

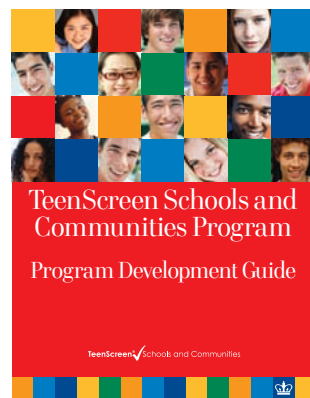
# Free Implementation Materials for Screening

TeenScreen Schools and Communities offers participating schools and communities free access to evidence-based resources to conduct screenings in school and community based settings. To get started with developing a TeenScreen program for the teens in your community, request the TeenScreen Development Guide by visiting: [www.teenscreen.org](http://www.teenscreen.org).

The materials offered include:

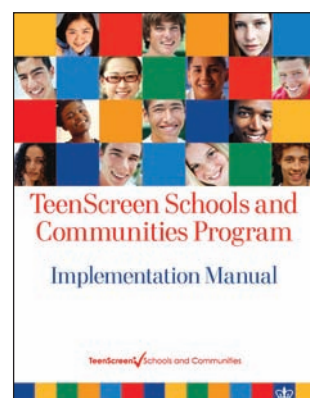
## TeenScreen Development Guide

This guide is a comprehensive resource designed to assist you in developing a quality TeenScreen Program in your school or community. The guide and companion Development Webinar provide the tools to prepare and build support in your community as well as suggestions for funding and sustaining your program.



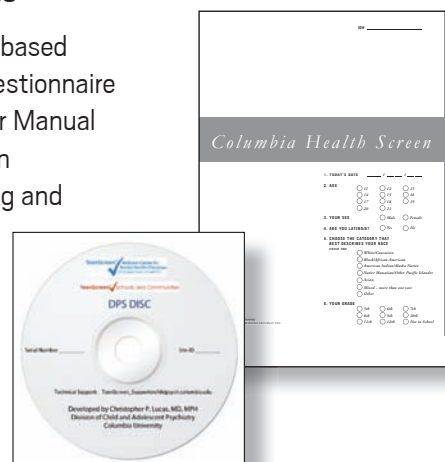
## TeenScreen Implementation Manual

This manual will guide you through implementation of your local TeenScreen program. The accompanying online Training Modules will prepare you and your screening staff to implement a safe and effective screening program.



## Screening Questionnaires

Receive the free evidence-based mental health checkup questionnaire of your choice and the User Manual that provides instruction on their administration, scoring and interpretation.



The TeenScreen National Center for Mental Health Checkups at Columbia University is a non-profit, privately funded mental health initiative. The mission



of the National Center is to expand and improve early detection of mental illness by mainstreaming mental health checkups as a routine procedure in adolescent health care, schools, and other youth-serving settings. The National Center offers youth mental health checkups through two major national efforts, TeenScreen Primary Care and TeenScreen Schools and Communities, formerly known as the Columbia University TeenScreen Program. Voluntary screening is provided in more than 1000 sites in 44 states through the National Center's efforts. The National Center is an affiliate of the Columbia University Division of Child and Adolescent Psychiatry.

The National Center and its programs are supported by foundations, individuals, and organizations committed to the early identification of mental illness in youth and the prevention of teen suicide. The National Center is not affiliated with or funded by any pharmaceutical companies.



For more information about TeenScreen Schools and Communities and the TeenScreen National Center for Mental Health Checkups:

- Visit [www.teenscreen.org](http://www.teenscreen.org)
- Call **1-866-TEENSCREEN**  
(1-866-833-6727)
- Email [TeenScreen@childpsych.columbia.edu](mailto:TeenScreen@childpsych.columbia.edu).

