# **HCHA Anxiety and Depression in Teens**

Target Audience: Parents and Caregivers of Teens in the Harrison County Health Care Associates Region

**Learning Objectives**: [make however many are applicable]

- 1. Identify signs and symptoms of anxiety in teens.
- 2. Recognize signs and symptoms of depression.
- 3. Distinguish resources for support.

Seat Time: 30 minutes

#### **Outline:**

- 1.1Course Intro / 1.2 Navigation / 1.3 Objectives
- 1.4 Orientation
- 1.5 Branching Slide (Anxiety or Depression)
- 1.6 Anxiety; Definition with branching
  - -1.7 Common Signs and Symptoms of Anxiety
  - -1.8 Hidden Signs and Symptoms of Anxiety
- 1.9 Knowledge Check Anxiety
- 1.10 Depression; Definition with branching
  - 1.11Common Signs and Symptoms of Depression
  - 1.12 Hidden Signs and Symptoms of Depression
- 1.13 Knowledge Check Depression
- 1.14 Next Steps (Branching Scenario)
  - 1.15 Home Support
  - 1.16 Physician Support
- 1.17 Knowledge Check Next Steps
- 1.18 Introduction to Final Quiz (FQ)

- 1.19 Review Slide with 3 layers
  - -Anxiety Signs and Symptoms
  - -Depression Signs and Symptoms
  - -Signs and Symptoms of BOTH
- 1.20 FQ#1 with custom review layer
- 1.21 FQ#2 with custom review layer
- 1.22 FQ#3 with custom review layer
- 1.23 FQ#4– with custom review layer
- 1.24 FQ#5- with custom review layer
- 1.25 Results Slide with 2 layers:
  - Correct (80%+) shows options to review quiz or continue.
  - Incorrect (<80%) shows options to review quiz or try again.
- 1.26 Summary with optional layer
  - Review learner text input from start of course.
  - Option to print text entry concerns.
  - {Or} continue to exit layer.
- 1.27 Congratulations (exit course)

#### **Directions:**

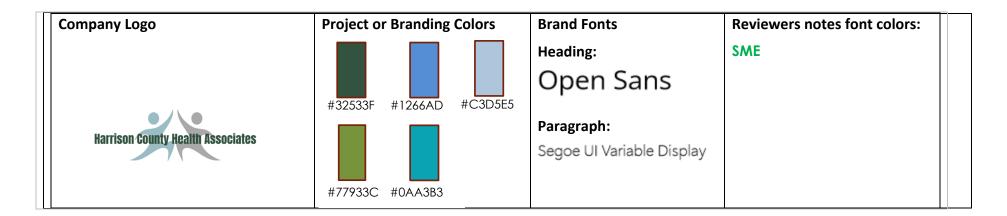
- **Reviewers** Storyboard review:
  - o look for accuracy in content and flow: please make notes for corrections or discussion using your identified font color.
  - o Please identify your unique font color below for reference under "Reviewers notes font colors".

## **Developers:**

- o Items in { } are developer guidance and are not to appear on slide as text
- Voice over and on-screen text notes: (N) Narrator-female) (D) Doctor-male, (P) Parent -female.
- See "notes" section for top and bottom branding banner on each slide.

### **Module Resources/References:**

- #988 National Suicide Hotline Job Aid
- Local individual and group therapy resources Job Aid (to be provided by client for upload)
- Harrison County Health Associates (HSCA) physician group phone numbers Job Aid (to be provided by client)



## Company requests "branding" banners top and bottom in Green #325338

Top rectangle runs about 2/3 across

Bottom rectangle runs width of slide

**Player**: resources tab shown always, classic player

All **Navigation buttons** should have hover and selected states and visited states where applicable.

Slide 1.1 Menu Title: Welcome Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
Image of teen, subdued mood	{fade in with VO} Anxiety		
-	and Depression in Teens:	Associates Course, Anxiety and	Slide text fades in with VO
Company Logo (top Left)	Library Control of Albert	Depression in Teens.	
	Identification and Next	This course is designed to help you	Buttons fade in with VO.
	Steps	identify the signs and symptoms of both,	
	{Buttons}	so that you can further discuss possible	Prev/Next buttons hidden on this
		next steps with your family health care	slide.
	Continue	provider.	
	Navigation		Continue button leads to 1.3
		Click continue to enter the course.	Orientation.
		Click on the Navigation button to learn	Navigation button leads to 1.2
		how to navigate the course menu and	Navigation
		slides.	

Slide [1.2]/ Menu Title: Navigation	Blide [1.2]/ Menu Title: Navigation				
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:		
Same image as Welcome Slide	Navigation {placed in top banner}  Click Next to continue.	slides by clicking key icons on the screen.  The menu on the left shows you how far	Arrows fade in and out timed with VO pointing to appropriate locations for navigation.		
	{fade in with VO)	you are into the course. You can click on the lesson titles to go back to review sections.	Next button disabled until audio completes.		
		Click these three lines here to collapse the menu to the left and see the screen	Fade in of text directions with VO.		
		in a larger view.	Next button jumps to 1.3 Orientation.		

	Those payigations buttons will allow you
	These navigations buttons will allow you
	to move forward and back through the
	course when ready.
	Clicking here will take your view to full
	screen or back to reduced image size.
	You can adjust the volume here.
	The play button and seek bar will allow
	you to pause, rewind by dragging left,
	and restart the lesson.
	Click the next button to move on.
Nickey Industry house the control by	Chek the next button to move on.
Notes: Include branding banners top and bottom	

Slide [1.3]/ Menu Title: Orientation				
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:	
Video of parent and teen in heated discussion.	Orientation {top banner}	(N) We know it can be difficult to navigate the different seasons of raising teenagers and want to help you be	Next button is hidden.  Base layer fades out and moves to	
		prepared for the range of emotions that can accompany these dynamic times.	slide layer 1.3a at the end of the timeline automatically.	
Notes: Include branding banners top and bottom				

Slide [1.3a]/ Menu Title: Orientation				
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:	
Doctor on left,	{top banner} Orientation	{P} How do I know if my teen's behavior is	Next Button hidden.	
parent/caregiver on the		not normal? Aren't most teens moody and		
right: learner facing to	{P} How do I know if my teen's	unpredictable?	Parent changes to left facing listening	
begin.	behavior is not normal? Aren't		pose timed with doctor speaking.	
	most teens moody and	{D} That's a very good question, but the		
	unpredictable?	answer's not so easy. Often, when		

Speech bubbles stay between the two characters.

{D} That's a very good question, but the answer's not so easy. Often, when experiencing hormonal fluctuations, behavior can be unexpectedly extreme for both the teenager and their friends or family, but sometimes it can be a sign of other more concerning issues such as Anxiety or Depression.

Before we begin, I want you to think about your teen and the moods and behaviors you have been noticing. Sometimes it helps to write it down. In the box to the right, take a moment to write out the behaviors you are questioning. We won't keep this information. It's just for you to begin processing.

{text directions fade in as Doctor VO completes} You may write as little or as much as you like to help you identify the concerns you are experiencing.

{Text Entry Box fades in timed with text directions} Type your concerns here:

experiencing hormonal fluctuations, behavior can be unexpectedly extreme for both the teenager and their friends or family, but sometimes it can be a sign of other more concerning issues such as Anxiety or Depression.

Before we begin, I want you to think about your teen and the moods and behaviors you have been noticing. Sometimes it helps to write it down. In the box to the right, take a moment to write out the behaviors you are questioning. We won't keep this information. It's just for you to begin processing.

(N) You may write as little or as much as you like to help you identify the concerns you are experiencing.

Click Continue when you are finished.

Doctor changes to right facing speaking pose timed in with his VO and Speech Bubble

Doctor changes pose to learner facing speaking timed in with "but sometimes"

Parent fades out as Doctor VO completes.

Doctor pose changes to look left toward text entry box.

Text entry box and text directions fade in as Doctor VO completes.

