



Connected Community

WELLNESS SCREEN



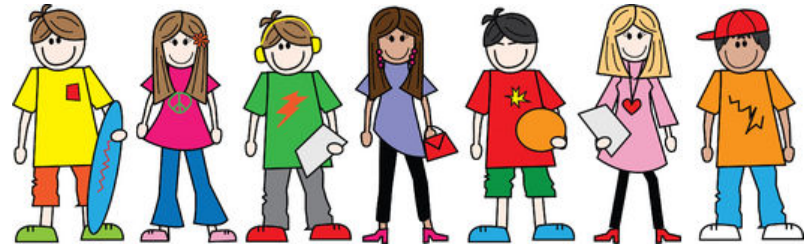
A program of Samaritan Counseling Center

WHAT IS MENTAL HEALTH?



- Mental Health includes our emotional, psychological, and social well-being.
- Good mental health is a sense of well-being, confidence and self-esteem.
- It affects how we think, feel, and act.
- It helps determine how we handle stress, relate to others, and make choices.
- Mental health is important at every stage of life, from childhood and adolescence through adulthood.

TEEN YEARS



- Teen years are a time of tremendous change- physical & emotional
- Just like vision and hearing, teen emotional health plays an important role in academic & personal success
- Untreated emotional wellness concerns can cause many different problems in adolescents lives



According to the National Alliance on Mental Illness, 1 in 5 youth aged 13-18 have, or will have a serious mental disorder.

WELLNESS SCREEN

- Voluntary, Confidential & **FREE**
- Unless a parent opts out of the screening, students are offered the opportunity to participate
- 10 minute online questionnaire given during the school day
- Screening provides information and an opportunity for students to check-in on their emotional health.
- Offer assistance in connecting to community and school resources, if needed



Screening identifies “red flags.” It does NOT diagnose or recommend any particular *type* of treatment

RECOMMENDATIONS

- Mental Health Evaluation
- Continued treatment with Mental Health Provider
- School Counselor/
Psychologist
- Medical Professional
- Other resources



CASE MANAGEMENT



- Parents are only contacted when a student's screen has concerns or risk factors or student requests additional support
- Case Managers will then discuss the screening results with parents and help parents connect with community and school resources
- Our list of community resources has agreed to see wellness screen referrals within **7-14 days**
- Case Managers typically follow students through one to three appointments, up to 90 days, or until solid connection is secured

HOW CAN PARENTS HELP?



Encourage conversation and talk to your child.



Talk with your pediatrician or primary care provider.



Consider an evaluation from a mental health professional.



Participate in screening opportunities offered at school.

CHILDREN LIVING WITH MENTAL HEALTH CONDITIONS
SUCCEED EVERYDAY. WITH THE RIGHT SERVICES AND
SUPPORTS, ALL CHILDREN CAN THRIVE.

WWW.NAMI.ORG

“As much as my son was willing to participate in this program, I really appreciate the help you provided to him. Thank you... His grades were back to A's and he also participated in sports activities, as well as responsibilities around the house. Thank you, thank you, and more thank you... Happy mom! :)”

-Parent



- Please contact Amy D'Addario, Program Manager at 920-886-9319 ext. 111 or adaddario@samaritan-counseling.com if you have any questions or concerns!
- For more information regarding the Wellness Screen: <https://samaritan-counseling.com/wellness-screen/>