To download the Schools & Communities Development Guide go to:

<http://www.teenscreen.org/programs/schools-communities/>



## References

1 Shaffer D., et al. (2004). The Columbia SuicideScreen: Validity and Reliability of a Screen for Youth Suicide and Depression. *Journal of the American Academy of Child and Adolescent Psychiatry*, 43(1), 71-79.

2 Kaplan, A., et al. (2005). Assessing the Effectiveness of the Columbia University Teen Screen Program. Poster presented at the annual meeting of the American Academy of Child and Adolescent Psychiatry, Toronto, Canada.

3 Gould, M., et al. (2005). Evaluating

Iatrogenic Risk of Youth Suicide Screening Programs: A Randomized Controlled Trial. *Journal of the American Medical Association*, 293, 1635-1643.

4 U.S. Surgeon General. (1999). *Mental Health: A Report of the Surgeon General*. Rockville, MD: U.S. Government Printing Office.

5 Mojtabai, R. & Olson, M. (2008). Parental detection of youth's self-harm behavior. *Suicide and Life-Threatening Behavior*, 38, 60-72.

6 Centers for Disease Control and Prevention (2009). National Center for

Chronic Disease Prevention and Health Promotion. *Youth Risk Behavior Surveillance System, MMWR 2010*; 59 (SS-5).

7 The National Research Council and the Institute of Medicine of the National Academies. (2009). *Preventing mental, emotional, and behavioral disorders among young people: Progress and possibilities*. Washington, DC: The National Academies Press.

TeenScreen® Schools and Communities

# Adolescent Mental Health Checkups at School and in the Community



# TeenScreen Schools and Communities

TeenScreen Schools and Communities is a national mental health and suicide risk screening program for young people. This pioneer program of the National Center for Mental Health Checkups at Columbia University is committed to making mental health checkups routinely offered and administered to all teens.

“TeenScreen gave me an adult to talk to—someone to listen—and then they connected me with a counselor that I could see regularly. I am in college now and I’m doing well.”



Teen Mental Health Screening Participant

Screening can take place in schools, clinics, shelters and a variety of other youth-serving organizations and settings. TeenScreen Schools and Communities offers free program development tools, implementation materials and technical assistance to groups that wish to implement TeenScreen to proactively reach the at-risk teens in their communities. To date, nearly one million teens have been offered a mental health checkup

through more than 550 school and communities sites implementing TeenScreen across the country.

TeenScreen was developed by Columbia University’s Division of Child and Adolescent Psychiatry. It has been researched and evaluated in a variety of settings with diverse youth populations. Research conducted on TeenScreen reveals it is effective in identifying young people who are at risk for depression, other mental disorders and suicide.<sup>1,2</sup>

Screening has also been demonstrated to be a safe practice. A study published in the Journal of the American Medical Association showed that screening does not cause youth to become depressed, suicidal or distressed.<sup>3</sup>

## Why Screen?

Most parents think they would know if their child was depressed or at risk for suicide, but studies show that 80 percent of mentally ill youth do not receive services<sup>4</sup> and that parents are unaware of their children’s suicide attempts 90 percent of the time.<sup>5</sup> Screening can help identify those youth who are suffering from undiagnosed mental illness or are at risk for suicide, make their parents aware of their children’s difficulties, and help connect them with mental health services that can save their lives.

When left untreated, mental illness can lead to devastating consequences. These include drug and alcohol abuse, violence, school failure, involvement in the criminal justice system, the loss of critical developmental years and suicide.

## The Development Process

The steps involved in bringing the TeenScreen Schools and Communities Program to your community are as follows:

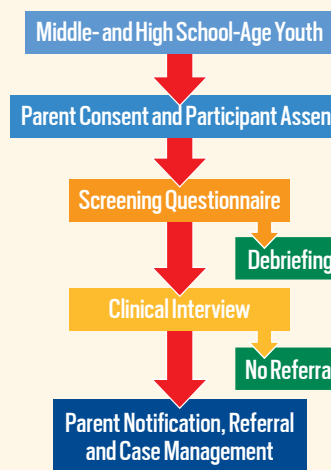


**Step 1: Develop your local TeenScreen program.** The TeenScreen Schools and Communities Program offers a Program Development Guide and a variety of other materials to assist you with developing a screening plan specific to the individual needs of your school or community. The materials also include tools to aid you in building community support and sustaining a local TeenScreen program.

