

LESS STRESS = MORE SUCCESS



Free emotional wellness screenings for youth are available!

☹️ **Did you know** that 10% of children and adolescents in the U.S. suffer from serious emotional and mental health concerns that significantly disrupt their daily functioning at home and in school? (Mental Health: A Report of the Surgeon General, 1999)

☹️ **Did you know** that only 20% of children and adolescents with significant mental health concerns are actually identified and receive mental health services? (Mental Health: A Report of the Surgeon General, 1999)

☹️ **Did you know** that 50% of students with a significant mental health concern (age 14 and older) drop out of high school? (U.S. Dept. of Education, 2001)

☹️ **Did you know** that 70% of youth involved in the juvenile justice system suffer from a significant mental health concern? (Blueprint for Change, National Center for Mental Health and Juvenile Justice, 2006)

☹️ **Did you know** that suicide is the 3rd leading cause of death in youth aged 10 to 24 and that 90% of people who die by suicide suffer from a significant mental health concern at the time of their death? (Mental Health: A report of the Surgeon General, 1999)



Early identification and intervention can help. Rensselaer County Mental Health offers free and confidential emotional wellness screenings for children living in Rensselaer County.

☺️ **When is a good time to have a child screened?**

According to Mental Health America, two major transitions in children's lives are starting elementary school and entering middle school. These transitions can be stressful and exciting at the same time. Taking time to check in on a child's social and emotional development, rather than just their physical development is especially important at these times. However, screenings can be conducted at **any** time.

☺️ **What is the screening process like?**

The first step in the screening process is for a parent to complete and sign the consent form printed on the back of this brochure. This form must then be returned to Catherine Hepp, LCSW at Rensselaer County Mental Health via mail or fax. The fax number is 270-2723. The mailing address is: Rensselaer County Mental Health, 1600 7th Avenue, Troy, NY 12180.

😊 **Then what happens?**

Once, the parental consent form is returned to the screener, a screening questionnaire will be selected based on the age of the child. For children under age 11, the questionnaire is strictly based on the parent's observations of their child. For children age 11 and older, the questionnaire consists of a parent part and a child part. The questionnaires can be either mailed to the parent, or a meeting can be arranged with the screener at a location of the parent's choosing. Completion of the screening tool shouldn't take more than a half hour.

😊 **What if the screening results indicate a concern?**

The screener, who is a licensed mental health professional, will call the parent to discuss the results and possible interventions. Sometimes a comprehensive assessment for further evaluation is recommended. The screener will also ask the parent if they wish to sign any releases of information for the results to be shared with others, such as school staff or a pediatrician. It is important to remember that it is **always** up to the parent whether they wish to follow through with any recommendations made by the screener or to have the screening results shared with anyone.

CONSENT FORM

I, _____, give
permission for my child,
_____, to
participate in Rensselaer County Mental
Health's Emotional Wellness Screening
Program.

My child's date of birth is:

My child attends the following school:

I was given this form by:

Parent/Guardian Signature:

Date: _____

Parent/Guardian Address:

Parent/Guardian Phone:

I choose to decline this screening at this
time: (check here) _____

Please return this form to:
Catherine Hepp, LCSW
Rensselaer County Mental Health/ 3rd Floor
1600 7th Avenue
Troy, NY 12180
Or 270-2723 (fax)

**Questions? Concerns?
Looking for more information about screening for stress?**

Call Catherine Hepp, LCSW at
Rensselaer County Mental Health:
270-2839



A Free Service of :

Rensselaer County Mental Health

**Rensselaer County Executive
Kathleen M. Jimino
Ned Pattison Government Center
1600 7th Avenue
Troy, NY 12180**