Continue button fades in with Narrator VO

**Continue button reveals 1.3b layer** 

Notes: Include branding banners top and bottom

Doctor in same location as 1.3a According learner facing. Doctor speaking pose.  Infographic on	ide Text:  D) You're not alone.  Ccording to the most recent ental health surveys completed by youth in cctor's offices  D) The numbers can be	Narration / Voiceover:  (D) You're not alone. According to the most recent mental health surveys completed by youth in doctor's offices, 80 percent expressed having moderate to severe anxiety.	Jump to 1.4 Objectives automatically when timeline ends.  Speech bubbles fade in timed with
Doctor in same location as 1.3a learner facing. Doctor speaking pose.  Infographic on	ccording to the most recent ental health surveys empleted by youth in ector's offices	the most recent mental health surveys completed by youth in doctor's offices, 80 percent expressed having moderate to	when timeline ends.
Infographic on	octor's offices	expressed having moderate to	Speech bubbles fade in timed with
prevalence of [D]		Questionnaires also indicate that 90	VO.
April 137  Moderate to Severe Value to the Native France (total Control France (total Co	ightening, but being roactive in your teen's ental health can help	percent have experienced moderate to severe depression.	Doc and parent fade out after VO "You're not alone"
Youth with Depression 2022  Infographic on prevalence of Let	nsure they are receiving upport to help improve lesse statistics.  et's learn more about exiety and depression.	When surveying high school students specifically, 42 percent experience persistent feelings of sadness or hopelessness with 22 percent seriously considering suicide.	Infographics (4) fade in and out timed with VO. Final infographic fades out after VO "seriously considering suicide."  Doc and parent fade back in with
teens. (Permissions for redistribution granted.)	meet, and acpression	The numbers can be frightening, but being proactive in your teen's mental health can help ensure they are receiving support to help improve these statistics.	speech bubble after infographics fade out, timed with VO "The numbers can be frightening"
Infographics on prevalence of sadness and suicide ideation in teens. (Permissions for		Let's learn more about anxiety and depression.	
redistribution granted.)  Notes: Include branding banners top and	d bottom		L

Slide [1.4]/ Menu Title: Objectives			Objective: [1,2,3 introduction]
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
Three images: one for each objective in parallelogram shape - horizontally spaced {Anxiety, Depression, Resources for Support}  Text directions bottom right.	{top banner} Objectives  Click each image to learn more.	(N) Upon completion of this course, you will be better prepared to understand Anxiety and Depression and decide if you should schedule an appointment with your child's provider.  Click each image to learn more about the course learning objectives.	Click to reveal text on each image: each takes learner to layer revealing the text.  Revealed text objectives remain on screen once clicked.  Hover states on images  Layers are clickable between layers, in any order so it appears learner has not left the base slide.  Text directions fade in with VO.  Next button hidden until all layers visited.  When user clicks an image, the corresponding layer will show.  Layer 1.4d shows automatically after layers 1.4a, b, and c have been visited and audio for final layer
			completes.
Notes: Include branding banners top	and bottom		

Slide [1.4a]/ Menu Title: Objectives			
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:

Same as base layer: Image of Anxiety is	Recognize the signs and	(N) Recognize the signs and symptoms	When user clicks next image, show	
faded (still visible) and objective text	symptoms of <b>anxiety</b> in	of anxiety in teens.	corresponding layer.	
appears over image.	teens.			
Previously clicked layers show through.				
Notes: Include branding banners top and bottom				

Slide [1.4b]/ Menu Title: Objectives			
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
Same as base layer: image Depression is faded (still visible) and objective text appears over image.	Recognize the signs and symptoms of <b>depression</b> in teens.	(N) Recognize the signs and symptoms of depression in teens.	When user clicks next image, show corresponding layer.
Previously clicked layers show through.			
Notes: Include branding banners top and bottom			

Slide [1.4c]/ Menu Title:			
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
Same as base layer: image Resources for Support is faded (still visible) and objective text appears over image.	Distinguish <b>resources</b> for support should you determine the need.	(N) Distinguish between the many resources for support.	When user clicks next image, show corresponding layer.
Previously clicked layers show through.  Notes: Include branding banners top	and hottom		

Slide [1.4d]/ Menu Title: Objectives			
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:

Same as base layer with all images clicked/faded and objective text showing.	Click Next to continue. {bottom right}	(N) Click next to continue.	Slide text fades in with VO.
			Layer 1.4d shows automatically after layers 1.4a, b, and c have been visited and audio for final layer completes.
Notes: Include branding banners top and bottom			

Slide [1.5]/ Menu Title: {Branching S	cenario: Anxiety and Depre	ssion}	Objective: [# 1,2]
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
Two images; one teen stressed, and one teen depressed with captions beneath each picture.	Anxiety {under image of teen stressed}	(N) Select an image below to learn more about each mental health issue.	Next button is hidden at start of timeline.
Process	Depression {under image of teen depressed}		Images slide in from bottom one at a time starting when VO begins.
	{top banner} Click an image to learn more.		Hover and clicked stated on both images/captions.
			Clicking each image will jump to corresponding slide.
			Directions fade in {top banner} with VO
Notes: Include branding banners top	and bottom		

Slide [1.6] / Menu Title: Anxiety (in top branding border)		Objective: [#1]	
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
	{top banner} Anxiety	(N) Let's start by defining clinical anxiety. Anxiety is an extreme feeling of uncertainty, nervousness, or panic.	Next button is hidden.

Anxiety is an extreme Show layer 1.6a when timeline ends Text will be on left "blank" space of feeling of uncertainty, To the person experiencing anxiety, it on this base layer. nervousness, or panic. often feels uncontrollable and may be accompanied by an impending sense of To the person doom. experiencing anxiety, it often feels uncontrollable and may be accompanied by an impending sense of doom. image Notes: Include branding banners top and bottom

Slide [1.6a]/ Menu Title: Anxiety					
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:		
Same image as 1.6  Icon for Common Signs of Anxiety	Click on each icon to learn more {bottom right}	(N) Click on each icon to learn more.	Hover and visited states on icons/captions.		
with caption beneath (in "blank space" to left of girl)	rigitty		Clicking on an icon will take the learner to the corresponding slide (Common 1.7, Hidden 1.8)		
Icon for Hidden Signs of Anxiety with caption beneath (in "blank space" to left of girl)			Resume saved states on this layer.		
			User will be directed back to this layer until both Knowledge Check 1.9 Anxiety and Knowledge Check 1.13 Depression are complete.		
			Once both are complete, user will be directed to 1.14 Next Steps		
Notes: Include branding banners top	Notes: Include branding banners top and bottom				

Slide [1.7]/ Menu Title: {Common Anxiety } {slide hidden from menu}			Objective: [#1]
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
Same image as 1.6	Click on each heart to learn more. {bottom	(N) Many signs and symptoms are more commonly identifiable. Click on each	Next button is hidden
6 semi-transparent pentagon shaped sliding tabs in teal brand color with heart icons for click to	right}	heart to learn about the more easily identified signs and symptoms of Anxiety.	Text directions "Click on each heart to learn more." Fades in with VO.
move (to left of girl in "blank space".  Pentagons move right to end of slide on click tab to open sliding tab motion path.		·	Learner may click any tab in any order.  Show exit layer when all tabs have been visited (and audio/timeline completes on final visited layer)
Pentagons return to starting position on click to close interaction sliding tab motion path.			Visited state on all click to move icons.
Notes: No branding banner top or be	ottom on any layers includi	ng base.	

Slide [#1.7a]/ Menu Title {Muscle Tension}				
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:	
Same as base layer	Muscle Tension,	(N) Your teen may complain of muscle	Tab interaction slides open revealing	
	Soreness, or Pain	soreness from constant tension.	image of teen with muscle aches and	
1.7a-1.7f all built the same with			caption text.	
pictures and text that correspond			When audio/tab open completes, icon	
to each individual sign/symptom.			shows x to close with caption.	
Smaller image of teen with muscle tension inserted in tab.			When user clicks x, tab close interaction completes with fade of image and text.	
Slide [#1.7b]/ Menu Title {Rapid Incr	ease in Heart Rate}			
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:	
Same as base layer	Rapid Increase in Heart	(N) Your teen may notice their heart	Tab interaction slides open revealing	
	Rate	racing.	image of teen clutching chest and	
			caption text.	

