

SONATIX

WELLNES S



**Spring 2025
Screener Report**

Introduction

The Utah State Board of Education enacted Utah Admin. Code 277-625. This code concerns the administration of mental health screeners to students in the education system.

At the Request of the Ranches Academy, Sonatix Wellness has administered the requested Mental Health screeners to the designated student population at Sonatix Wellness. The report outlines the procedure, methods of administration, and results of the screeners.

These results are in compliance with the directives outlined in Utah Admin. Code 277-625, and satisfy all aspects of the code. The code specifics can be found here:

URL: <https://adminrules.utah.gov/public/rule/R277-625/Current%20Rules?searchText=277-625>

What is Mental Health Screening?

Screening is a process for evaluating the possible presence of a particular problem. Mental health screening may only happen after the student's parents opt into mental health screening, giving active consent. Please note, screening is not an assessment or a diagnosis.

Participating in a mental health screener is just a process to identify if a particular problem is present in the child. Further assessment would need to be completed in order for a diagnosis to be provided. Results of a screening may indicate the possible presence of a concern, and will help determine if a student may benefit from a full assessment.

Schools are required to provide the results of a screening if a potential mental health condition is indicated. These results will be provided to the student and parent, including any services that can be provided by the school mental health provider, or by a partnering entity.

Please see the "School Based mental health Screening Guide book: Implementation plan" located here:

URL: <https://www.utah.gov/pmn/files/970617.pdf>

Procedure

The screener administration required a joint effort by Sonatix Wellness and The Ranches Academy. Decisions were made with mutual agreement from both parties to ensure compliance with the Utah State Board of Education and to meet the needs of the Student Population at the Ranches Academy

Screeners Used

Screeners were selected to screen for depression and suicide ideation. The following screeners were mutually selected:

- Center for Epidemiological Studies Depression Scale for Children (CES-DC)
- The Columbia-Suicide Severity Rating Scale (C-SSRS)

These screeners are non-clinical, were administered by professionals under the direction of Sonatix Wellness, and are approved by the State of Utah to be used for fulfilling Code 277-625.

The State's approved tool list can be found at the following URL.

<https://schools.utah.gov/policy/policy/utahlegislative-reports/2020/2020NovemberMentalHealth.pdf#search=screener>

The Screening tool list is displayed on the following page.

Mental Health Screening Tool List

Draft 4

#	Name	Age or Grade	Condition Screening Detects	Screening Administrator	Evidence Based Data	Limitations and False Positives	Link to Website
1	Patient Health Questionnaire-9 (PHQ-9)	Child Age: • 11 - 17	• Depression/Mood	Non clinical, professional level; question/answer format	Yes	• Relies on self report	https://www.phqscreeners.org/
2	General Anxiety Disorder-7 (GAD-7)	Child Age: • 11 - 17	• Anxiety	Non clinical, professional level; question/answer format	Yes	• Relies on self report	https://www.phqscreeners.org/
3	Depression Self-Rating Scale for Children (DSRS-C)	Child Age: • 8 - 14	• Depression/Mood	Non clinical, professional level; question/answer format	Yes	• Relies on self report	https://dm0az550769cd.cloudfront.net/shape/29/296a40a3a588c780c66b4657b5834342.pdf
4	The Columbia-Suicide Severity Rating Scale (C-SSRS)	Age: • 6+	• Suicide Ideation	Non clinical, professional level; question/answer format	Yes	• Relies on self report	https://cssrs.columbia.edu/
5	Signs of Suicide Brief Screen for Adolescent Depression (SOS, BSAD)	Middle School Ages: • 11 - 13 High School Ages: • 13 - 17	• Suicide Ideation & Depression	Non clinical, professional level; question/answer format	Yes	• Relies on self report	https://www.sprc.org/resources/programs/sos-signs-suicide
6	Revised Children's Manifest Anxiety Scale, Second Edition	Child Age: • 6 - 19	• Anxiety	Non clinical, professional level; question/answer format	Yes	• Relies on self report	http://www.wpspublish.com/tcmass-2-revised-childrens-manifest-anxiety-scale-second-edition
7	Reynolds Adolescent Depression Scale (RADS-2)	Age: • 11 - 20	• Depression	Non clinical, professional level; question/answer format	Yes	• Relies on self report	https://www.painc.com/Products/Pkey/348
8	Short Mood and Feelings Questionnaire (SMFQ) & SMFQ Parent Report	Child Age: • 6 - 17	• Depression	Non clinical, professional level; parent report & self-report versions available	Yes	• Relies on self report & • Relies on parent/guardian report	https://developmentalpsychiatry.duke.edu/measures/the-mood-and-feelings-questionnaire-mfq/

