

How can mental health and mental illness be understood using a spectrum rather than a binary model?

I think the spectrum model of mental health provides a good framework from which we can evaluate our current situation and pinpoint it in a way which is more accurately reflected for what actually is happening in my mind and that of the others.

This class new models helps us learn to be more compassionate when building teams of students, creating students that are more perceptive for what they want to do, and creating teams that will help focus the mind of students.