Smaller image of teen clutching			
chest inserted in tab.			When audio/tab open completes, icon shows x to close with caption.
			When user clicks x, tab close interaction completes with fade of image and text.
Slide [#1.7c]/ Menu Title {Sweaty Pa	lms or Brow}		
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
Same as base layer  Smaller image of teen with muscle tension inserted in tab.	Sweaty Palms or Brow	(N) Sweaty palms or beads of sweat on the brow can be physical symptoms of stress or Anxiety.	Tab interaction slides open revealing image corresponding to symptom and caption text.  When audio/tab open completes, icon shows x to close with caption.
			When user clicks x, tab close interaction completes with fade of image and text.
Slide [#1.7d]/ Menu Title {Stomach	<u> </u>		
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
Same as base layer  Smaller image of teen with heart racing (or similar concept) inserted in tab.	Stomach Discomfort	(N) Your teen may experience stomach pain when in situations they may find stressful.	Tab interaction slides open revealing image corresponding to symptom and caption text.  When audio/tab open completes, icon shows x to close with caption.
			When user clicks x, tab close interaction completes with fade of image and text.
Slide [#1.7e]/ Menu Title {Shortness			
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
Same as base layer	Shortness of Breath	(N) They may be unable to catch their breath or exhibit short, rapid breathing during moments of stress.	Tab interaction slides open revealing image corresponding to symptom and caption text.

Smaller image of teen with heart racing (or similar concept) inserted in tab.			When audio/tab open completes, icon shows x to close with caption.
			When user clicks x, tab close interaction completes with fade of image and text.
Slide [#1.7f]/ Menu Title: {Constant	Worry}		
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
Same as base layer  Smaller image of teen with heart racing (or similar concept) inserted	Constant Worry	(N) You may notice signs of constant worry. It may be regarding school, peers, family, or social situations.	Tab interaction slides open revealing image corresponding to symptom and caption text.
in tab.			When audio/tab open completes, icon shows x to close with caption.
			When user clicks x, tab close interaction completes with fade of image and text.
Slide [#1.7g]/ Menu Title: {exit layer	}		
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
Same as base layer	Click Next to continue.	(N) Click Next to continue.	Text fades in bottom right with VO  Next button shows as VO concludes.
			Next takes user back to 1.6 unless 1.8 has already been visited. In that event the next button will take user to 1.9 Anxiety Quiz.

Slide [#1.8] / Menu Title: {Hidden Anxiety} {Hidden from menu}		Objective: [#1]	
Visual / Display:	Visual / Display: Slide Text: Narration / Voiceover:		Animation / Interaction:

Same image at 1.7 on base layer	Click each heart to learn	(N) There are many signs of Anxiety that	
with list of Hidden S&S to left in	more. {fade in with VO}	can be mistaken for typical teenage	Next button is hidden until all layers
"blank space."		moodiness.	are visited.
		Click each heart to reveal these hidden	
Base image and text hidden by		signs, then click next to move on.	User is restricted from clicking on base
horizontal rectangles (in solid			layer until audio is complete and initial
branding color) that will "peel back"			image fades.
(wipe animation) via click to reveal			User restricted to click top rectangle
on each subsequent layer, showing			only after VO completes.
one S&S per click.			
*No gaps between rectangles			**Click to reveal animation is the same
			for each layer.
Heart Icons (left aligned) on each			
rectangle guides user where to click			Hover states on icons limited to only
to reveal.			subsequent rectangles/layers.
Second image with soft edges			Text directions fade in bottom right
overlays all. Image will fade out			with VO
with VO as user is allowed to begin			
clicking			Show 1.8a when user clicks icon.
Notes: No branding banners on this	slide or layers		

Slide [1.8a] / Menu Title: {Decline in Grades}				
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:	
Layer begins with ending state of base layer.  Wipe animation will reveal slide text that is over the base layer image.	Decline in grades or homework completion	(N) A decline in your teen's grades or homework completion can be a hidden sign of Anxiety.	Wipe animation will begin at the start of the timeline, removing upper most rectangle, revealing the sign and symptom text and portion of base layer image.  Hover state on icons limited to only next rectangles/layer	

			Clicking on next rectangle /icon will show next layer.
Slide [1.8b] / Menu Title: {Unwell}			
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
Same as previous layer.	Often feeling unwell despite no illness	(N) Your teen may complain often of feeling unwell despite no apparent cause.	Same as previous layer.
Slide [1.8c] / Menu Title: {Isolation	1}		
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
Same as previous layer.	Isolation from family and peers	(N) Isolating themselves from family and peers is one way to avoid the anxiety that comes from social situations or feelings of unworth.	Same as previous layer.
Slide [1.8d] / Menu Title: {Sleep ar	d Eat}		
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
Same as previous layer.	Change in sleep or eating habits	(N) Changes in sleep or eating habits are often identified with Depression but can be hidden signs of Anxiety as well.	Same as previous layer.
Slide [1.8e] / Menu Title: {Irritabili	ty}		
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
Same as previous layer.	Irritability or restlessness	(N) Many caregivers overlook extreme irritability as a symptom of Anxiety, linking it instead to teenage hormone fluctuations.	Same as previous layer.
Slide [1.8f] / Menu Title: {Extreme	Outbursts}		
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
Same as previous layer.	Extreme Outbursts  Click Next to move on {bottom right, fade in	(N) Extreme outbursts can be a hidden sign of Anxiety because they too are often thought of as the result of hormone fluctuations, or typical teenage	Same as previous layer.  Text instructions fade in with VO.
	with VO}	mood swings.  Click Next to move on.	Next button revealed upon completion of VO.
			Next button will take user to 1.6 Anxiety unless 1.7 Common Signs of

	Anxiety has been visited, then user is
	directed to 1.9 Anxiety Knowledge
	Check.

Slide [1.9]/ Menu Title: {Anxiety Kno	wledge Check} {Hidden fro	m menu}	Objective: [#1]
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
	{each in separate	(N) It's time to test your understanding of	Drag and Drop Interaction
Same icons used in 1.6a layer as	rectangle} {purple notes	common and hidden signs of Anxiety.	
drop zones placed on either side of	drop correct on Hidden,	Drag and drop each sign and symptom to	Next button hidden.
image with captions beneath noting	green notes drop	the correct category below. Click submit	
Hidden or Easily Identified	correct on Easily	when you are finished.	(User is restricted from drag and drop
	Identified}		until audio is complete)
Rectangle drop items with S&S will			
show one at a time above girl.	Drop in Grades and		Drop items show one at a time with a
	Homework Completion		shrink exit animation.
	Rapid Heart Rate		
~	Isolation from Family		Drop items will have correct and
	and/or Peers		incorrect color states when dropped
	Constant Worry		on targets.
₩ 🔻	Irritability		
	Muscle Tension or		Correct, Incorrect, Try again and
{royalty free image}	Soreness		Review feedback layers.
(i e y and y in e e innage)	Extreme Outbursts		
	Shortness of Breath		Two attempts max.
	Often Feeling Unwell		
	Stomach Discomfort		Submit button will direct user to:
	Change in Sleep or		Correct layer if all are correct.
	Eating Habits		Try Again layer if any choices are
	Sweaty Palms or Brow		incorrect.
			Incorrect layer after second attempt if
	Hidden {under icon for		any are incorrect.
	Hidden S&S}		Review layer option from Try again
			layer and Incorrect layer.

	Easily Identified {under icon for Common S&S]		
Notes: Top branding banner extended across top of slide. NO bottom branding banner			

Slide [1.9a]/ Menu Title: {Correct}			
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
Doctor Character Displaying text	Correct!		Next button hidden.
Information centered.		(D) You are on top of it!	
	{in doctor's display}	Click continue to learn more!	Continue takes user to 1.5 Branching
No score feedback	You are on top of it!		Slide if Knowledge Check Depression
	Let's continue on!		1.13 has not been completed,
Continue button			otherwise jumps to 1.14 Next Steps.
Slide [#1.9b]/ Menu Title: {Incorrect			
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
Doctor Character Displaying text	Incorrect	(D) It can be pretty difficult to identify all	Next button hidden.
Information centered.	{in doctor's display}	the signs and symptoms. Click review	
	It can be pretty difficult	before moving on.	Review button shows layer 1.9d
No score feedback	to identify all the signs		Review
	and symptoms. Let's		
Review Button	review.		Review button fades in with VO.
Slide [1.9c]/ Menu Title: {Try Again}			
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
Doctor Character Displaying text	Incorrect	(D) Oops! That's not quite right. If you	Next button hidden.
Information centered.	{in doctor's display}	would like a chance to review before	
	Oops! That's not quite	taking the quiz again, click review.	Navigation buttons fade in with VO.
No score feedback	right. Let's try that	Otherwise click try again.	
	again.		Review button shows layer 1.9d
Review and Try Again Buttons			Review.
			Try Again button takes user back to
			quiz.

