In this unit, you have explored the topic of mental health, highlighting the difference between mental health and mental illness. Subsequently, you now have an understanding of strategies to ‘burst the myths’ surrounding mental illness and reducing stigma within the community. Through the analysis of both primary and secondary data, it was revealed that not all members of the St Rita’s College community have the same level of understanding. As a result, you have been asked to create a MySRC page to raise awareness of a specific mental illness, focusing on how to reduce the stigma surrounding mental illness as well as available community support resources.

Task

Create an awareness campaign about a specific mental illness. Your aim is to educate the St Rita’s College community about the illness including an explanation, signs and symptoms, how to reduce the stigma and how to help someone with this mental illness.

Checkpoints

☐ Term 2 – Week of 1st to 5th June 2020: Progress check

☐ Term 3 – Tuesday, 16th June 2020: Due date

Authentication strategies

Progress check and final copy will be submitted through Turnitin.

You must submit a declaration of authenticity.

Signed: Date:
To complete this task, you must:

**Step 1: Select one of the following mental illnesses to investigate:**
- Anxiety disorders
- Eating disorders
- Childhood disorders
- Mood disorders
- Schizophrenia and other psychotic disorders
- Personality disorders
- Substance abuse disorder
- Cognitive disorder

My chosen mental illness is: ________________________________________________

My chosen disorder within this illness is: __________________________________

Example:
My chosen mental illness is: Mood disorders
My chosen disorder/condition within this illness is: Bipolar disorder

**Step 2: Analyse primary and secondary data.**
You will need to analyse primary data and research secondary data related specifically to your topic. As a minimum, each of these should be a **heading/section** on your ePortfolio:

- Definition or explanation of mental health and mental illness.
- Need for awareness in the St Rita’s community [see Table 1 below].
- Definition or explanation of the mental illness (your chosen topic) in general
- The different types of disorders/conditions under this illness
- Signs and symptoms of one type disorder/condition under this mental illness.
- Identify a minimum of 2 stigmas associated with your chosen mental disorder/condition.
- How to reduce the stigma surrounding this mental disorder/condition.
- How to help someone with this mental disorder/condition (e.g. personal strategies).
- Support services - these need to be included as links and must be justified. This mean in a few sentences you must validate the chosen support service and why it would be good for your chosen mental disorder/condition.

Both in-text referencing and a reference list (APA format) are required for any information you have used from your research. Ensure that you keep a record of which source you got your research from.

**Table 1: Survey of St Rita’s College students**

<table>
<thead>
<tr>
<th></th>
<th>Are mental health and mental illness the same thing?</th>
<th>Can mental illness occur in teenagers?</th>
<th>Does there need to be more awareness in the St Rita’s community about mental illness?</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Yes (%)</td>
<td>No (%)</td>
<td>Yes (%)</td>
</tr>
<tr>
<td>Year 7</td>
<td>80%</td>
<td>20%</td>
<td>60%</td>
</tr>
<tr>
<td>Year 8</td>
<td>79%</td>
<td>21%</td>
<td>72%</td>
</tr>
<tr>
<td>Year 9</td>
<td>73%</td>
<td>27%</td>
<td>90%</td>
</tr>
</tbody>
</table>

**Step 3: Create your ePortfolio**
- See PowerPoint on MySRC and OneNote page for detailed instructions.
- Copy what you have written into your word document onto your ePortfolio.

**Step 4: Submit your work**

<table>
<thead>
<tr>
<th>Progress Check</th>
<th>Final Copy</th>
</tr>
</thead>
<tbody>
<tr>
<td>- You must upload your word document with in-text referencing to Turnitin</td>
<td>- You must upload your word document with in-text referencing to Turnitin</td>
</tr>
<tr>
<td>- Your teacher will check in class the progress you have made on the ePortfolio</td>
<td>- You must submit to your teacher: task sheet, word document with in-text referencing, reference list (APA format), Turnitin receipt and a screenshot of your ePortfolio.</td>
</tr>
</tbody>
</table>
The student work has the following characteristics:

