

# Why the need:

About 1 in 5 adolescents have an emotional health concern.



while their concern goes unidentified.

**If these concerns go unidentified and untreated it can lead to the following:**

- Grades dropping
- School attendance decreasing
- Conflicts with family, friends, and teachers
- Increased symptoms of depression, anxiety
- Alcohol or drug use
- Suicide

## Checklist for Youth:

The American Academy of Pediatrics recommends that all youth have an emotional health screening annually.

- ANNUAL PHYSICAL
- EYE EXAMS
- DENTAL APPTS
- EMOTIONAL HEALTH SCREENING

## Are there any costs?

St. Mary's Springs Academy 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.

You may contact the screening staff for more information about health resources in your area.

## Support?

The program is supported by grants, foundations, and local communities and receives no funding from pharmaceutical companies.

- Operated as a non-profit public service, the YScreen Program accepts individual donations to help provide free screening services to local communities.
- The Fond du Lac School District serves as the fiscal agent for the YScreen Program. YScreen is funded in part by FDL Area United Way and SSM Health.



## Questions?

Contact the YScreen Program  
(920) 906-6571

[www.csifdl.org/yscreen/SMSA](http://www.csifdl.org/yscreen/SMSA)



ANXIETY  
DEPRESSION  
SUICIDE  
TEENS + MENTAL HEALTH  
HEALTHIER YOUTH  
SUCCESSFUL FUTURES

# What Parents & Guardians Need to Know



Healthier Youth Through Emotional Health Screening

In partnership with

# St. Mary's Springs Academy

PROUDLY SCREENING SINCE 2003

# How It Works

- Parent/guardian permission is required for screening.
- All screening results will be kept confidential, stored separately from academic records and are not shared with school personnel.
- If screening staff believes your child is at risk of hurting themselves or others, appropriate personnel and/or authorities will be notified.

## There are **THREE** steps to the screening process:



1

Teens complete the screening questionnaire in a private setting at school.



2

After your teen has completed the questionnaire, YScreen staff will review it and discuss the results with your teen. The entire process usually takes about 15-20 minutes.



3

You, as a parent, will be contacted by screening staff **ONLY** if there are identified concerns based on screening results.

**YScreen staff are experienced, state licensed counselors and social workers.**

## - FAQs -

### What if I provide consent, but my child doesn't want to participate?

We believe screening should be voluntary. On the day of the screening youth are given the choice whether or not to participate. We will notify you if your child chooses not to participate.

### How accurate is the screening?

The screening questionnaire is effective in identifying youth with possible emotional health concerns. However, the results are not a medical diagnosis. Medical diagnoses are beyond the scope of the FDL Area YScreen Program.

### Does the FDL Area YScreen Program provide treatment?

We do not provide treatment directly as this is beyond the scope of the program; however we may make a referral for further evaluation by a mental health provider or for support by a school counselor. We then work to connect youth and their parents to the needed resources within the community. All possible treatment decisions are made by families in close consultation with a health professional after the completion of the screen.

### Can I see the questionnaire?

Absolutely. If you wish to review the screening tool, please contact the YScreen Program at 920-906-6571.

# Parent Feedback

**For most parents this screening will reassure you that your teen is experiencing typical "growing pains".** If a concern is identified, however, the YScreen program will work with parents to become connected to needed resources in the community.



**Three of four parents** reported their child is doing better now than at the time of the initial screen.



**"I want to say thank you for helping us recognize the problems that plagued my child. Without YScreen it's hard telling where things would have ended up. My child got the help he needed thanks to YScreen."**

**"A valuable program to identify issues that day-to-day life may not reveal. It is so important during these adolescent years to have awareness of their true emotional state of mind."**

**Stay a step ahead  
by screening for  
emotional health  
concerns.**

Screening is conducted at most public, private, and charter schools and offered through Juvenile Court Services in Fond du Lac County.