Slide [1.9d]/ Menu Title: {Review}			
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
Slide divided into two sections; one for Easily Identified (with same icon	{Easily identified symptoms noted in	(N) Take a moment to review the common and hidden signs of Anxiety.	Next button hidden.
and caption as quiz) and one for Hidden (same icon and caption as	green on slide 1.9}	Click try again when you are ready for another attempt.	Try Again button fades in with VO.
quiz)	{Hidden symptoms noted in purple on slide		Try Again button takes user back to quiz.
All signs and symptoms listed on appropriate sections.	1.9}		
Try Again Button			

Slide [1.10]/ Menu Title: Depression	Slide [1.10]/ Menu Title: Depression {in top branding border}		Objective: [#2]
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
	Depression, also called	(N) Depression can have some similar	Next button is hidden.
Text will be on left "blank" space of	Major Depressive	signs and symptoms as Anxiety, and the	
image.	Disorder, is	two conditions may overlap.	Text fades in timed with VO.
	characterized by	Let's begin by defining what Depression	
	extreme low mood for	is.	Show layer 1.10a when timeline
	two weeks or more.	Depression, also called Major Depressive	ends
	Those experiencing	Disorder, is characterized by extreme low	
	Depression may not	mood for two weeks or more.	
	realize their mental state	Those experiencing Depression may not	
	and may need help	realize their mental state and may need	
(royalty free image)	identifying the	help identifying the condition.	
	condition.		
Notes: Top and bottom branding bo	ders		

Slide [1.10a]/ Menu Title:			
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:

Same as 1.10 without definition text	Common Signs of	(N) Click on each icon to learn more.	Hover and visited states on icons.
	Depression {under		
Icons for Common Signs of	common icon}		Icon Common Signs of Depression
Depression with caption and Hidden			jumps to 1.11 Common Signs of
Signs of Depression with caption	Hidden Signs of		Depression when clicked.
	Depression {under		
	Hidden icon}		Icon Hidden Signs jumps to 1.12
			when clicked.
	Click each icon to learn		
	more {bottom right}		Text "click each icon to learn more"
			fades in timed with VO.
			Resume visited state on this layer.

Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
Same image as 1.10	Click each heart to learn	(N) There are many easily identified signs	Next button is hidden.
	more. {bottom right}	and symptoms of Depression. People	
6 semitransparent pentagon shaped		close to those experiencing Depression	Text directions "Click on each heart to
sliding tabs in teal brand color with		may notice these signs and symptoms	learn more." Fades in with VO.
heart icons for click to move (to left		before the person who is depressed.	
of girl in "blank space".		Taking note of these changes in behavior	Learner may click any tab in any
		can be the first step in a swift	order.
Slide to open moves pentagons(s)		identification of the disorder.	Show exit layer when all tabs have
tab right and ends at the end of the			been visited (and audio/timeline
slide from left to right on open.		Click each heart to reveal these	completes on final visited layer)
Slide to close returns pentagon(s) to		symptoms. Then click the x to close.	
starting position.			Visited state on click to move icon.

Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
Same as base layer  1.11a-1.11f all built the same with pictures and text that correspond to each individual sign/symptom.  Smaller image of teen with low mood inserted in tab.	Low Mood	(N) The most common sign you may notice is a general overall low mood. Your teen may just seem off somehow or appear to have a case of the blues.	Tab interaction slides open revealing image of teen with low mood and caption text.  When audio/tab open completes, icon shows x to close with caption.  When user clicks x, tab close interaction completes with fade of image and text.
Slide [1.11b]/ Menu Title: {Self-Harm	1}		illiage and text.
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
Same as base layer  1.11a-1.11f all built the same with pictures and text that correspond to each individual sign/symptom.  Smaller image of teen with scratches or arm wounds (or similar concept) inserted in tab.	Attempts at Self-Harm	(N) You may also notice attempts at self-harm such as cutting or scratches on the body, or in extreme cases, plans for or attempts at suicide.	Same as previous layer.
Slide [1.11c]/ Menu Title: {Eating Ha	Slide Text:	Nametica (Maiasasa)	Animatica / Interesting
Visual / Display:  Same as base layer  1.11a-1.11f all built the same with pictures and text that correspond to each individual sign/symptom.  Smaller image of teen with eating disorder (or similar concept) inserted in tab.	Change in Eating Habits	Narration / Voiceover:  (N) Your teen may have a change in typical eating habits.  Some teens may eat much more or much less than usual.  You may notice rapid changes in weight.	Animation / Interaction: Same as previous layer.

Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
Same as base layer	Feelings of	(N) Those with depression often express	Same as previous layer.
	Worthlessness	feelings of worthlessness or may say it	
1.11a-1.11f all built the same with		wouldn't make a difference if they were	
pictures and text that correspond to		here or not.	
each individual sign/symptom.			
Smaller image of teen appearing			
sullen (or similar concept) inserted			
in tab.			
Slide [1.11e]/ Menu Title: {Isolation}			
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
Same as base layer	Isolation from Family or	(N) Your teen may begin to isolate	Same as previous layer.
	Peers	themselves from family or friends. They	
1.11a-1.11f all built the same with		may spend most of their time in their	
pictures and text that correspond to		rooms and avoid opportunities to	
each individual sign/symptom.		socialize.	
Constlanting of the control in tentation			
Smaller image of teen in isolation			
(or similar concept) inserted in tab.  Slide [1.11f]/ Menu Title: {Sleeping}			
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
Same as base layer	Sleeping More Than	(N) Your teen may spend exorbitant	Same as previous layer.
Same as base layer	"Normal"	hours sleeping despite having no	Same as previous layer.
1.11a-1.11f all built the same with	Normal	apparent illness.	
pictures and text that correspond to		apparent initess.	
each individual sign/symptom.			
Smaller image of teen sleeping (or			
similar concept) inserted in tab.			
Slide [1.11g]/ Menu Title: {Exit layer,	}		
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
Base layer	Click Next to continue.	(N) Click Next to continue.	Text fades in bottom right with VO

	Next button shows as VO concludes.
	Next takes user back to 1.10 unless 1.12 has already been visited. In tha event the next button will take user to 1.13 Depression Quiz.

Slide [#1.12]/ Menu Title: {Hidden De	Slide [#1.12]/ Menu Title: {Hidden Depression} {Hidden from menu}		
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
Same image at 1.10 on base layer with list of Hidden signs and symptoms to left in "blank space."  Base image and text hidden by horizontal rectangles (in solid branding color) that will "peel back" (wipe animation) via click to reveal on each subsequent layer, showing one sign/symptom per click.  *No gaps between rectangles  Heart Icons (left aligned) on each rectangle guides user where to click	Click each heart to learn more. {fade in with VO}	<ul><li>(N) Some of the most prevalent signs and symptoms of Depression are those that are harder to identify as they are commonly misidentified as being typical teenage behaviors.</li><li>Click each heart to reveal the information.</li></ul>	Next button is hidden until all layers are visited.  User is restricted from clicking on base layer until audio is complete and initial image fades.  User restricted to click top rectangle only after VO completes.  **Click to reveal animation is the same for each layer.  Hover states on icons limited to only
to reveal.  Second image with soft edges overlays all. Image will fade out with VO as user is allowed to begin clicking			subsequent rectangles/layers.  Text directions fade in bottom right with VO

Slide [1.12a]/ Menu Title: {Misunderstood}				
Visual / Display:	Visual / Display: Slide Text: Narration / Voiceover: Animation / Interaction:			

Layer begins with ending state of base layer.  Wipe animation will reveal upper most sign/symptom that is over the base layer image.	Feelings of being misunderstood or extreme sensitivity	(N) Feelings of being misunderstood, or extreme sensitivity.	Wipe animation will begin at the start of the timeline, removing upper most rectangle revealing the sign/symptom text and portion of base layer image.  Hover state on icons limited to only next rectangles/layer
Slide [1.12b]/ Menu Title: {Grades }			
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
Same as previous layer.	Decline in grades and homework completion.	(N) Sharp declines in grades and overall schoolwork completion can also be signs of the lack of motivation seen with depression.	Same as previous layer.
Slide [1.12c]/ Menu Title: {Hallucina	tions}		
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
Same as previous layer.	Symptoms of psychosis or hallucinations	(N) Hallucinations or other forms of psychosis are harder to identify due to the lack of willingness for teens to share these disturbing occurrences but are often symptoms of acute depression.	Same as previous layer.
Slide [1.12d]/ Menu Title: {Drugs/Al	colol}		
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
Same as previous layer.	Using recreational drugs or alcohol	(N) The use of recreational drugs and alcohol is also common in teens that are depressed as they seek ways to numb their feelings.	Same as previous layer.
Slide [1.12e]/ Menu Title: {Irritability			
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
Same as previous layer.	Irritability or restlessness	(N) Many caregivers overlook extreme irritability as a symptom of depression, linking it instead to typical teenage hormone fluctuations.	Same as previous layer.

