

# Facilitator's Handbook



 **PLAY HIGHER**



Training



Innovation



Simulation




Outreach

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## A. Setup

1. **Sit in the seat** (or stand on the spot) where the user will be playing the game. Do not skip this step, otherwise the game will not display correctly.
2. **Turn on the headset** by holding the small round button on the side of the headset.
  - a. You'll know it is turning on if there is a blue Meta logo in your view. 
3. **Set the play area.** Once the headset powers on, it may ask you to create a "Guardian". This will require you to do 2 things:
  - a. Set the floor level: **This is very important for the game to display correctly.** From wherever the user will be sitting or standing, **bend down and touch the physical floor** with your controller and **click the index finger button to set it.**
  - b. Set the guardian. You will select "Stationary Guardian". It is okay if there are "objects in the playing area", just confirm the stationary guardian and continue.
4. **Adjust the Volume.** Using the buttons on the bottom of the headset, adjust the volume to 2 bars before the highest setting. This can be further adjusted as necessary.
5. **Start the game.** Once you finish setting the play area boundary, you can start the game by following these steps:
  - a. In the main screen (looks like a large open space with a canyon in the background), select the App Library (bottom right of toolbar):



- b. Then look for the Social Work Simulator app icon, and select it:



## B. Playing the VR Game

1. **Educate about behavioral health and social work.** Give the Play Higher brochure to the user and explain behavioral health and social work. Give the Maslow's hierarchy of needs pyramid and explain that they'll need to know that in order to play the game.
2. **Alternatives for Trigger warning/Accessibility concerns:** explain to the user that the game story includes mildly uncomfortable topics such as housing insecurity, food insecurity, and lack of parental supervision due to drug use. Also, warn the user that the VR environment can cause mild dizziness or disorientation.
  - a. **No Triggering Content:** If the user does not wish to be exposed to a story with these themes, they can play the alternative E-Learning game on the laptop. See Section D, below.



## D. Alternative, Non-story Laptop Game

If the user wishes to play the game without the triggering story content, they can play this non-story alternative on any laptop by following these steps.

1. **Using any browser connected to the internet, go to <https://playhigher.itch.io/a-day-in-the-life-of-a-social-worker>** and follow the instructions to play the game.

## E. K-12 Lesson Plan

### Learning Objectives:

1. Define the term behavioral health.
2. Evaluate one's understanding of the job of social workers.
3. Demonstrate (in a game setting) four components of behavioral health social work: open-ended questions, self-determination, Maslow's hierarchy of needs, and person-in-environment.

### Lesson Materials:

1. Play Higher brochure.
2. Maslow's hierarchy card.
3. Word search & crossword handouts.
4. Virtual reality headset with game loaded.
5. Laptop with alternative e-learning game loaded.

### Lesson Procedure:

1. **Introduce** the topic by asking students how they would define behavioral health. Then, ask students to describe what social workers do. It is helpful for students to unpack their pre-conceived notions about what social workers do, perhaps from what they have seen in the media or on TV or TikTok, or what they have seen or experienced first- or second-hand.
2. **Explore** the topic by opening up the Play Higher brochure and having the students read the definition of behavioral health. Help them unpack the definition by thinking of examples for when someone would see a behavioral health professional. Then, look at the other panels in the brochure to become familiar with social work and the different degree options for behavioral health careers. Direct students to read the panel about social work to help them redefine what social workers do and how they help people.
3. **Learning & Practice:** each student should take a turn playing the VR game. See the User Experience section of this guide. Students should use the alternative e-learning game on any computer or laptop if they want to avoid triggering content related to housing insecurity, food insecurity, or lack of parental supervision due to drug use, or if they are not comfortable or able to use the VR headset due to motion sickness or need hearing or vision assistance. See the Alternative E-Learning Game in this guide.
  - a. While students are waiting on their turn to play the game, they can learn concepts using the word search or crossword games in this guide.
4. **Reflect:**
  - a. Have the students look back and reflect on what they learned about behavioral health and social workers. Help them compare what they thought they knew before the game to what they now know after the game.








5. **Reinforce:**

- a. If the students are interested in learning how to become a behavioral health social worker, encourage them to look at the degree options and career pathways in the Play Higher brochure. They can also speak with their guidance counselor or speak to an admissions counselor at any local community college or 4-year university or college such as WVU School of Social Work at <https://socialwork.wvu.edu>.

