

OUTDOOR PURSUITS PRE-COURSE ASSIGNMENT

MENTAL HEALTH AND ADDICTIONS

Please bring this assignment to the first day of your Outdoor Pursuits course.

Part A

Research one type of mental illness or addiction.

1. Choose a mental health issue or addiction from the list below.

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|---|--|
| <input type="checkbox"/> Depression | <input type="checkbox"/> Alcohol Addiction |
| <input type="checkbox"/> Anxiety | <input type="checkbox"/> Marijuana Addiction |
| <input type="checkbox"/> Dissociative Identity Disorder | <input type="checkbox"/> Prescription Drug Addiction |
| <input type="checkbox"/> Internet Addiction | <input type="checkbox"/> Cocaine Addiction |
| <input type="checkbox"/> Obsessive Compulsive Disorder | <input type="checkbox"/> Eating Disorders |

2. Provide a general description of the mental illness/addiction. *(This should be thorough enough for someone to read it and be able to understand the basic concepts of the mental illness or addiction.)*

3. What are some signs and symptoms that accompany this mental illness/addiction?

Signs (detectable by an observer)	Symptoms (felt by the individual)

4. What are some social, environmental or physical causes or precursors of this mental illness or that may start someone on the path to this addiction?

5. How does this mental illness/addiction affect a person emotionally?

How does it affect them physically?

How does it affect them socially?

6. Where can someone go to get help in your community for this mental illness/addiction?

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7. What are some ways you can help or support someone with this mental illness/addiction?

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Additional Notes/Information

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If you can find answers to any of the following questions, please do! Also, feel free to include any additional information that makes this facility or program unique.

1. What is the cost of entering the facility and who covers this cost?
2. How many staff are at the facility? What roles do they fulfill? What are their qualifications?