Slide [1.12f]/ Menu Title: {Outbursts}				
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:	
Same as previous layer.	Extreme outbursts	(N) Extreme outburst can be a hidden sign of depression because they too are	Same as previous layer.	
		often thought of as the result of hormone fluctuations or typical teenage mood swings.	Next button revealed upon completion of VO.	
		Click next to continue.	Next button will take user to 1.10 Depression unless 1.11 Common Signs of Depression has been visited, then user is directed to 1.13 Depression Knowledge Check.	

Slide [1.13]/ Menu Title: {Depression	Slide [1.13]/ Menu Title: {Depression Knowledge Check} {hidden from menu}		
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
Doctor on left looking at parent	(P I think I've got the	P I think I've got the common symptoms	Next button is hidden when timeline
fades to talking left timed with	common symptoms of	of depression down, but the hidden	begins.
doctor speech VO.	depression down, but	symptoms are hard to remember. How	
Parent on the right frustrated	the hidden symptoms	can I be sure I have them straight?	Show layer 1.13a when timeline ends.
leaner facing fades to listening to	are hard to remember.		
doctor timed in with doctor speech	How can I be sure I have	(D) Let's take a moment to test your	
VO.	them straight?	understanding.	
	(5)		
Both characters are enlarged at the	(D) Let's take a moment		
bottom of the screen with only top	to test your		
part of their bodies showing.	understanding.		
Speech Text box stays between the			
two characters.			
two characters.			
Notes: No branding borders top or b	ottom for 1.13 or its lavers	<u> </u>	1

Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
Thumbs up icon and thumbs down icons aligned vertically on the left.  Parent character enlarged at bottom right so only top part of the body is showing thinking looking up toward images and text heading.  **Between icons and parent is an image coinciding with text sign/symptom beneath image with heading text above the image.  **Same for all layers	**Click the green thumbs up if the image is a hidden sign/symptom of Depression. Click the red thumbs down if it is not.  **{Heading the same on all layers} Hidden Sign/Symptom  Extreme Outbursts {below image}	(N) Help Sarah review her understanding. Click the green thumbs up if the image is a hidden sign or symptom of depression. Click the red thumbs down if you do not think the image is a hidden sign or symptom of depression.	**Image and sign/symptom fade in at the start of the timeline and out at the end of the timeline when user clicks correct on all layers.  **Images have correct and incorrect states connected to thumbs up and thumbs down icons on all layers.  **Verbal feedback given for correct and incorrect choices timed in with correct or incorrect state changes of images on all layers.  {Correct state for this image: Thumbs up)  Jump to next layer at the end of the timeline on all layers.
Slide [1.13b]/ Menu Title: {Well Rest	red}		Objective: [#]
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
Same as previous layer.	Waking Well Rested {below image}	**Verbal feedback given for correct and incorrect choices timed in with correct or incorrect state changes of images	Same as previous layer  {Correct state for this image: Thumbs down)
Slide [1.13c]/ Menu Title: {Hallucina	tions}		Objective: [#]
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
Same as previous layer.	Hallucinations/Psychosis {below image}	**Verbal feedback given for correct and incorrect choices timed in with correct or incorrect state changes of images	Same as previous layer.  {Correct state for this image: Thumbs up)

Slide [1.13d]/ Menu Title: {Time w/F	riends}		Objective: [#]
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
Same as previous layer.	Increased Time with Friends {below image}	**Verbal feedback given for correct and incorrect choices timed in with correct or incorrect state changes of images	Same as previous layer.  (Correct state for this image: Thumbs down)
Slide [1.13e]/ Menu Title: {Grades}			Objective: [#]
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
Same as previous layer.	Decline in Grades or Homework {below image}	**Verbal feedback given for correct and incorrect choices timed in with correct or incorrect state changes of images	Same as previous layer.  { Same as previous layer. Correct state for this image: Thumbs up)
Slide [1.13f]/ Menu Title: {Drugs/Alc	ohol}		Objective: [#]
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
Same as previous layer.	Use of Drugs or Alchohol {below image}	**Verbal feedback given for correct and incorrect choices timed in with correct or incorrect state changes of images	Same as previous layer.  {Correct state for this image: Thumbs up)
Slide [1.13g]/ Menu Title: {exit layer	}		Objective: [#]
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
Same as 13.a with characters learner facing enlarged with partial body view.	(D) You did a great job! Seeing the hidden signs of Depression can be tricky, but you have a great understanding of what to look for now.  (P) I think writing down the signs and symptoms I am seeing will help me determine if we need more support from out doctor.	<ul> <li>(D) You did a great job! Seeing the hidden signs of Depression can be tricky, but you have a great understanding of what to look for now.</li> <li>(P) I think writing down the signs and symptoms I am seeing will help me determine if we need more support from out doctor.</li> <li>(N) Click the Next button to continue on.</li> </ul>	Next button comes in with completion of audio.  Clicking next will take the user to 1.5 Branching Scenario unless 1.9 Knowledge check Anxiety has been completed, then jump to 1.14 Next Steps

Click the Next button to	
continue on.	

Slide [1.14]/ Menu Title: Next Steps			Objective: [#]
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
(royalty free image)  Button/icon representing a home.  Button/icon representing a doctor.  {both icons fade in timed with VO instructions}	Next Steps for Support {in top branding banner}  Important next steps for supporting your teen in need {fade in timed with VO "Its time"} {fade out for icon fade in)	(N) Now that you are prepared to identify the common and hidden signs of Anxiety and Depression in your teen, it's time to become aware of the important next steps should you determine that your teen needs support.  Click the home icon to begin.	Next button is hidden.  Text fades in timed with VO, fades out while buttons fade in timed with VO for instructions.  Instructions fade in with VO for instructions – same fade time as buttons.  Buttons have hover and visited states.  Home button jumps to 1.15 Home Support  Doctor button jumps to 1.16 Physician Support

Slide [1.15]/ Menu Title: {Home Support} {Hidden from menu}			Objective: [#3]
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
Image of a home with space around it for 6 button/icons	Click each icon to learn more. {fade in with VO instructions}	(N) There are many things you can do at home to support your teen with Anxiety and Depression.	Next button is hidden.  Text instructions fade in timed with VO.
		Click on each icon to learn more.	User can click freely on any icon.

		Icons have visited states.
		Resume saved state on this base layer
Notes: No branding banner top or bo	ttom	

Slide [1.15a]/ Menu Title: {Avoid blame}			
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
Image or video representing		(N) One of the most important things to	Home icon with text "click to exit"
avoiding blaming.		consider is avoiding placing blame on	returns user to base layer.
		yourself, your teen, or their peers.	
Home icon with text "click to exit."		Blame aligns itself with shame, and	
		removing all aspects of shame is important	
		in treating Anxiety and Depression.	
Slide [1.15b]/ Menu Title: {Family tit	ne }		
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
Image or video representing	Cave out Family Time	(N) Though your teen may not always seem	Home icon with text "click to exit"
spending time with the family.	<ul> <li>Low Pressure</li> </ul>	as though they want to be around family,	returns user to base layer.
	<ul> <li>Movie Night</li> </ul>	it's important to carve out family time to	
	<ul> <li>Family Dinners</li> </ul>	break up the amount of time your teen may	Text fades in timed with VO
	<ul> <li>Extended Family</li> </ul>	be isolating themselves.	
	Events	It should be a low-pressure time, and may	
		just be a weekly movie night, nightly	
		dinners together, or extended family	
		events.	
		Reminding your teen that they are not	
		alone, and that they are unconditionally	
		loved is important in their healing.	
Slide [15c]/ Menu Title: Safe space}			
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
Image or video representing a safe	Safe Space	(N) In order to effectively reach your teen,	Home icon with text "click to exit"
space for discussion.	<ul> <li>Physical Space</li> </ul>	they will need to know they have a safe	returns user to base layer.
	<ul> <li>Family Rule</li> </ul>	space to discuss their issues.	
			Text fades in timed with VO