### Engaging and Understanding

<table>
<thead>
<tr>
<th>Description</th>
<th>Marks Awarded</th>
</tr>
</thead>
</table>
| ☐ Accurate recognition and discerning explanation of concepts and principles relevant to a mental illness:  
  - mental health, mental illness and your chosen mental illness are defined  
  - different disorders/conditions under this illness are listed and one in particular is selected  
  - signs and symptoms of one type of disorder/condition under this illness is outlined | 13 - 15       |
| ☐ Sustained and accurate use of written and visual features to achieve a particular purpose, language suitable to the audience and referencing and genre conventions applied. E-Portfolio includes table of primary data, pictures, coherent and concise information to inform the SRC community. |              |
| ☐ Recognition and effective explanation of concepts and principles relevant to a mental illness:  
  - mental health, mental illness and/or your chosen mental illness is defined  
  - different disorders/conditions under this illness is listed and one in particular is selected  
  - signs and symptoms of one type of disorder/condition under this illness is described | 10 - 12       |
| ☐ Accurate use of written and visual features to achieve a particular purpose, language suitable to the audience and referencing and genre conventions attempted. E-Portfolio includes some displays of table of primary data, pictures, coherent and information to inform the SRC community. |              |
| ☐ Recognition and appropriate explanation of some concepts and principles relevant to a mental illness  
  - the mental illness in general is defined  
  - different disorders/conditions under this mental illness is described  
  - signs and symptoms of one type of disorder/condition under this illness is described | 7 - 9         |
| ☐ Appropriate use of written and visual features to achieve a particular purpose, language suitable to the audience and referencing and genre conventions approached. E-Portfolio includes some displays of table of primary data, pictures, coherent information to inform the SRC community. |              |
| ☐ Variable recognition and superficial explanation of aspects of concepts and principles relevant to a mental illness  
  - the mental illness in general  
  - different disorders/conditions under this illness | 4 - 6         |
| ☐ Variable use of written and visual features to achieve a particular purpose, language suitable to the audience. |              |
| ☐ Elements of recognition and superficial explanation of information relevant to a mental illness  
  - the mental illness in general and different conditions under this illness  
  - different conditions under this illness  
  - signs and symptoms of one type of condition under this illness. | 0 - 3         |
| ☐ Inappropriate use of written and visual features to achieve a particular purpose, language suitable to the audience. |              |

### Applying and Analysing

<table>
<thead>
<tr>
<th>Description</th>
<th>Marks Awarded</th>
</tr>
</thead>
</table>
| ☐ Insightful analysis and discerning synthesis of information and data relevant to mental illness in the community  
  - primary data is summarised using percentages and secondary data is used to support findings.  
  - Minimum of 2 stigmas in their chosen mental disorder/condition is identified  
  - how to help someone with this mental illness and in particular this disorder/condition is supported by secondary data | 13 - 15       |
| ☐ Purposeful analysis and considered synthesis of information and data relevant to mental illness in the community  
  - primary data is summarised using percentages and/or secondary data is used to support findings.  
  - 1 – 2 stigmas in their chosen mental disorder/condition is identified  
  - how to help someone with this mental disorder/condition is supported by secondary data | 10 - 12       |
| ☐ Appropriate analysis and synthesis of information and data relevant to mental illness in the community  
  - primary data is summarised using percentages or secondary data is used to support findings.  
  - Stigmas in their chosen mental illness or a stigma in their chosen disorder/condition is identified  
  - how to help someone with this mental illness or mental disorder/condition | 7 - 9         |
| ☐ Superficial analysis and synthesis of information and data relevant to mental illness in the community  
  - primary data is summarised  
  - stigmas in their chosen mental illness are provided  
  - how to help someone with this mental illness | 4 - 6         |
| ☐ Explanation of data relevant to mental illness in the community  
  - primary data is referred to  
  - stigmas in general are described  
  - how to help someone with this mental illness | 0 - 3         |

### Evaluating and Justifying

<table>
<thead>
<tr>
<th>Description</th>
<th>Marks Awarded</th>
</tr>
</thead>
</table>
| ☐ Discerning  
  - decision-making about the need for awareness in the St. Rita’s College community that is consistent with primary and secondary data findings  
  - decision-making about how to reduce the specific stigma/s surrounding mental disorder/condition  
  - justification of support services for your chosen mental disorder/condition. Secondary data is used to support conclusions made. | 13 - 15       |
| ☐ Considered  
  - decision-making about the need for awareness in the St. Rita’s College community that is consistent with primary and some secondary data findings  
  - decision-making about how to reduce the stigma surrounding mental disorder/condition  
  - justification of support services for your chosen mental disorder/condition. Secondary data is used to support conclusions made. | 10 - 12       |
| ☐ Feasible  
  - decision-making about the need for awareness in the St. Rita’s College community that is consistent with primary or secondary data findings  
  - decision-making about how to reduce the stigma surrounding mental disorder/condition  
  - justification of support services for your chosen mental disorder/condition. | 7 - 9         |
### Feedback

<table>
<thead>
<tr>
<th>Superficial</th>
<th>4 - 6</th>
</tr>
</thead>
<tbody>
<tr>
<td>- decision-making about the need for awareness in the St. Rita’s College community that is consistent with findings</td>
<td></td>
</tr>
<tr>
<td>- decision-making about how to reduce the stigma surrounding mental illnesses</td>
<td></td>
</tr>
<tr>
<td>- justification of support services for mental illness</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Inappropriate</th>
<th>0 - 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>- decision-making about the need for awareness in the St. Rita’s College community</td>
<td></td>
</tr>
<tr>
<td>- decision-making about how to reduce the stigmas</td>
<td></td>
</tr>
<tr>
<td>- justification of support services</td>
<td></td>
</tr>
</tbody>
</table>