

TOPICAL OUTLINE: BeHEARD for Educators (July, 2025)

Delivery Method	Module Title	Time	Date
Online (D2L)	Welcome & Introduction	10	Self-paced opening on 07/08/2025
	Resources	10	
	Stigma	25	
	Wellness	45	
	REACH Out	30	
	Stress and Anxiety	30	
	Eating Disorders	20	
	Depression	50	
	Non-Suicidal Self-Injury	30	
	Substance Use and Addiction	35	
	Additional Considerations	100	
Virtual Live Course	5		
Online Total		390 min	
Virtual ILT (Zoom)	Welcome & Introduction	240 min	07/22/2025 8:30am-12:30pm CT
	REACH Out		
	Stress & Anxiety		
	Eating Disorders		
	Suicide		
	Non-Suicidal Self-Injury		
	Trauma		
	Substance Use and Addiction		
	Final Case Study		
Wrap Up			
Final Reflection Assignment	<p>Additional Learning for NDSU Credit</p> <p>Look through your participant guide at your reflections. Think back on your time in the zoom class. Identify topics where you feel less confident in supporting students. Once you have done that, take a moment to select two of the topics to explore using the Deep Dive Resource Ideas or other resources you find. After your deep dive, complete the write up using the prompts in the Write Up Requirements. The total time spent on this assignment should be 2 hours.</p> <p>Deep Dive Resource Ideas</p>	60 minutes of research for <u>each</u> topic in the paper (120 minutes total)	

	<ul style="list-style-type: none"> • https://fit.sanfordhealth.org/blog/teen-mental-health-resources-for-teens-and-caregivers • https://988lifeline.org/best-practices/ • https://www.nami.org/your-journey/kids-teens-and-young-adults/ • https://www.crisistextline.org/ 		
Final Reflection Paper	<p>Write Up Requirements</p> <p><i>Topic and Reason</i></p> <ul style="list-style-type: none"> • Which two topics did you select? • What made you select those topics? <p><i>Summary of Learning</i></p> <ul style="list-style-type: none"> • What did you learn in your deep dive? • What surprised you? • What resources did you find most helpful? <p><i>Application of Learning</i></p> <ul style="list-style-type: none"> • How will you apply your learning in your professional life? • What will you share with others? <p>Submission This assignment is due in Brightspace at noon no more than 7 days after the completion of the zoom meeting.</p> <p>If you do not pass this assignment, you will not pass the class.</p>		Due by noon 07/29/2025
Total Time		750 minutes = 12.5 hr.	Course ends 08/12/2025. Deadline for registration 07/10/2025.