9	Center for Epidemiological Studies Depression Scale for Children (CES-D-C)	Child Age: • 6 - 23	• Depression	Non clinical, professional level; question/answer format	Yes	• Relies on self report	https://www.theshapesystem.com/wp-content/uploads/2019/09/CES-D-C-FINAL-11-29-17.pdf
10	DSM-5 Cross-Cutting Symptom Measure (CCSM)	Parent/Guardian Administered, Child Age: • 6 - 17	• Depression & Anxiety	Licensed professional; question answer format	Yes	• Limited for clinical use only	https://www.psychiatry.org/pediatrics/practice/dsm/educational-resources/assessment-measures
11	DSM-5 LEVEL 2—Anxiety	Child Age: • 11 - 17	• Anxiety	Licensed professional; question answer format	Yes	• Limited for clinical use only	https://www.psychiatry.org/pediatrics/practice/dsm/educational-resources/assessment-measures
12	DSM-5 LEVEL 2—Depression	Child Age: • 11 - 17	• Depression	Licensed professional; question answer format	Yes	• Limited for clinical use only	https://www.psychiatry.org/pediatrics/practice/dsm/educational-resources/assessment-measures
13	Child Behavior Checklist (CBCL)	Child Age: • 6 - 18	• Depression & Anxiety	Licensed professional; parent/caregiver observe and report	Yes	• Relies on parent/guardian report • Clinically used and scored	https://aseba.org/school-age/
14	Teacher Report Form	Child Age: • 6 - 18	• Depression & Anxiety	Licensed professional; educator observe and report	Yes	• Relies on parent/guardian report • Clinically used and scored	https://aseba.org/school-age/

Figure 1: Mental Health Screening Tool List from "Mental Health Screening Programs Report" by the Utah State Board of Education

Population and Time

It was determined that the screeners would be administered to students with consenting guardians in Grades 2 through 6. Guardians of students would receive information in August 2024 about the screeners, with an accompanying digital consent form for their children's participation.

The screeners were to be administered on May 12 and 13, 2025. Additionally, eight (8) additional school days were provided as a screening window to administer to any participating students who were absent or otherwise unavailable on that day.

Teachers of participating students would be given at least four (4) week's notice on the administration schedule to ensure compliance with minimal impact to school instruction time.

Specific Actions

Coordination and efforts were required to complete the screeners. The following actions were required, and carried out, by each party.

Sonatix Wellness Actions:

- Sonatix Wellness will provide five (5) professional administrators to administer the screeners
- Sonatix Wellness will administer the CES-DC to all consenting students per classroom as a group, within a 30-minute window, with the Administrator reading aloud the questions, and the students marking their answers individually on their own paper.
- Sonatix Wellness will administer the C-SSRS to all consenting students individually, with no more than 10 minutes outside of the classroom, with the administrator reading aloud the questions and marking down the answers the student gives verbally. This is not to be done during any recess, break, or lunch time.
- Sonatix Wellness will test all available students on May 12, 2025. All absent or unavailable students on that day will have their test administered within the next 8 school days.
- Sonatix Wellness will deliver the results to the Ranches Academy before the end of the school day on Tuesday, May 20, 2025.

