

The Mental Health Association of Oklahoma
Student Mental Health Program
Caroline Pollard, MHR-Program Coordinator
caroline.pollard@mhaok.org

Facts about the Student Mental Health Screening

- A student mental health screening is FREE!
- This screening is designed for students in 6th through 12th grade.
- It's all done through Zoom.
- It's either completely virtual with Zoom OR Zoom in person while maintaining social distance and wearing a mask, and the student and the Specialist will use their own computers.
- The screening has the student answer questions about how they are feeling with a brief 15 to 20-minute survey completed on a computer.
- If the Specialist determines the student has a negative screen, the Specialist conducts a debriefing conversation with the student, and the student is done.
- If the Specialist determines the student has a positive screen, the Specialist will complete a clinical interview with the student and make a mental health referral for further services by contacting the parent.
- If the Specialist determines that the student is in a mental health crisis and the screening is completely virtual, the Specialist will contact the Youth Mental Health Coordinator who will contact parents, school crisis personnel, and possibly emergency services to the location of the student. The Specialist will remain in the Zoom Virtual world with the student until help arrives. The Specialist will make a mental health referral for the student by contacting the parents.
- If the Specialist determines that the student is in a mental health crisis and the screening is done in person, the Specialist will contact the Youth Mental Health Coordinator who will then contact school crisis personnel and call the parents. The Specialist will remain with the student in person until help arrives. The Specialist will make a mental health referral for the student by contacting the parents.

English Parent/Guardian Consent:

<https://forms.gle/RfrREJjU3ivoAWcw7>

Spanish Parent/Guardian Consent:

<https://forms.gle/RvpbezeLaFU3FuMr8>

As caregivers, you are well aware that the physical and mental health of young people play a key role in their ability to succeed in school, have rewarding relationships with family members and friends, and lead productive and happy lives. Your school is committed to working with you not only to educate your children, but also to ensure that they reach their full potential outside of the classroom.

To that end, we are offering caregivers the opportunity to have their teens participate in a wellness check-up. This screening is intended to identify risk factors associated with mental health concerns such as depression, anxiety, and alcohol and substance abuse. The program is free, completely voluntary, and confidential. The teen years are a time of tremendous change. Our effort is to help caregivers better support their teens during these important years. No matter what the results of your teen's screening are, the program will provide you with important information. For most caregivers, this screening will reassure you that your teen is just experiencing typical "growing pains."

For other caregivers, this can help you pinpoint a problem in its early stages, giving you the ability to secure needed help for your teen and reduce the chance that a more significant problem will develop in the future. I hope you will take advantage of this confidential check-up.

The Mental Health Association Oklahoma provides this screening at no cost but does not provide further evaluation or treatment services. If your student's mental health screening warrants further evaluation or support, our Mental Health Specialist will reach out to work with you to access appropriate support and services for your teen.

If you have any questions, please do not hesitate to email caroline.pollard@mhaok.org or call 405-400-4278 and ask for Caroline Pollard-Youth Mental Health Coordinator.

Please click on the link below and return the Parent/Guardian Consent Form to indicate whether you want your teen to participate.

Parent/Guardian consent form link-

<https://forms.gle/RfrREJjU3ivoAWcw7>

Estimado Padre/Tutor:

La Asociación de Salud Mental de Oklahoma ofrece este examen sin costo alguno, pero no brinda más servicios de evaluación o tratamiento. Si el examen de salud mental de su estudiante requiere una evaluación o apoyo adicional, nuestro especialista en salud mental se comunicará con usted para acceder al apoyo y los servicios adecuados para su adolescente. Si tiene alguna pregunta, no dude en enviar un correo electrónico a caroline.pollard@mhaok.org o llame al 405-400-4278 para hablar con Caroline Pollard-Coordinadora de la salud mental de los Jóvenes. Haga clic en el enlace a continuación y regrese el formulario de consentimiento de los padres / tutores antes del para indicar si desea que su hijo adolescente participe o no.

formulario de consentimiento del padre / tutor

<https://forms.gle/7QWDNTno7pDJ4ikg8>

