Mental illness affects one in four Americans, and likely has affected someone that you know. Use information from the student supplement or your own research to help you complete this activity about mental illness.

**Activity:**

Solve this crossword puzzle focusing on mental illness.

\[ \begin{array}{ccc}
1 & 2 & 3 \\
4 & 5 & 6 \\
7 & 8 & 9 \\
10 & 11 & 12 \\
\end{array} \]

**Across**

6 People with mental illness generally experience a change in this
7 Failure to get treatment for mental illness can hurt these between people
10 Excessive worry about an upcoming event or task
11 This gender is statistically more likely to have depression
12 One symptom of mental illness is losing this in hobbies and pastimes

**Down**

1 A risk factor involving DNA
2 Mental illness is a type of this, which also includes diabetes and cancer
3 PET and MRI are examples of this type of technology
4 A mental illness exhibited by excessive and prolonged sadness
5 These are imbalanced in the brain in a person with a mental illness
8 Psychotherapy and medication, for example
9 Negative attitudes about people with a mental illness

**Answers**

Across: 6) mood 7) relationships 10) anxiety 11) female 12) interest
Down: 1) genetics 2) disease 3) imaging 4) chemicals 5) imbalanced 6) mood 7) relationships 8) treatment 9) stigma
More than 10 percent of the state government's budget will go toward issues related to alcohol and other drug use. Use information from the student supplement or your own research to help you complete this activity about the use of alcohol and other drugs.

**Activity:**
Solve this cryptogram by unscrambling these words associated with alcohol and other drugs and then using the number-letter key to reveal the secret word.

1) h l c o o a l
   
   5  6  4  4

2) d r t w l w a i a h
   
   1  2  3  5  5

3) a n b r i m a g e d a
   
   5  1  7  3  5  5

4) t e e n a r o l c
   
   2  4  5  7  6

5) u g d r f k g a f c i r a n t
   
   3  7  5  1  6  1  7

6) r p o s t u d o
   
   3  4  4  2

The secret word:

5  3  3  1  6  2  1  4  7

Scrambled words: alcohol, withdrawal, brain damage, tolerance, drug trafficking, dropouts

Secret word: addiction

Lesson 2: Alcohol & Other Drugs

Newspapers for this educational program brought to you by:

Oklahoma Department of Mental Health and Substance Abuse Services
Children who are victims of childhood trauma are more likely to develop conditions in adulthood such as alcoholism, major depression and obesity. Use information from the student supplement or your own research to help you complete this activity about childhood trauma.

Activity:
Complete this paragraph about childhood traumas by putting the words in the word bank in the correct place.

Word Bank
bombing
react
stress
incarceration
obesity
feelings
help
abuse

Trauma doesn’t only affect adults — it also affects children. It is important that children who experience something traumatic get 1____________________________, because trauma can lead to long-term health problems like 2____________________________ and societal problems like 3____________________________.

Childhood trauma can be caused by an event like the April 1995 Oklahoma City 4____________________________, or by adverse events that happen within the family, such as domestic 5____________________________. Like adults, children 6____________________________ to trauma in different ways. Some children become more introverted, holding their 7____________________________ in, while others act out. Learning ways to reduce 8____________________________ is one way children can learn to cope with such events.

Answers
1) help  2) obesity  3) incarceration  4) bombing  5) abuse  6) react  7) feelings  8) stress

Lesson 3: Childhood Traumas
Stress can be caused by many things including starting a new school, experiencing a parent’s loss of employment or a death in the family. Use information from the student supplement or your own research to help you complete this activity about coping skills.

**Activity:**
Solve this blackout puzzle focusing on coping skills by blacking out with a marker the extraneous letters, leaving behind only the letters — in the correct order — that fit the clue, like in the example below.

**Example**

| Clue: the place students attend, usually from August through May, to learn | Word: hcysonlcyonhsolcysonbcynolysh | Answer: school |

The correct word is: school

1) Clue: negative pressure or emotional turmoil  
isdrtgidrtgisdrtkidrtgesgidrtgis  
The correct word is: _____________________________

2) Clue: positive motivation to respond to a change  
esrquefesrquetesrquelesrquefesr  
The correct word is: _____________________________

3) Clue: a difference in one’s environment that can create stress  
ongcemhciamgmonnhgenm  
The correct word is: _____________________________

4) Clue: the adjustment a person makes to accommodate new circumstances  
apdtnoiapdtnoiapdtnoiapdtnoiapdtnoiapdtnoi  
The correct word is: _____________________________

5) Clue: type of technique that involves measured inhaling and exhaling to relax  
dbjitbratebjaitbajldqaitdjaynag  
The correct word is: _____________________________

6) Clue: physical activity that promotes a positive state of mental health  
xocrezdxcroedrexcsreidoxesroez  
The correct word is: _____________________________

Answers: 1) distress  2) eustress  3) change  4) adaptation  5) breathing  6) exercise

---

**Lesson 4:** Coping Skills