Slide [1.15d]/ Menu Title: {Listen}		This can be a physical space if they need to visually feel protected from judgement of family, or it can be an acknowledged environmental rule for the home.  The entire family needs to be made aware that this space is a space that your teen needs to feel comfortable being themselves as they process their thoughts and healing strategies.	
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
Image or video representing listening to a teenager.	Just Listen  No advice – unless it is asked of you. Teens need to	(N) Let your teen know that you are available to listen. And do just that. Listen. Let them know you are not going to offer suggestions or advice unless they ask. Sometimes they may just need to feel	Home icon with text "click to exit" returns user to base layer.  Text fades in timed with VO
	feel heard.	heard.	
Slide [1.15e]/ Menu Title: {Question	s}		
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
Image representing questions/questioning.	Ask Open Ended questions	(N) Sometimes your teen may have the need to talk but have nothing specific to say.	Home icon with text "click to exit" returns user to base layer.
Six question mark icons/markers	Hover over the question	Asking open-ended questions that need no definitive answer can help.	Text fades in timed with VO.
6 images representing open ended questions: {see SME for details on open ended questions}	marks to see examples.	Hover over each question mark to see examples of some open-ended questions.	Hover effect on question marks which open to images of openended questions.
Slide [1.15f]/ Menu Title: {Outside sa	upport}		
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
Image or video representing individual therapist/therapy. Image or video representing group	Individual Therapy Group Therapy	(N) Finding someone outside the home that your teen can build a rapport with can alleviate strain on you and provide your	Home icon with text "click to exit" returns user to base layer.

		teen with an outlet where they feel less worried about family judgment. Individual therapy and group therapy are very effective ways to help. Check the resources tab for links to individual and group therapy offerings in our community.	
Slide [#1.15g/ Menu Title: {exit layer			
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
Base layer view	Click the next button to continue.	(N) Click the next button to continue.	Exit layer shows when all base layer icons have been visited.  Text fades in with VO  Next button shows upon completion of instruction audio.  Next button jumps to 1.14 Next Steps if 1.16 has not been viewed, or jumps to 1.17 Knowledge Check Next Steps if 1.16 has been completed.

Slide [1.16]/ Menu Title: {Physician Support} {hidden from menu}			Objective: [#]
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
Video intro: brain/neurons firing	Click on the icons to	(D) As noted earlier, Anxiety and Depression	Next button is hidden.
(preferably close to branding colors)	learn more.	are often the result of chemical imbalances	
		in the brain. It is important to reach out to	Video fades out and doctor fades in
		your provider if you think your teen is	with 4 icons times with VO "Your
Character Doctor pointing to 4		experiencing either, or both. Your provider	provider."
icons/buttons below.		will be able to offer resources and	
		interventions to assist in your teen's healing.	Text instructions fade in with VO.

4 icons/buttons: Questionnaire, behavior modification, prescription, referrals		Click on the icons below for more details.	When layers 1.16a-1.16d have been visited, show layer 1.16e if 1.15 had been viewed, otherwise show layer 1.16f.	
Notes: No branding banner top or bottom				

Slide [16.a]/ Menu Title: {Questionnaires}				
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:	
Image or video of teen with		(D) Your child's healthcare provider	Image or video of teen with physician	
physician reviewing questionnaire.		may start with a simple questionnaire.	reviewing questionnaire fade out to	
		One will be for the teen to complete,	questionnaire on left.	
Images (3) of teen, parents, and		and another will be for the caregiver.		
teacher		Sometimes a third questionnaire is	Images of teen, parents, and teacher	
		given to a teacher or teachers as they	fade in with VO on right.	
Arrows pointing from questionnaire		spend a vast amount of time with your		
to images		teens most days of the week.	Arrows pointing from questionnaire to	
		Remember that those around teens	images timed in with VO.	
		with depression or anxiety are often		
		the first to notice changes in behavior,	Hide layer when timeline completes.	
		even before your teen acknowledges		
		them.		
Slide [16.b]/ Menu Title: {Behavior N				
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:	
Character doctor on left reviewing	Behavior Modification	(D) Based on the results of your child's	Doctor begins left. Doctor fades out as	
information	<ul> <li>Intentional</li> </ul>	questionnaires, your child's provider	images appear with correlating VO to	
	<ul> <li>Healthy Sleep</li> </ul>	may offer suggestions on ways you and	left.	
Text to right	Habits	your teen can begin behavior		
	<ul> <li>Proper Nutrition</li> </ul>	modification practices.	Text "Behavior Modification" and	
Images of teen sleeping, nutrition,	<ul> <li>Physical Activity</li> </ul>	Being intentional by creating healthy	"Intentional" fade in with VO.	
physical activity		behaviors such as sleep patterns,		
		proper nutrition, and physical activity	Hide layer at the end of the timeline.	

		can make a big impact on the overall mental health of your teen.	
Slide [16.c]/ Menu Title: {Prescription			
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
Image of prescription(s) or doctor	Prescribed Medication	(D)Because anxiety and depression are	Text fades in timed with VO.
writing prescription.	Chemical	often due to chemical imbalances, prescribed medications can assist in	Hide lever at the and of the timeline
	Imbalances	the treatment of your teen's mental	Hide layer at the end of the timeline.
Text overlay or to side of image	<ul> <li>May work differently for</li> </ul>	health.	
depending on image.	each individual	nearth.	
acpending on image.	Careful	This is always an available discussion,	
	consideration of	but it is important to note that not	
	different choices	every person will respond the same,	
		and so careful consideration will be	
		made when prescribing medications.	
Slide [16.d]/ Menu Title: {Referrals}			
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
Image representing doctor referrals.	Referrals to Other Doctors	(D) Your child's provider may refer your	Text fades in timed with VO.
	or Specialists	teen to someone with more expertise.	
Text overlay or to the side of image		One example may be to a psychiatrist	Images of Doctor and Specialist fade in
depending on image.		or to a specialist for a specific anxiety	with VO.
luca and Davidhiatoiat		disorder.	Uide level at the end of the time line
Image of Psychiatrist		It is important to understand that your teen's physician may not have the	Hide layer at the end of the timeline.
Image of specialist or another		experience or expertise your teen	
doctor.		needs. Referring out is a common	
doctor.		practice for extreme, or more acute,	
		psychological disorders such an anxiety	
		and depression.	
Slide [16.e]/ Menu Title: {exit layer 1	: Jump to Quiz}		
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:

Base layer shows through showing all visited states of icons. Hide character doctor from base layer.  Image of doctor with "time out" or "stop" body language.	Click the next button.	(D) Time out! It's time for a check of your understanding. Click Next when you are ready.	Text fades in timed with VO.  Next button takes user to 1.17  Knowledge Check Next Steps.
Slide [16.f]/ Menu Title: {exit layer 2	: Jump to 1.15}		
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
Base layer shows through showing all visited states of icons. Hide character doctor from base layer.  Image of doctor approving body language.	Click the next button.	(D) You did great! Now it is time to learn about ways you can help at home. Click Next to move on.	Text fades in timed with VO.  Next button takes user to 1.15 Home Supports.

Slide [1.17]/ Menu Title: {Knowledge	Objective: [#3]		
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
Image of a Home with 10 shapes; each shape has one of the listed ways to support teen. Shapes	{in branding banner} Click each way you can support your teen with anxiety or depression at	(N) Let's take a moment to check your understanding of the ways to support your child with anxiety or	Each shape has a hover and clicked state.
randomly listed.	home, then click submit.	depression.	When user clicks submit:
			If all are correct show layer 1.17a, if
Top Banner in branding color for directions across top.	{items for ways to support teen shapes} -Safe Space for Discussion -Medications - Ask Open Ended Questions -Avoid Blame -Questionnaires - Behavior Modification -Get Outside Support	Click the ways you can support your teen at home, then click submit.	not all are correct show layer 1.17b

	- Be Available to Listen -Referrals -Family time {red denotes incorrect answer, not font color choice}	
Notes: No bottom branding banner: top banner coordinating branding color choice complementary to design.		

