

What's Up Wellness Checkups/TeenScreen Parent Consent Form

Spring 2018

Dear Parents,

Our schools are committed to working with you to not only educate your children, but also to support them to reach their full potential outside of the classroom living happy, rewarding lives. To that end, we are offering parents of NJUHSD high school students the opportunity to have their teens participate in a free health check-up offered to students by What's Up Wellness Checkups. The Wellness Checkups is an emotional health screening program based on TeenScreen, a nationally recognized and evidence-based program developed for teens by Columbia University. Teen Screen is currently supported by Stanford University. The screening program identifies risk factors associated with depression, anxiety, and alcohol and substance abuse. The program is free, completely voluntary and confidential.

I hope you take advantage of this confidential check-up. Please read the information below and then sign and return the Parent Consent Form on the opposite side of this page to indicate whether you want your teen to participate.

How Do The Wellness Checkups Work? The staff of What's Up Wellness Checkups will conduct the screenings. It will take place during school hours in a private setting at the school. Your teen will not be screened without your permission. All screening results will be kept confidential, stored separately from academic records, and not shared with your teen's teachers.

There are three steps to the screening process.

Step One: Teens complete a 10-minute questionnaire about vision, hearing and dental problems, symptoms of depression and anxiety, suicidal thinking and behavior, and use of drugs and alcohol.

Step Two: Teens whose answers reveal a possible need for further support and teens who ask for help then meet with a trained mental health professional in private to determine if further evaluation would be helpful. Teens whose answers show they likely do not need help meet briefly with other program staff to answer any questions they may have about the program. This also gives them the opportunity to ask for help with any other concerns the screening did not cover.

Step Three: You will be contacted by program staff only if your teen meets with a mental health professional *and* they recommend further evaluation for your teen. If this is the case, program staff will share the overall results with you and discuss ways you can get help for your teen. You will not be contacted if your teen is not found to need additional mental health services. If a vision, hearing or dental need is identified during the screening process, program staff will notify you by letter.

Nevada Joint Union High School District provides this screening at no cost, but does not provide further evaluation or treatment services. It is up to you to decide if you want to obtain any additional services for your teen.

Consent forms will be accepted and screenings will occur throughout the 2018-2019 school year. Please contact What's Up? Wellness Checkups staff at 530-268-5854 or whatsupwellness@gmail.com if you have any questions. To learn more about the program: www.whatsupwellness.com

Please sign the consent form on the opposite side of this page and return to the main office or to your school counselor.

Sincerely,

Dan Frisella
Assistant Superintendent
Nevada Joint Union High School District
11645 Ridge Road
Grass Valley, CA 95945

What's Up Wellness Checkups/TeenScreen Parent Consent Form

I have read and understand the description of the TeenScreen Program offered at NJUHSD High Schools from August 2018 through June 2019. A complete description is available at: www.nuhsd.org/wellnesscheckups or www.whatsupwellness.com

I would like **OR** I do not want my child to participate in the TeenScreen Program

Parent/Legal Guardian's Name

Parent/Legal Guardian's Signature

Date

Student's Name

Date of Birth

Grade

High School

Please provide BOTH addresses and phone/email information so we can contact you if needed:

Physical Address

Mailing Address (if different)

Parent's Email Address

Home Phone

Cell Phone

Work Phone

Best times to reach you: _____

Notes: _____

*Screenings will be taking place throughout the 2018-2019 school year. If you have questions regarding when or if your child has been screened, please contact What's Up? Wellness Checkups at 530-268-5854/whatsupwellness@gmail.com.

For immediate help call the Nevada County Crisis Line 530-265-5811 or Placer County Crisis Line 916-787-8860.

FAQ's About What's Up Wellness Checkups & TeenScreen

Are TeenScreen results confidential? Yes. To protect your child's privacy, screening results and related files will be stored separately from school records. Teachers and school staff will not be involved in the screening. If program staff believes that your child is in some danger or is a danger to others, they are mandated by law to take action and notify appropriate personnel and/or necessary authorities.

What information will be shared with my child following the screen? All teens meet privately with program staff to discuss concerns that came up for them while screening & generate a list of people they could go to for help if needed. If answers reveal potential concerns about their emotional well-being they will meet with a clinician to explore symptoms/difficulties and determine whether they might benefit from a full evaluation by a mental health professional at a later date. If the clinician determines that a teen may benefit from an evaluation, the teen will be told that his/her parent(s) will be contacted to discuss a recommendation for follow-up.

What if I provide consent, but my child doesn't want to participate? Screening is voluntary & your child may refuse to participate. We will notify you by letter if your child chooses not to participate or is absent on the day of the screening.

How accurate is the screening questionnaire? The screen was developed by Columbia University and research has concluded that it is effective in identifying youth's possible emotional problems. However, the screen results are not a medical diagnosis and TeenScreen does not make treatment recommendations. To review any forms or the screen, please call (530)268-5854 or email us at whatsupwellness@gmail.com.

How is the program funded? It is supported by the Nevada County Behavioral Health Department's Mental Health Services Act funding, as a not for profit public service to help provide free screening services to local communities.