### Social Work Buzz Words

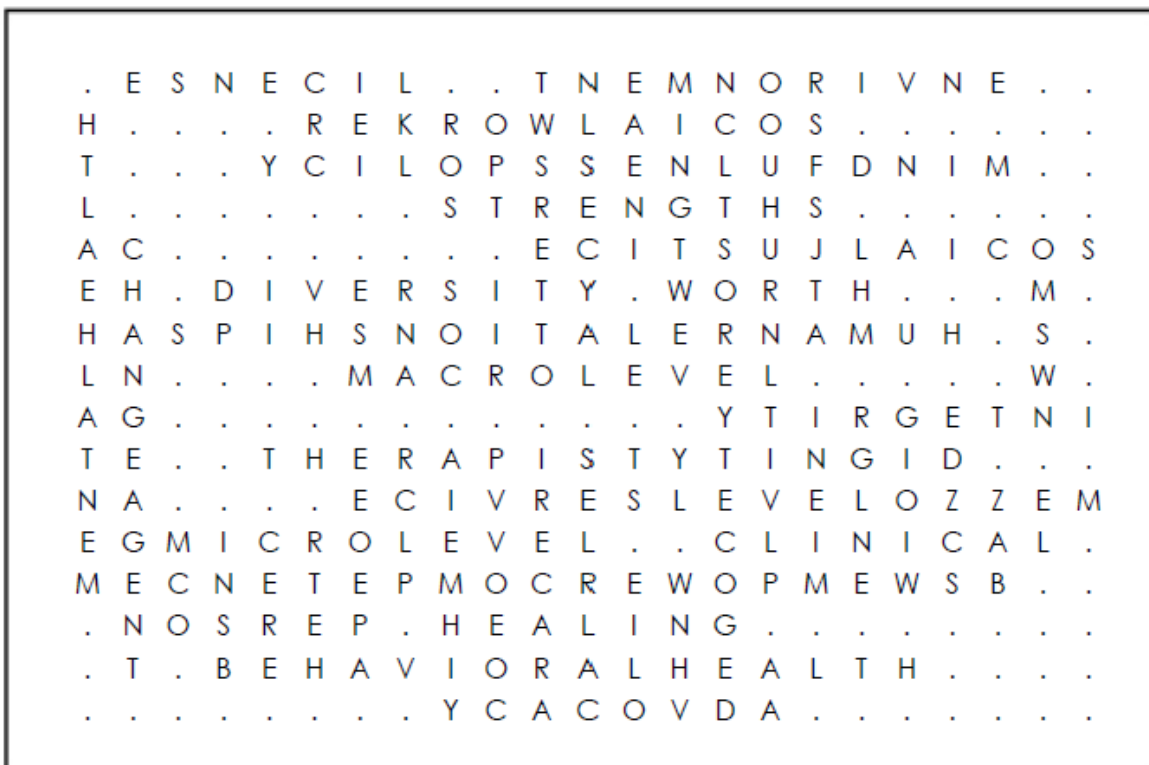


Find the following words in the puzzle.  
 Words are hidden     and .

- |                   |               |                |               |
|-------------------|---------------|----------------|---------------|
| ADVOCACY          | EMPOWER       | MEZZO LEVEL    | SOCIAL WORKER |
| BEHAVIORAL HEALTH | ENVIRONMENT   | MICRO LEVEL    | STRENGTHS     |
| BSW               | HEALING       | MINDFULNESS    | THERAPIST     |
| CHANGE AGENT      | HUMAN         | MSW            | WORTH         |
| CLINICAL          | RELATIONSHIPS | PERSON         |               |
| COMPETENCE        | INTEGRITY     | POLICY         |               |
| DIGNITY           | LICENSE       | SERVICE        |               |
| DIVERSITY         | MACRO LEVEL   | SOCIAL JUSTICE |               |
|                   | MENTAL HEALTH |                |               |

SOLUTION

**Social Work Buzz Words**




Word directions and start points are formatted: (Direction, X, Y)

- |                            |                              |                         |                        |
|----------------------------|------------------------------|-------------------------|------------------------|
| ADVOCACY (E,11,8)          | EMPOWER (N,2,8)              | MEZZO LEVEL (E,7,14)    | SOCIAL WORKER (E,4,10) |
| BEHAVIORAL HEALTH (E,7,12) | ENVIRONMENT (W,13,9)         | MICRO LEVEL (S,1,4)     | STRENGTHS (W,23,5)     |
| BSW (E,20,8)               | HEALING (W,22,13)            | MINDFULNESS (E,9,6)     | THERAPIST (W,11,2)     |
| CHANGE AGENT (E,6,3)       | HUMAN RELATIONSHIPS (E,2,11) | MSW (W,4,4)             | WORTH (W,22,15)        |
| CLINICAL (W,23,14)         | INTEGRITY (W,11,7)           | PERSON (E,16,2)         |                        |
| COMPETENCE (W,13,5)        | LICENSE (W,17,16)            | POLICY (E,3,6)          |                        |
| DIGNITY (W,10,15)          | MACRO LEVEL (E,9,1)          | SERVICE (W,22,9)        |                        |
| DIVERSITY (W,22,7)         | MENTAL HEALTH (E,4,13)       | SOCIAL JUSTICE (W,21,4) |                        |