Slide [1.17a]/ Menu Title: {Correct}				
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:	
Same as base layer with exception	{in top banner} Great	(N) You know your ways to help from	Next button fades in at the end of the	
of wording and color (different	job! The green choices	home! The rest are ways your teen's	audio.	
branding color) of top banner;	are ways you can help at	physician may offer support.		
correct choices are in green while	home, while the grey are		Next button jumps to 1.18 Final Quiz	
incorrect choices are greyed out.	physician supports.	Click Next to move on.	Introduction.	
Slide [1.17b]/ Menu Title: {Incorrect	}			
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:	
Same as base layer with exception	{in top banner} Great	(N) Nice try! The green choices are ways	Grey choices change to blue timed	
of wording and color (different	job! The green choices	you can help at home, while the blue are	with VO.	
branding color) of top banner;	are ways you can help at	ways your teen's physician may offer		
correct choices are in green while	home, while the grey are	support.	Next button fades in at the end of the	
incorrect choices are greyed out.	physician supports.		audio.	
Grey choices turn blue with VO.		Click Next to move on.		
			Next button jumps to 1.18 Final Quiz	

Slide [1.18]/ Menu Title: Quiz {Final Quiz Introduction}			Objective: [1,2,3]
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
Parent character with "time out" or	{Parent speech bubble}	(P) It's time for the final quiz! A score of	Final Speech bubble with target score
"checking time" pose.	It's time for the final	80% or better is the target to pass!	remains on screen through end of
	quiz! A score of 80% or		timeline.

Check mark in branding colors.	better is the target to		
	pass!		Navigation text fades in timed with
Speech bubble for character text.			VO.
	{Navigation directions}		
Instruction text.	Click Continue to move		Navigation buttons fade in timed with
	on to the quiz.		VO.
Review Button			
Continue Button	Click Review to go back		Resume saved state on this slide.
	to a review slide.		
			Continue button jumps to 1.20 KC1.
			Review button jumps to 1.19 Review.
Notes: Top and bottom branding ba	Notes: Top and bottom branding banners		

Slide [1.19]/ Menu Title: Review			Objective: [1,2,3]
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
Character Doctor with	{in top banner} Signs	(D) Click on each heart for information	Hearts and labels fade in at the
checklist/clipboard looking left:	and Symptoms Review	review. Click Next when you are ready to	beginning of the timeline.
enlarged so only top of body		move on.	
showing.	{beneath banner}		Next button available always.
	Click each heart to		
To left are three heart icons/button	review the information.		Next button will jump to 1.18.
in branding color twith labels:	Click the Next button to		
Anxiety, Depression, Both.	move on to the quiz.		
Hearts and Labels are aligned			
vertically.			
Text directions			
Notes: Top and bottom branding banner on base and all layers			

Slide [1.19a]/ Menu Title: {Anxiety Review}			
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:

Hide base layer text except title in branding banner.  Text in box to left with same heart icon as hotspot for returning to base layer.  Slide [1.19b]/ Menu Title: {Depression of the layer is a second of the layer is a se	Anxiety  Constant Worry Shortness of breath Stomach discomfort Sweaty palms or brow Rapid increase in heart rate Muscle tension or soreness Not feeling well with no cause {under heart: small} Click to close.		Words and icon float in from bottom all at once, together.  Heart icon will return user to base layer when clicked.
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
Hide base layer text except title in branding banner.  Text in box to left with same heart icon as hotspot for returning to base layer.	Depression  Low mood  Attempts at self-harm  Symptoms of psychosis  Feelings of worthlessness  Recreational drugs or alcohol  Feelings of being misunderstood  {under heart: small} Click to close.		Words and icon float in from bottom all at once, together.  Heart icon will return user to base layer when clicked.
Slide [1.19c]/ Menu Title: {Symptom			
Visual / Display:  Hide base layer text except title in branding banner.  Text in box to left with same heart icon as hotspot for returning to base layer.	Slide Text:  Both Anxiety and Depression  Isolation  Irritability  Extreme Outbursts  Change in eating or sleeping habits  Decline in grades and homework completion  {under heart: small}	Narration / Voiceover:	Animation / Interaction:  Words and icon float in from bottom all at once, together.  Heart icon will return user to base layer when clicked.

Clial, to along	
Click to close.	

Slide [1.20]/ Menu Title: {Final KC1}	{Hidden from menu}		Objective: [1]
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
{Pick Many Toggle	{Top branding banner}	(D) Below are several statements that	Submit button jump to slide 1.21 KC
Question}	If you believe the	may or may not be true. If you believe	2.
	statement is true, click	the statement is true, click the circle to	
Bottom 2/3 light grey background	the teal circle to reveal	reveal the check mark indicating the	Next button hidden.
rectangle	the check mark,	statement is true.	
	indicating the statement	Check only the true statements.	
Branding banner at	is true. Check only the	Click submit when you are done.	
top with directions –	true statements. Click		
extends across	submit when you are		
whole slide.	done.		
In white space between branding	True or False?		
banner and grey rectangle: text			
True or False? Is left in blue and	{questions in blue are		
doctor character waist up on right.	correct: color does not		
	denote font color}		
In grey rectangle: 4 questions with	*A decline in grades,		
toggle to check effect left of each	irritability, and extreme		
question.	outbursts are hidden		
<ul> <li>Toggle: oval with</li> </ul>	signs and symptoms of		
outline, circle fits in the	anxiety.		
curve of the oval with	*Eating sugary snacks,		
beginning position on	doing well in school, and		
left of oval	participating in sports		
-	are hidden signs and		
- When selected/clicked	symptoms of anxiety.		
circle displays on right	*Changes in eating or		
of oval with check mark	sleeping hapbits,		
noting it is selected	isolation, and often		

	feeling unwell with no apparent cause are hidden signs and symptoms of anxiety. *Waking well rested, eating a healthy diet, and spending lots of time with friends are hidden signs and symptoms of anxiety.		
Notes: Top Branding bar only: runs	across entire top		
Slide [1.20a]/ Menu Title: {Results}			
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
Top banner teal brand color.	{in top banner} Compare your answers to the correct answers in		Submit button hidden.  Next button moves forward through quiz review.
Rectangular border around true statements. Glow state on rectangles.	the boxes below.		

Slide [1.21]/ Menu Title: {Final KC2} {Hidden from menu}			Objective: [#2]
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
Grey rectangle half slide's height, toward bottom 2/3 with some white showing beneath.  3 Images horizontally aligned representing: Anxiety, Depression,	{in top banner} Click the image that best represents the answer, then click submit.	(P) Click the image that represents the best answer, then click submit.	Hover states for each image showing which category the image represents {Anxiety, Depression, Both Anxiety and Depression}
Both Anxiety and Depression. (Blue denotes correct answer, not font	{beneath banner} Attempts at self-harm,		Selected state echoes hover state.
color choice}	changes in sleeping or eating habits, and feelings of worthlessness are common signs and		Submit button jumps to 1.22 KC 3.  Next button hidden.

Instructions in top banner, question between top banner and grey	symptoms of which mental condition?		
rectangle.			
Notes: Top Branding bar only: runs across entire top			

Slide [1.21a]/ Menu Title: {Results}				
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:	
Top banner teal brand color.	{top banner} The		Submit button hidden.	
	correct answer is		Next button moves forward through	
Show base layer with red X's over	Depression.		quiz review.	
incorrect images: Anxiety, Bipolar				
Disorder				

Slide [#1.22/ Menu Title: {Final KC3}	Slide [#1.22/ Menu Title: {Final KC3} {Hidden from menu}		
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
{Drag and Drop Display Question}	{top banner} Drag and	(D) Below are ways both you and your	9 images have hover states that
	drop the ways your	child's physician can offer support to	appear as semi-transparent overlay
Grey vertical rectangle left ¼ of	child's physician might	your teen in need. Drag and drop the	with the titles listed under visual
screen with Doctor Character	offer support to the	ways your child's physician might offer	display in bold.
learner facing.	doctor on the left. Click	support to the doctor on the left. Click	
	submit when finished.	submit when you are finished.	Images are drag and drop over the
{blue denotes correct choices, not			doctor/rectangle:
font color choice}			Correct Drag and Drop items are in
To the right of the doctor are 9			blue.
images representing: Refer to a			
Specialist, Encourage Healthy Sleep			Submit button jumps to 1.23 KC 4.
Habits, Discuss Possible			Next button hidden.
Medications, No Blame, Safe			
Space, Suggest Healthier Nutrition,			
Open Ended Questions, Just Listen			

