Prevention First! Coalition Academy

Universal Screening in Schools for Mental Health & Substance Use

- **1 in 6** school-aged youth: **significant impairments** in life functioning due to a **mental illness** (e.g., ADHD, behavioral problems, conduct problems, anxiety, and/or depression)
- **1 in 4** youth: growing up in **poverty** and may be **exposed to violence, chronic insecurity, loss, hardship, and disruption of life**
- **1 in 5** youth: high levels of **traumatic adverse childhood experiences**
- **1 in 4** students: **bullied by peers**
- **1 in 10** adolescents: victim of **physical violence by a dating partner**
- **Suicide** is 2nd leading cause of death for youth (ages of 10-24)

Why Screen Universally?

- **Best practice recommended by:**
  - **National Association of School Psychologists**
  - **National Research Council**
  - **Institute of Medicine**
  - **World Health Organization**

- **Significantly more students need MH/BH services than receive them**

- **Universal screening helps with:**
  - **Early identification of students who are at-risk of MH/BH concerns**
  - **Students receiving services earlier than they otherwise would**
  - **Preventing the need for more intensive services later**

The Reality of Universal Screening...

- **Less than 5% of schools engage in mental health screening**
- **Those who do may not adequately use screening data to inform interventions**

Universal Screening Steps

1. **Establish School Leadership Team**
2. **Identify Key Areas to Screen and Select Appropriate Instruments**
3. **Plan for Implementation**
4. **Administer Screening**
5. **Use Results to Drive Intervention**
6. **Evaluate Progress**

Step #1: Establish School Leadership Team

- **Team should:**
  - **Consist of leaders who will help plan, implement, and evaluate the screening process through collaboration and feedback with other school professionals.**
  - **Meet regularly to ensure that screening efforts are planned for, implemented, and monitored effectively.**
  - **Include a building administrator, an individual with expertise in assessment and mental health (e.g. school psychologist, school social worker, or school counselor), regular & special education teachers across grade levels.**

Step #2: Identify Key Areas to Screen and Select Appropriate Instruments

- *Screener should be*:
  - Age-appropriate
  - Developmentally-appropriate
  - Culturally-appropriate
  - Practical to use
  - Brief in duration
  - Reliable and valid

Mental Health, Social-Emotional, and Behavioral Screening and Evaluation Compendium

- Developed as part of Project AWARE Ohio

- This compendium identifies **no-cost and low-cost screening tools** to identify children and adolescents in need of mental health, social-emotional, and behavioral intervention.

- Available at:
  - http://resources.oberlinkconsulting.com/uploads/compendiums/Compendium-Version-2.pdf
  - http://education.ohio.gov/ [Keyword search = Project AWARE]

ADVANCING WELLNESS and RESILIENCE in EDUCATION

Step #3: Plan for Implementation

- Determine who will be involved with screening
  - School Psychologist
  - Guidance Counselor
  - Social Worker
  - School Nurse
  - Mental Health Therapist
- Develop procedure for screening as well as managing referrals
- Train those who will be involved
  - Tool
  - Procedure
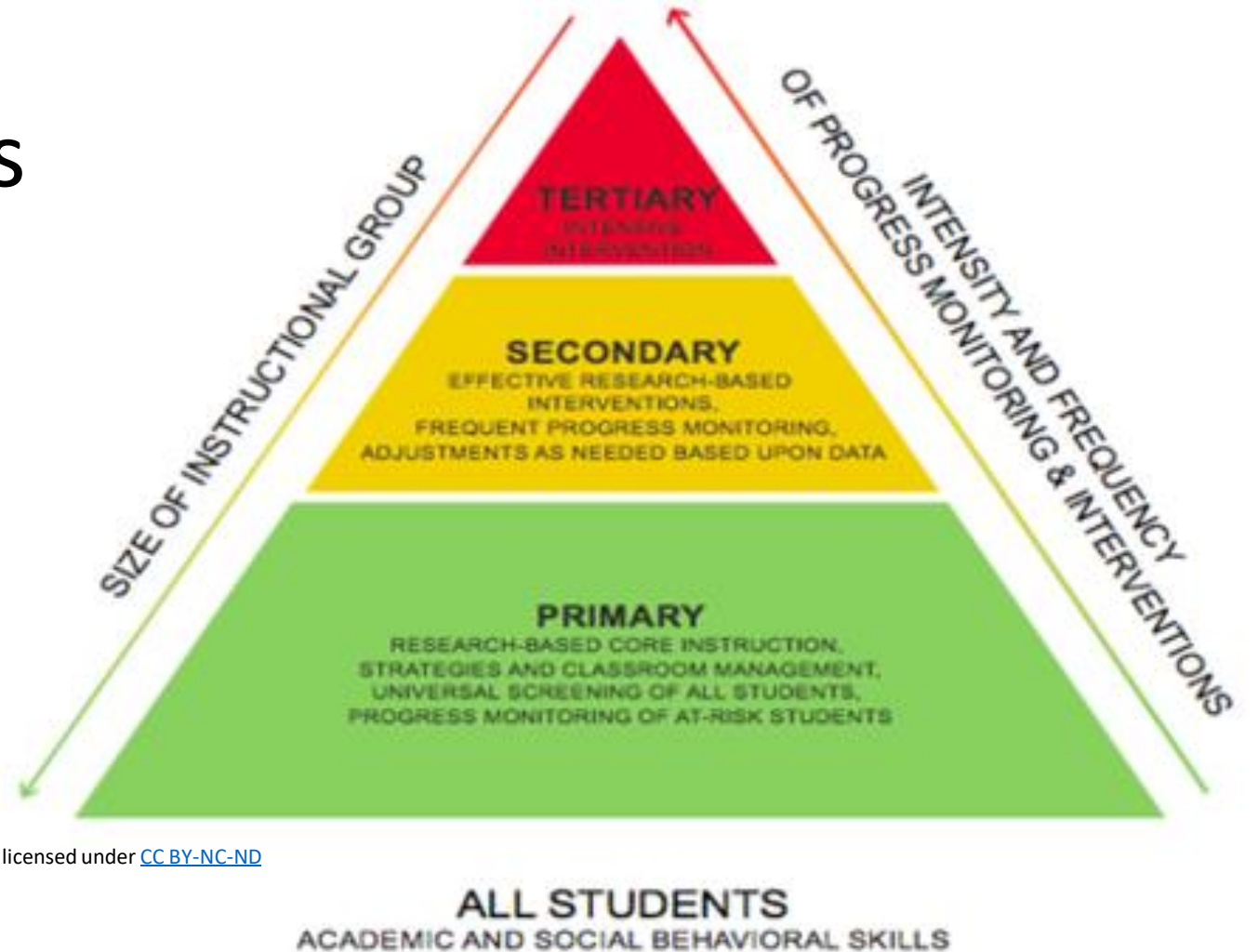- Time and Place for screenings

Step #4: Administer Screening

- Inform student of the purpose of the screening
- Administer screening in a safe and confidential space
- Discuss concerns of confidentiality and how you will share results

Step #5: Use Results to Drive Intervention

- Create decision rules
- Refer according to decision rules

Step #6: Evaluate Progress

- Utilize Rapid Cycle Testing to review and enhance procedure
- Check data collection methods
- Review student progress