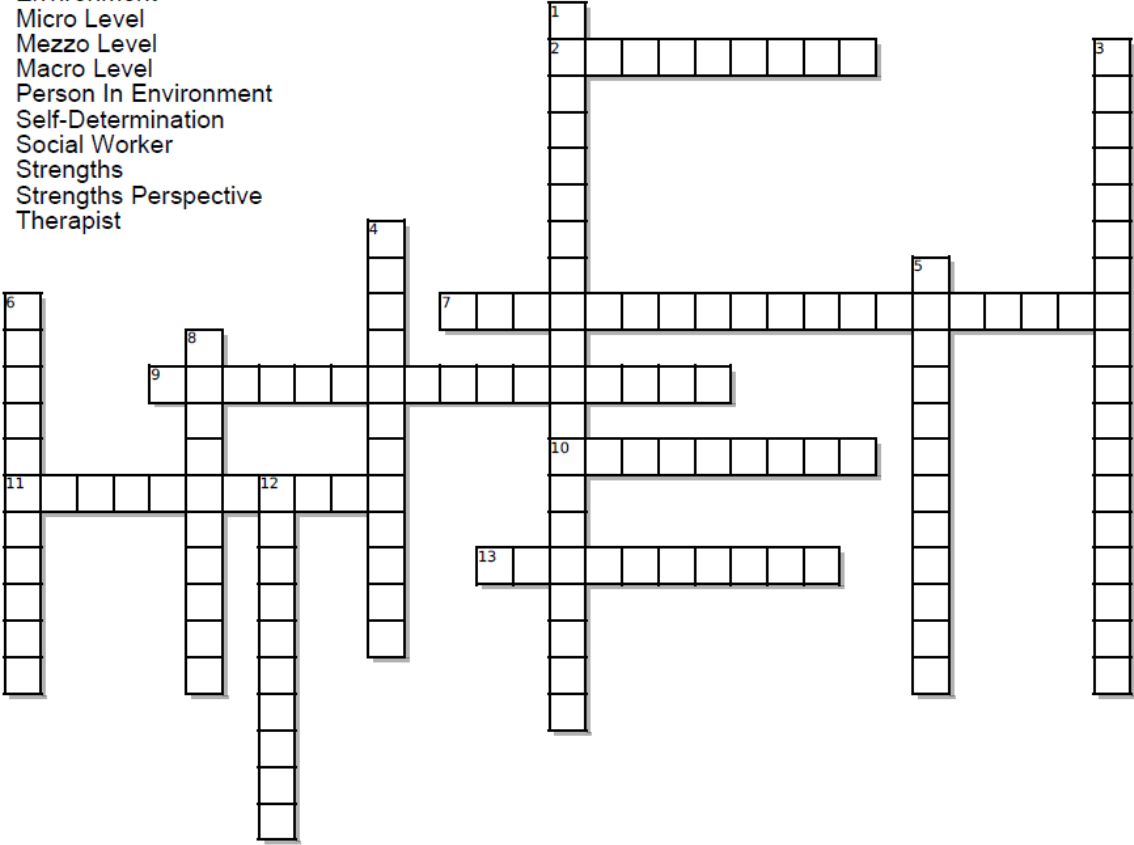
## Crossword

**WORD BANK:**  
 Behavioral Health  
 Code of Ethics  
 Empowerment  
 Environment  
 Micro Level  
 Mezzo Level  
 Macro Level  
 Person In Environment  
 Self-Determination  
 Social Worker  
 Strengths  
 Strengths Perspective  
 Therapist