**Step 2: Complete the TeenScreen training and register your local screening program and sites.** The TeenScreen Schools and Communities Implementation Manual and online Training Modules will prepare you and your screening staff to implement a safe and effective screening program. After completing the online training, you will be able to register your local TeenScreen program and sites and then receive the Screening Questionnaire Kit and other final materials needed to implement TeenScreen.

**Step 3: Screening in your community.** The last step of the process is to begin screening teens in your community following the process below. You will also then be added to the TeenScreen Network and receive ongoing support for your local program.

### The Screening Process



complete a brief, scientifically-tested, self-administered screening questionnaire.

**5. Clinical/ Debriefing Interview:** Teens who score positive on the screening questionnaire are interviewed by an on-site mental health professional to determine if further evaluation is necessary. Teens who score negative on the screening questionnaire receive a debriefing interview during which they can request an interview with a clinician or ask questions about the screening process.

**6. Parent Notification, Referral and Case Management:** Screening staff contact parents of youth who would benefit from a complete evaluation.

## The Screening Process

Following is an overview of the screening process for teen participants:

- 1. Middle School & High School Age Youth:** TeenScreen Schools & Communities is appropriate for use with youth ages 11-18.
- 2. Parent Consent:** Parent consent is required for participation in the TeenScreen Schools and Communities Program.
- 3. Participant Assent:** Teens are given a description of the Program, are told that it is voluntary and given the opportunity to participate.
- 4. Screening Questionnaire:** Participants

## Mental Illness and Suicide in Teens

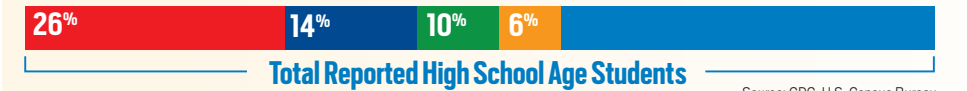
According to the Centers for Disease Control and Prevention, among U.S. high school students in 2009:

More than **26%** felt so sad or hopeless almost every day for 2 weeks that they stopped doing some usual activities.<sup>6</sup>

More than **14%** thought seriously about killing themselves.<sup>6</sup>

Over **10%** made a plan about how they would attempt suicide.<sup>6</sup>

Almost **6%** made a prior suicide attempt.<sup>6</sup>



## A Window for Prevention

**14 to 20%** of youth experience mental, emotional, or behavioral disorders at any given time, according to the Institute of Medicine and the National Research Council.<sup>7</sup>



First symptoms of mental disorders occur **2 to 4 years** before the onset of a full-blown disorder.<sup>7</sup>



Only **1 in 5 adolescents** receives treatment for a mental health disorder.<sup>7</sup>

## Support for Mental Health Screening

TeenScreen Schools and Communities is included in the Substance Abuse and Mental Health Services Administration’s (SAMHSA) National Registry of Evidence-based Programs and Practices as a scientifically verified intervention in the areas of suicide prevention and early identification of mental illness.

TeenScreen is listed in the Best Practices Registry for Suicide Prevention issued by the Suicide Prevention Resource Center (SPRC) and American Foundation for Suicide Prevention (AFSP).

A 2009 report published by the Institute of Medicine and National Research Council calls for evidence-based mental health screening of adolescents in school and community settings.

The 2003 President’s New Freedom Commission on Mental Health cited TeenScreen as a model program.

The early identification of mental illness through screening was endorsed in a 1999 U.S. Surgeon General report.

More than 30 national health, mental health and education organizations are on record as supporting voluntary mental health screening for youth.