



ADAP Student Curriculum Outline

The curriculum is three hours long and typically taught in three consecutive 45-60 minute classes, though it can also be taught in two 90-minute classes. We recommend the curriculum be taught in health class, though other settings can be considered. The curriculum is designed for ninth grade and older students, not middle school or younger students. As part of the ADAP comprehensive training program, all instructors attend a training session and are provided a detailed training manual and high quality training DVDs depicting the full length curriculum. Sample DVD video clips are provided at the web addresses listed below.

CLASS 1

- Welcome, introductions and brief overview of ADAP
- Complete pre-test (ADKQ)
- Review learning objectives
- Differentiate between the feeling of sadness and the illness of depression
- Explore the process of diagnosing an illness, using pneumonia as an example
- Learn the symptoms of depression
- Understand how a diagnosis of depression is made
- Discuss stigma
- Discuss what to do if you have concerns
- Handout homework assignment and symptom list



http://www.hopkinsmedicine.org/Psychiatry/audio_video/class1-of-3.html

CLASS 2

- Welcome and reintroduction of program
- Review learning objectives
- Review homework
- Watch video, Day for Night, Recognizing Teenage Depression, which portrays real teenagers with mood disorders discussing various aspects of the illness
- Review video assignment, exploring descriptions of depressive and manic symptoms
- Explain how we know depression is an illness
- Review of what to do if you have concerns



http://www.hopkinsmedicine.org/Psychiatry/audio_video/class2_of_3.html

CLASS 3

- Welcome and reintroduction of program
- Review learning objectives
- Watch video, Psychiatry 101: Psychiatry One on One, which shows an actor being interviewed by a psychiatrist, demonstrating three different mood states
- Discuss the differences between the illness of depression and having a rough time
- Learn the symptoms of mania
- Explain bipolar disorder and how a diagnosis is made
- Create a mood graph to visualize normal variations in mood, bipolar disorder, and major depression
- Review the treatments for mood disorders
- Discuss behaviors commonly seen with mood disorders
- Students break into smaller groups and work on brief assignments to present to the class
- Review of what to do if you have concerns
- Complete feedback form if time allows



http://www.hopkinsmedicine.org/Psychiatry/audio_video/class3_of_3.html

For a detailed overview of the program, please see our Program Summary:

http://www.hopkinsmedicine.org/Psychiatry/moods/outreach_adap/ADAP_Program_Summary.pdf

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