

## **School-Based Mental Health Screening**

### *FAQ for parents*

Screening is a process for evaluating the possible presence of a particular problem. The intent of mental health screening is to determine the possible presence of a mental health concern. Mental health screening for a student may only occur after a parent actively consents to opt into completing a mental health screener.

#### **What is consent?**

The mental health screener is a voluntary and anonymous opportunity for a parent to screen their child for symptoms of depression and anxiety, using the Patient Health Questionnaire - 9 (PHQ-9) and Generalized Anxiety Disorder - 7 (GAD-7) via an online questionnaire through Qualtrics. Results of the survey will be available immediately to the participant. Results will NOT be shared with the school or district, unless a parent chooses to give their consent to willingly share the results with the school and district. (See [Privacy Statement](#)). When a parent selects the option to share the results with their child's school at the conclusion of the screener, they are actively giving their consent to share the results with specific school personnel.

#### **Are you diagnosing my child?**

No. Screening is the process by which the presence of a particular problem is identified. Further assessment by a qualified mental healthcare provider would need to be completed in order for a diagnosis to be provided. Screeners are designed to identify risk early to intervene quickly and improve outcomes.

#### **Will I receive the results of my child's screening?**

Yes. Results of the screening will be available immediately upon completion of the screener. A score calculated by the screening tool will be provided indicating the degree of symptoms based on answers to the questions. Helpful tips sheets will be provided based on the screener score. Parents may choose to share the screening results with their child's school and inquire about additional support and resources.

#### **What do the results of the screening mean?**

The results will show the possible presence of a concern to help parents determine if their student is at risk and if they would benefit from additional support and resources.

#### **Do I need to pay for this?**

No. Screening is free for students.