willing to pause for a minute to read the information you are providing? The above 4 categories must be included in some way/shape/form on the poster.

**Paper**
The paper will essentially detail the information you have put on your poster. A poster will not go into great depth to outline all the research you have done. The paper is a place to elaborate upon what you have done and perhaps provide the audience with more information. The above 4 categories must be included in some way/shape/form in the paper.

**CPS: 4-5 pages (double-spaced)**
**Honors: 6-7 pages (double-spaced)**

**How Will This be Graded?**
The poster will be worth 40% of the grade, while the paper will be worth 60% (i.e. if you do not do the paper, you can only receive a 40 at the HIGHEST). The following rubrics outline what is expected of you for each component:

**Rubric for Paper**

**Research**
Student has completed a sufficient amount of research, proving that he/she is well-informed on their topic.

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**Requirements**
Student includes information on what the mental illness is, ways that people who suffer from the illness can cope with/improve condition, consequences of an untreated illness, and resources to seek help.

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**Grammar/Spelling**
Paper includes little to no spelling/grammatical errors. It is clear that student proofread and edited.

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**Format**
Paper is in proper MLA format, is typed, printed out, and handed in on time.

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**Sources/Works Cited**
Student has included at least 4 sources in his/her research and properly cites all information both in the text and on a works cited page at the end.

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**Rubric for Poster**

**Research**
Student has completed a sufficient amount of research, proving that he/she is well-informed on their topic.

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**Creativity**
Poster is visually pleasing, appropriate, and readable.

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**Sources**
Student includes sources in proper MLA format somewhere on the poster (can also be on the back).

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**Resources Available (but CERTAINLY not limited to):**
- [http://www.mentalhealth.gov/](http://www.mentalhealth.gov/)
- [http://www.uhs.umich.edu/tentthings](http://www.uhs.umich.edu/tentthings)

**Due Dates**

- **Sources:** Tuesday, April 14 (Day 2)
  *Potential Library Research Day: Friday, April 17 (Day 5)*

- **Notes on Research:** Tuesday, April 28 (Day 7)

- **Rough Draft of Paper:** Monday, May 4 (Day 4)
  *Peer editing days: Monday, May 4 (Day 4)
  Tuesday, May 5 (Day 5)*

- **Final Project (Poster & Paper):** Friday, May 8 (Day 1)