The Ranches Academy Actions:

- The Ranches Academy will send out a screener announcement to all guardians of students in Grades 2-6, with an accompanying digital consent form to all guardians of students in Grades 2 through 6.
- The Ranches Academy will compile the list of students with consenting guardians and deliver them to Sonatix Wellness
- The Ranches Academy will work with their teaching staff to coordinate appropriate times for Sonatix to Administer the screeners in a way that minimizes the loss of class time.
- The Ranches Academy will provide an administration schedule for the aforementioned date.
- The Ranches Academy will provide the results of a screening if a potential mental health condition is indicated. These results will be provided to the student and parent, including any services that can be provided by the school mental health provider, or by a partnering entity.

Screeners and Data

Data Privacy

Data collected by Sonatix Wellness is held on secure servers. Data includes student identifying information, guardian consent status, and screener responses. The data is not sold or shared with any other party. Data is shared with Ranches Academy only. Sonatix Wellness is not responsible for what Ranches Academy does with the data after being shared.

Grading Screeners

CES-DC

The CES-DC is graded on a point system, with each response providing the corresponding points, from 0 to 3. Questions 4, 8, 12, 16 are the exception, where they score in the reverse, with 3 providing 0 points, and 0 providing 3 points, respectively.

The higher the score on the screener, the increased risk of depression symptoms.

- Scores below 20 are considered low risk
- Scores ranging from 20 to 29 are considered moderate risk
- Scores 40 and above are considered high risk.

C-SSRS

The C-SSRS is graded on a Yes/No system, with each answer indicated as Low Risk, Moderate Risk, or High Risk. If Yes is answered on Question 2, you ask Questions 3, 4 and 5. If No is answered on Question 2, then only questions 1, 2 and 6 are asked.

For scoring, each answer is given a number corresponding to its associated risk

- Blank = 0
- Low Risk = 1
- Moderate Risk = 2
- High Risk = 3

The higher the total score on the screener, the increased risk of depression symptoms

- Scores less than 2 are considered Normal Risk
- Scores ranging from 2 to 4 are considered Low Risk
- Scores ranging from 4 to 7 are considered moderate Risk
- Scores 8 or greater are considered Hi Risk

Screener Results

The screeners were completed on Monday, May 12, 2025. Of the participating students, 4 were absent on that day. The remaining students had their screener administration completed within the given window.

Results Overview

Population Consent:

- 254 Students were identified in Grades 2-6 at Ranches Academy
- 108 of the 254 students had guardian consent to participate in the Screeners (42.5% of the population) group.
 - 49 of those screened are male, and 59 of those tested are female.

Of the Students Tested...

Depression Screener Results:

- 58 students resulted with Low Risk on the CES-DC (53.7% of the tested Population)
- 44 students resulted with Moderate Risk on the CES-DC (40.7% of the tested Population)
- 6 students resulted with Hi risk on the CES-DC (5.6% of the tested population)

Suicide Screener Results:

