

Design Document

Identifying the Signs of Symptoms of Anxiety and Depression in Teens

<i>Business Purpose</i>	<p>The Center for Disease Control (CDC) Youth Risk Behavior Surveillance Data Summary and Trends Report: 2011-2021 reports that mental health in American adolescents ages 11-17 continues to decline with increases in both severity and occurrence of Anxiety and Depression. Early identification and referrals for support are the best ways to address and mitigate these mental health issues.</p> <p>The purpose of this course is to increase the awareness of the signs and symptoms of anxiety and/or depression in teens to help parents and caregivers become more comfortable identifying teens needing support. In doing so, this will reduce delayed support for teens experiencing either and reduce the occurrence of serious consequences due to neglecting these mental health conditions.</p>
<i>Target Audience</i>	Parents and caregivers of teenage dependents within the local Harrison County Health Care Associates (HCHA) region and its affiliates.
<i>Training Time</i>	30 minutes
<i>Training Recommendation</i>	<ul style="list-style-type: none">* e-Learning module to support privacy and increase exposure to sensitive subject – developed in Storyline with voice over, including avatars/relatable characters and real-life examples throughout* Learner paced* Resources linked through Resource tab
<i>Deliverables</i>	<ul style="list-style-type: none">* 1 Storyboard with script for voice over* 1 e-Learning course developed in Storyline including voice-over narration and character interactions.* 1 job aid with course outlined information<ul style="list-style-type: none">- signs and symptoms check list- ways to support from home- HCHA directory phone number for scheduling physician support
<i>Learning Objectives</i>	<p>The learner will be able to:</p> <ul style="list-style-type: none">* Recognize the signs and symptoms of anxiety in teens.* Recognize the signs and symptoms of depression in teens.* Distinguish resources for support should you determine the need.

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<i>Training Outline</i>	<ul style="list-style-type: none">* Welcome* Navigation* Orientation* Objectives* Define Anxiety<ul style="list-style-type: none">- common signs and symptoms- hidden signs and symptoms*Interactive Knowledge Check (Anxiety)*Define Depression<ul style="list-style-type: none">- common signs and symptoms- hidden signs and symptoms*Interactive Knowledge Check (Depression)*Next Steps:<ul style="list-style-type: none">- from home- with provider assistance* Interactive Knowledge Check (Next Steps)*Review*Final Quiz Introduction*Final Quiz Slides (5)* Summary* Congratulations
<i>Assessment Plan</i>	<p>Three (ungraded) Knowledge Checks</p> <p>1 Final Quiz – 5 questions with feedback only after submitting completed quiz.</p> <ul style="list-style-type: none">* mix of True/False, Interactive, and Select Best Response aligning with three outlined Learning Objectives* 80% mastery to pass (4/5 correct)<ul style="list-style-type: none">- Optional review of quiz submission after each attempt - custom feedback layers showing learner choices versus correct answers- Multiple attempts allowed for learner mastery