## PLAY HIGHER

### Behavioral Health Crossword



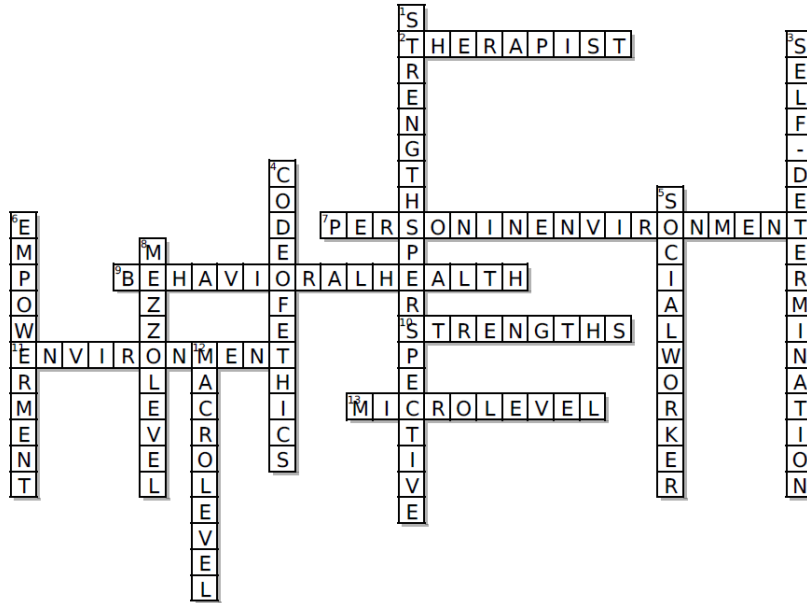
**ACROSS**

- 2 a professional who assists their clients in addressing both their physical and mental health needs, often caused by either a substance use disorder, mental health disorder or both.
- 7 social work perspective which sees individuals as constantly interacting with the various environments around them, including family, friends, work, educational institutions, social services, politics, religion and goods/services.
- 9 the connection between physical health, mental health, behaviors, mind, body, spirit, and wellbeing.
- 10 the resources and assets an individual has that enhances empowerment and dignity of the individual.
- 11 the conditions, circumstances and human interactions that human beings find themselves in.
- 13 practice level with individuals.

**DOWN**

- 1 This perspective empowers individuals, their families and communities by acknowledging strengths at each level and promoting each system to do its best through advocacy, service and social justice.
- 3 an individual's right to make his or her own decisions.
- 4 set forth by the National Association of Social Workers (NASW), this is a set of ethical principles that guides the professional conduct of social workers.
- 5 a professional whose primary mission is to enhance human well-being and help individuals meet their basic and complex needs, with specific emphasis on individuals who are vulnerable, oppressed and/or living in poverty.
- 6 the process of increasing power (personal, interpersonal, or political) in an individual/group, which involves taking action to improve one's life situations.
- 8 practice level with families and groups.
- 12 practice level with organizations and communities.



Answer Key



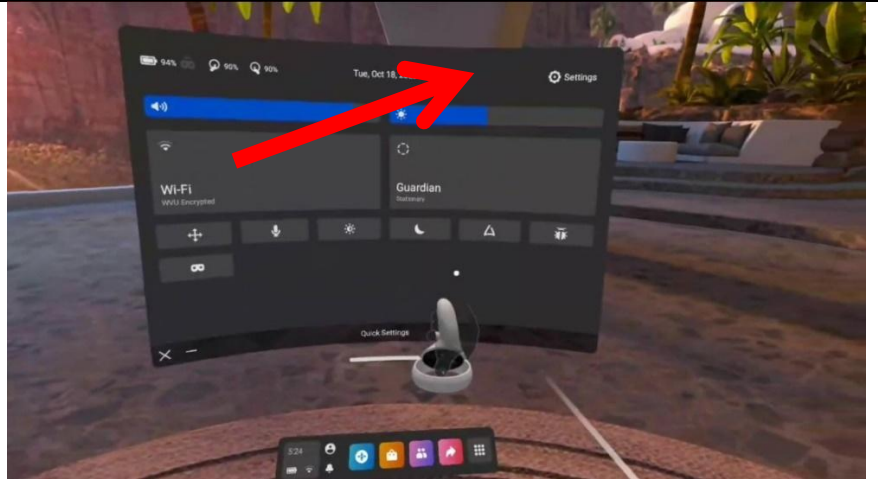
## F. Troubleshooting Menu

1. Issue: the user feels like they are positioned ***too high or too low*** in the game to see the characters properly.
2. Issue: the game needs to be restarted.
3. Issue: the user cannot hear the character dialogue.

