

# Intro to Behavioral Health

## Contact Information:

Instructor: Miss Addie Mair

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**Course Description:** This course is an introduction to the Behavioral Health industry. Topics that will be introduced in this foundational level course include understanding individual wellness, effective communication, healthy relationships, addictive behaviors, mental health conditions, and protective laws and rights of patients and practitioners. \*This course is not designed for the student to diagnose themselves, friends, or family. It is an introduction to the behavioral health career field only.

**Class Rules/Expectations:** 1. Be Respectful      2. Be Dependable      3. Participate

## **Required Materials/Supplies that each student is required to have:**

1. Pen or Pencil

**Hall Passes:** It is important for student learning to have time in class to focus on what is being taught. With many of the concepts in this class students are graded on participation and effort. The school's Smart Pass system will be used. Each student gets 2 hall passes per day. If students misuse the Smart Pass system or hall pass rules in class, hall passes will be taken away for my class. Students can bring water bottles and use the bathroom before or after class time. Please directly contact Miss Mair to notify of circumstances that this policy would interfere with.

**Homework:** There is a minimal amount of homework in this class. Most assignments can and will be finished during class. However, if a student does not finish the work in class or is absent, it will be assigned as homework. All classwork will be on the Canvas course. Assignments can be submitted online whether you are in class or at home. Being absent from class, even for school excused activities, does not excuse a student from the work in class.

**Late Work Policy:** Late work is accepted throughout the quarter, subject to two final submission deadlines:

- All late work assigned during the first half of the quarter must be submitted by **midterm**.
- All late work assigned during the second half of the quarter must be submitted **one week before the end of the term**.

Missing assignments will be entered as a "o" in the grade book until submitted. A zero significantly lowers overall grades and will affect eligibility for early lunch privileges. It is the student's responsibility to check for and complete missed assignments following any absence, including school-excused absences.

**Academic Integrity & Online Testing:** Students must display academic honesty on all work.

When taking online quizzes or tests, extra browser tabs must be closed, and test content/results

must never be shared or reused. Cheating or violating these guidelines will result in a zero and possible disciplinary action.

**Devices:** Phones and personal headphones must be stored in lockers during class hours.

Smartwatches must be kept on silent. If headphones are needed for a class activity, they will be provided. If a phone is visible or makes noise during class, it will be confiscated. The student will need to stay briefly after class to discuss the device policy, at which point the phone will either be returned or turned in to the main office.

**Dress Code:** Dress Code: Follow all school/district policies. Clothing must appropriately cover the torso and undergarments. Headwear is permitted as long as your face is visible and it doesn't disrupt class.

**Sensitive material:** This course consists of sensitive topics that can be triggering for some students. If a student is struggling, they will understand the options they can take to remove themselves from the discussion. Materials that will be covered consists of self-management, communication skills, healthy relationships and what a toxic relationship looks like. This will include dating violence and how to get out of a violent relationship. Basic mental health issues will be discussed and what it looks like to live with that issue, as well as suicide prevention. Lastly, substance and behavioral addictions will be covered and how to break an addiction cycle.

**Daily Points:** You can earn 4 points daily (2 for listening/following directions, 2 for participation).

What can lose you points: Being tardy, disruptions, off-task behavior, not cleaning up after an activity, etc.

I hope you will enjoy this course. It is a fun and valuable program. I am excited to be working with you! Please sign here and return it to your teacher.

Student Printed Name:

Student Signature:

Class Period:

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I have read all of the above information and understand what is expected of me in this class.