**Welcome to Behavioral Health**

**This course is meticulously designed to align with state standards and targeted learning objectives, ensuring comprehensive coverage of essential knowledge and skills required for student success.**

**Course Description:**
This course provides a comprehensive introduction to behavioral health, offering students a deeper understanding of human well-being and behavior. Students will explore the factors that influence mental health, including biological, social, and cultural components, and study the foundations of psychology and therapeutic approaches.

Through real-world case studies, class discussions, and reflective activities, students will analyze the impact of stress, relationships, and environments on mental health. The course also emphasizes self-awareness and strategies for promoting mental well-being.

**Units and Learning Outcomes**
**Unit 1: Introduction to Behavioral Health**
- Overview of behavioral health and its importance in overall well-being
- Understanding key terms: mental health, emotional health, and behavioral health
- Analyzing the relationship between physical and mental health
- Exploring the role of stigma in mental health discussions

**Unit 2: Factors Influencing Mental Health**
- Examining biological factors, including genetics and brain chemistry
- Exploring social and cultural influences, such as family, community, and media
- Understanding the role of environmental stressors and trauma
- Reflecting on how individual experiences shape mental and emotional health

**Unit 3: Foundations of Psychological Theories**
- Introduction to major psychological theories: cognitive, behavioral, humanistic, and psychodynamic
- Analyzing how these theories apply to mental health and therapeutic practices
- Case study analysis using multiple psychological perspectives
- Writing a reflective essay on a chosen psychological approach

**Unit 4: Stress, Coping, and Resilience**
- Identifying sources of stress and their effects on mental and physical health
- Exploring coping mechanisms and the concept of resilience
- Analyzing the effectiveness of mindfulness, exercise, and other wellness strategies
- Developing a personalized stress management plan

**Learning Outcomes:**
By the end of Semester 1, students will be able to:
- Understand and define key concepts in behavioral health and mental well-being.
- Identify biological, social, and cultural factors that influence mental health.
- Analyze and apply foundational psychological theories to real-world scenarios.
- Develop strategies for managing stress and building resilience in daily life.
- Reflect on the importance of self-awareness and mental health in promoting personal well-being.