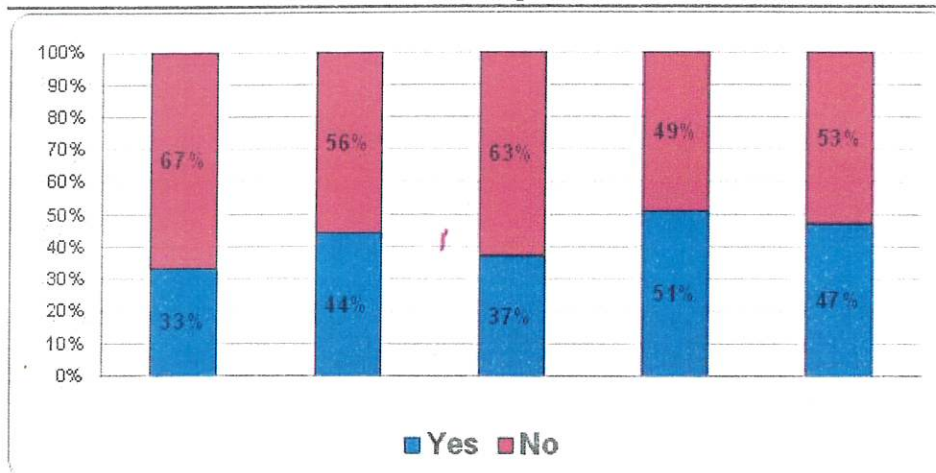
- 90 students resulted with Normal Risk on the C-SSRS (87% of the tested population)
- 9 students resulted with Low Risk on the C-SSRS (9% of the tested population)
- 3 students resulted with Moderate Risk on the C-SSRS (3% of the tested population)
- 1 student resulted with Hi on the C-SSRS (1% of the tested population)

Combination Results:

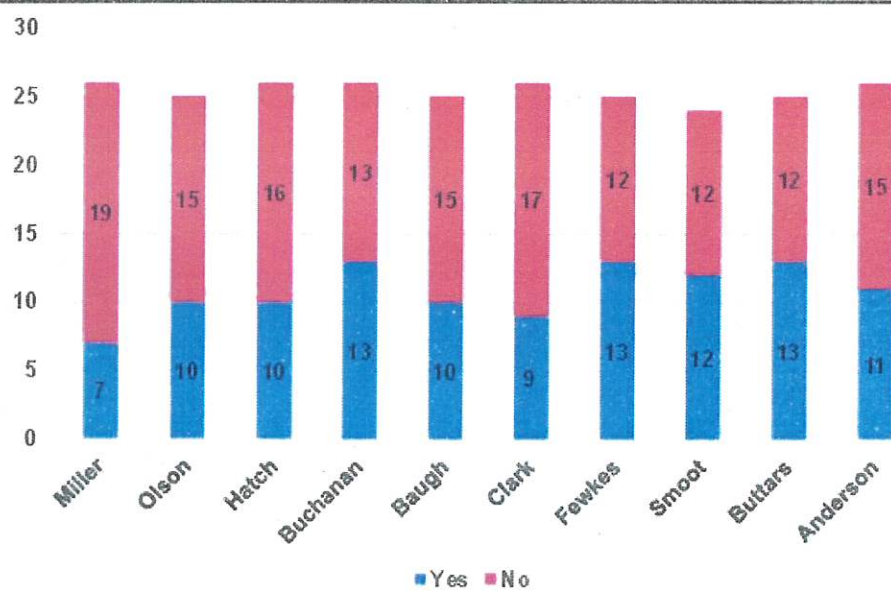
- Of the 13 students that tested Low Risk or Higher on the Suicide Screener
 - 2 students had a Depression Risk of Low.
 - 8 Students had a Depression Risk of Moderate
 - 3 students had a Depression Risk of High