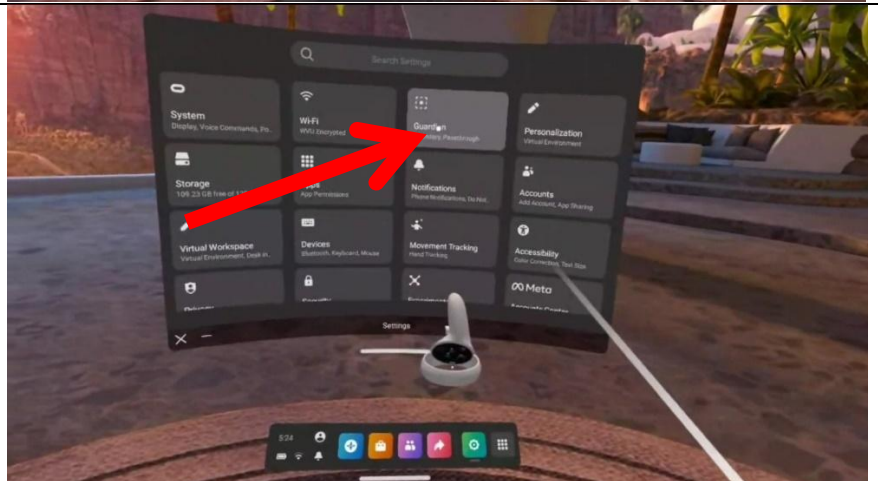
1. Issue: the user feels like they are ***too high or too low*** in the game to see the characters properly.

Instruction Description	Image/Screenshot
<p>1. Click the Oculus Button on the right controller (do not hold).</p>	
<p>2. A menu will pop-up. Click on the lower left side of the toolbar to get to the Quick Settings.</p>	

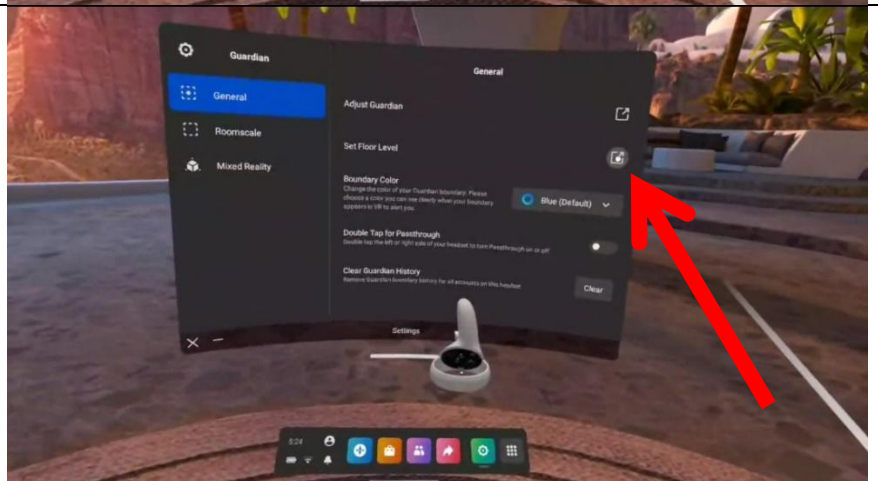
3. From the Quick Settings menu, go to Settings.



4. Then, select Guardian.



5. Then, select Set Floor Level to reset the floor level, and Adjust Guardian to reset the play area.



6. Then go back to the game (through the App Library).



2. Issue: the game needs to be restarted.

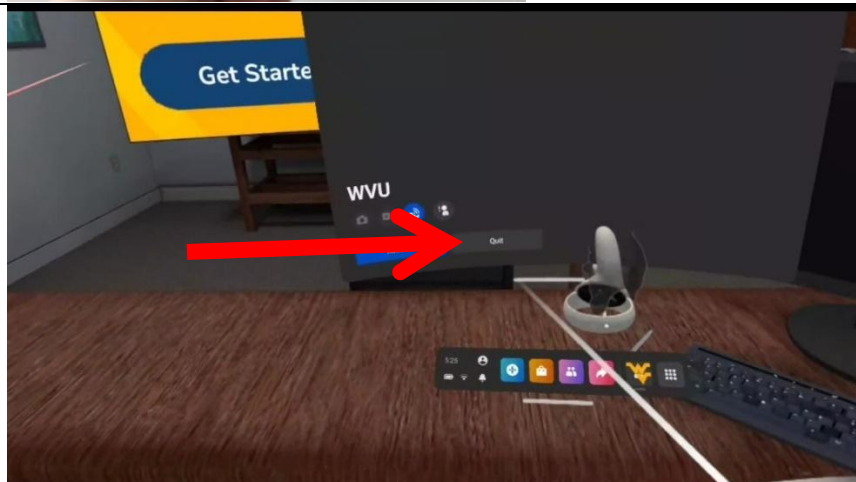
Instruction Description

Image/Screenshot

1. Click the Oculus Button on the right controller (do not hold).



2. A menu will pop-up. Click "Quit".



3. Go back to the game through the App Library.



3. Issue: the user cannot hear the character dialogue.

Instruction Description

Image/Screenshot

1. Use the volume buttons on the bottom of the headset and adjust the volume until the user can hear.