Encourage More Activity {use previously seen images when possible} Hover State on each has the title of each image as denoted by image title above.			
Notes: Top Branding bar only: runs a	cross entire top		
Slide [1.22a]/ Menu Title: {Results}	·		
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
Top banner teal brand color.	{in top banner} Take a moment to review the		Submit button hidden. Next button moves forward through
Same as base layer at start of timeline.	correct answers below.		quiz review.
Correct items are shown as the hover state. Incorrect items match image only with a red X over the image (No hover state)			

Slide [1.23]/ Menu Title: {Final KC 4} {Hidden from menu}		Objective: [#1]	
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
	{in top banner} Only one		Hover state on check mark boxes.
Parent character on left, grey box to	statement is true. Click		Clicked state changes color to another
right with questions.	the best option, then click		branding color.
To left of each question is blue	submit.		
square with a white check mark.			
	{Blue denotes correct		Submit button jumps to 1.24 KC 5.
	answer, not font color		Next button hidden.
	choice}		
	*Enjoying time with		
	family and friends,		

overlling at sports, and		
excelling at sports, and		
using prescribed		
medications are common		
signs and symptoms of		
anxiety.		
*Signing up for social		
clubs, doing well in		
school, and eating		
healthy foods are		
common signs and		
symptoms of anxiety.		
*Rapid heartbeat, muscle		
tension, upset stomach,		
and sweaty palms or		
brown are common signs		
and symptoms of anxiety.		
Notes: Top Branding bar only: runs across entire top	•	

Slide [1.23a]/ Menu Title: {Results}			Objective: [#]
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
Top banner teal brand color.	{in top banner}		Submit button hidden.
	Compare your answer to		Next button moves forward through
Base layer shows through.	the correct answer in the		quiz review.
	box below.		
Correct answer shown with			
rectangle around statement and			
check mark with glow state.			

Slide [1.24]/ Menu Title: {Final KC 5} {Hidden from menu}		Objective: [#2]	
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
{Pick Many Toggle Question}	{Top branding banner}	(D) Below are several statements that	Submit button jumps to 1.25 Quiz
	If you believe the	may or may not be true. If you believe	Results.
	statement is true, click	the statement is true, click the circle to	Next button hidden.

Bottom 2/3 light grey background rectangle

Branding banner at top with directions – extends across whole slide.

In white space between branding banner and grey rectangle: text True or False? Is left in blue and doctor character waist up on right.

In grey rectangle: 4 questions with toggle to check effect left of each



-Toggle: oval with outline, circle fits in the curve of the oval with beginning position on left of oval



When selected/clicked

circle displays on right of oval with check mark noting it is selected

the teal circle to reveal the check mark, indicating the statement is true. Check only the true statements. Click submit when you are done.

### True or False?

{questions in blue are correct: color does not denote font color}

- \* Extreme outbursts, irritability, and recreational use of drugs or alcohol are hidden signs and symptoms of depression.
- \*Having many friends, spending time on social media, and doing well in school are hidden signs and symptoms of depression.
- \* Waking well rested, participating in school events, and sharing accomplishments with family are hidden signs and symptoms of depression.
- \*Feelings of worthlessness, feelings of

reveal the check mark indicating the statement is true.

Check only the true statements. Click submit when you are done.

	being misunderstood, and hallucinations or psychosis are hidden signs and symptoms of depression.		
Slide [1.24a]/ Menu Title: {Results}			
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
Top banner teal brand color.	{in top banner} Compare your answers to the		Submit button hidden. Next button Jumps to 1.25
Rectangular border around true	correct answers in the		
receargaiar poraer around trae			
statements. Glow state on rectangles.	boxes below.		

Slide [1.25]/ Menu Title: {Quiz Results} {Hidden from menu}			
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
Base layer is bypassed.			Next button is hidden
Notes: No branding banners top or b	oottom.		
Slide [1.25a]/ Menu Title: {Correct}			
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
Doctor character on left excited	You Passed!	(P) Congratulations! You passed. You	Next button is hidden.
pose.	{score percentage}	may review your quiz by clicking review	
Parent character on right excited		or click continue to proceed.	Celebratory confetti behind characters
pose.			{animated if possible}
Green heart with white check mark			
larger centered with heading "You			Navigation buttons fade in timed with
Passed!".			VO.
Score percentage centered			Continue jumps to 1.26 Summary.
between two characters.			Review Quiz jumps to built in review
			slides.
Continue and Review Quiz buttons			
centered between characters			

toward bottom under the score percentage.			
Slide [1.25b]/ Menu Title: {Incorrect	}		
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
Doctor character on left with sad or	Not quite there!		Next button is hidden.
shocked pose.	{score percentage}		
Parent character on right with sad			Navigation buttons fade in timed with
or shocked pose.			VO.
Red heart with large white X			Review Quiz jumps to built in review
centered with heading "Not quite			slides.
there!".			Retry Quiz jumps to 1.20 KC1 {reset results}
Score percentage centered			results
between two characters.			
between two characters.			
Continue and Review Quiz buttons			
centered between characters			
toward bottom under the score			
percentage.			

Slide [1.26]/ Menu Title: Summary			
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:
Image of confident teen	{In top banner}	(N) Thank you for taking	Next hidden until navigation VO completes.
Company logo with transparent	Summary	the Harrison County Health	
background top left beneath		Care Associates' course for	Text "Identifying Anxiety and Depression in Teens"
branding banner	{Below Company Logo}	Identifying Anxiety and	fades in with "course for" VO {fades out timed with
	Identifying Anxiety and	Depression in Teens.	fade in of next text}
Review Concerns button bottom	Depression in Teens.		
right.		You now are prepared to	Text "Identify the signs and symptoms of anxiety in
	{Fade in and out with	Identify the signs and	teens.
	VO}	symptoms of anxiety and	

Identify the signs and symptoms of anxiety in teens.

Identify the signs and symptoms of depression

Distinguish resources for support.

Identify Signs and Symptoms

in teens.

Take Steps to Support Your Teen at Home

Discuss with Your Teen's Healthcare Provider

{Below Company Logo in place of previous text} If you would like to review and print a list of concerns you created in the beginning of the course, click Review Concerns, otherwise click Next.

depression in teens. You are also able to distinguish between resources for support should you determine the need.

If you are concerned about your teen at home, remember these three steps.

Identify and take note of possible signs and symptoms for your teen's physician.

Take steps at home to support your teen where possible.

Schedule an appointment with your teen's health care provider for further discussion.

If you would like to review and print a list of concerns you created in the beginning of the course, click Review Concerns, otherwise click Next. Identify the signs and symptoms of depression in teens" fades in with VO "you are now prepared to"

Text Distinguish resources for support" fades in with VO "you are also able to".

Text {recap learning objectives} fades out with VO "if you are concerned"

Text "Identify Signs and Symptoms, Take Steps to Support your Teen at Home, Discuss with your Teen's Healthcare Provider" all fade in timed with VO {fades out with the fade in of next text}

Text "If you would like to review and print a list of concerns you created in the beginning of the course click Review Concerns, otherwise click Next." Fades in timed with Vo {remains on screen until end}

Review button fades in timed with VO.

Next button shows with end of audio.

Review Button shows layer 1.26a. Next button jumps to slide 1.27 Conclusion

Notes: Top and bottom branding banners					
Slide [#1.26a]/ Menu Title: {Learner	Slide [#1.26a]/ Menu Title: {Learner Concerns}				
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:		
Same as base layer without text Top Banner extends all the way across the top of the slide with directions inside.		(N) Below are the concerns you listed in the beginning. Feel free to print these concerns to share with your	Print Concerns button takes user to print screen box (built in)  Next button jumps to 1.27 Congratulations.		
Text box with semitransparent background, large text, with variable for text entry from slide 1.3 Orientation.		teen's healthcare provider.			
In place of Review Concerns button is Print Concerns button					

Slide [#1.27]/ Menu Title: Congratulations				
Visual / Display:	Slide Text:	Narration / Voiceover:	Animation / Interaction:	
Company Logo takes up most of the slide; centered.		(N) Congratulations. You have completed this course. Click the Exit Course button to leave this course.	Next button hidden.  Exit button closes course.	
Exit Course Button bottom right.				
Notes: No branding banners top or bottom				