Spring 2025 Consent Report

Consent - By Grade

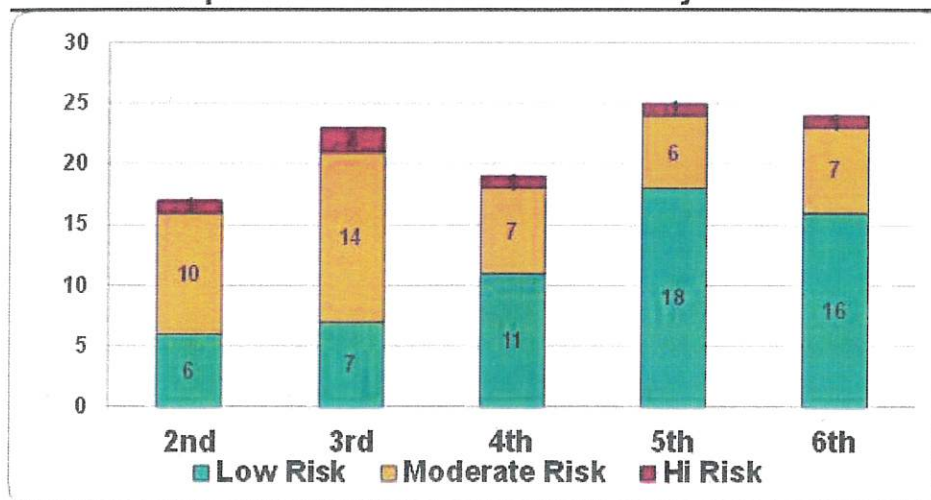


Consent - By Teacher

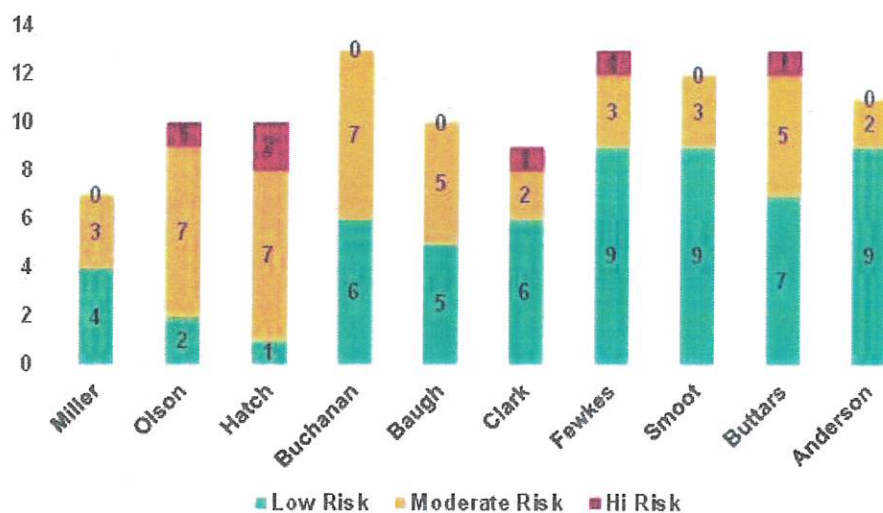


Spring 2025 Depression Screener Results

Depression Screener Results - By Grade

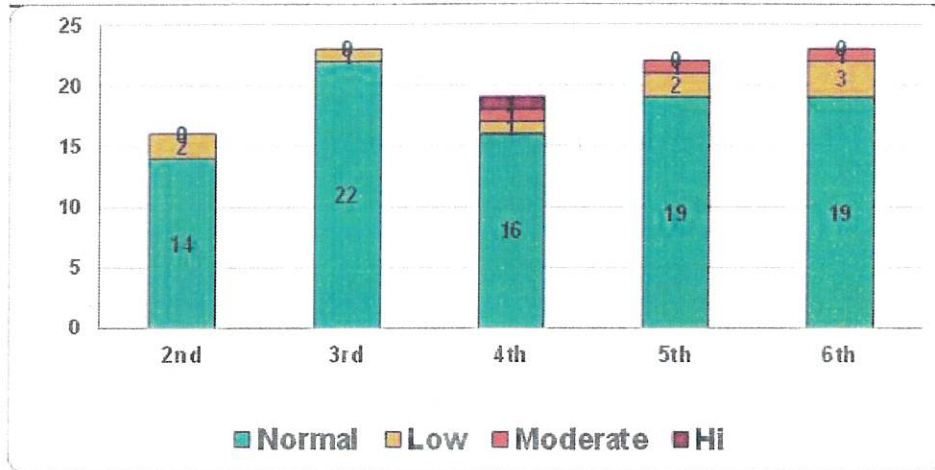


Depression Screener Results - By Teacher



Spring 2025 Suicide Screener Results

Suicide Screener Results - By Grade



Suicide Screener Results - By Teacher

