

VIDEO ENTRY SUMMARY

Mental Health Moment Episode 4: Anxiety & Depression

<https://kaltura.collierschools.com/tiny/j0ezx>

Collier County Public Schools (CCPS) understands the importance of good mental health and well-being in order to navigate the daily challenges of life. Following a new statewide requirement of mental health education for all students in grades 6 through 12, CCPS responded by developing a video-based curriculum series. *Mental Health Moment* was shown to all CCPS middle and high school students during the school day. This video submission is one episode from the series of modules shown to students. The central purpose of the video extends far beyond meeting a state requirement. The goal is to teach students valuable lessons around the topics of anxiety & depression. This video drives home the fact that no matter who you are, all types of people struggle with mental health disorders.

From a production standpoint, it shows visual creativity with a variety of graphics and sound effects helping deliver the key messages to students. This episode also features a breathe and stretch coping strategy demonstrated by a CCPS staff member.

This video supports effective communication by delivering a product that is interesting and engaging for students. This was far more effective than simply asking students to go through a PowerPoint presentation about mental health topics in order to meet the state requirement.

Desired outcomes were achieved because all our middle and high schools viewed this important lesson. Additionally, this *Mental Health Moment* episode was brought up in several student and staff feedback sessions as an effective way to address a serious topic. They especially liked the fact that we cast two younger people (college students who are CCPS alumni) as the main co-hosts delivering the video message.