

July 2016

Dear Parents,

Our schools are committed to working with you to not only educate your children, but also to ensure that they reach their full potential outside of the classroom living happy, rewarding lives. To that end, we are offering parents of NJUHSD high school students the opportunity to have their teens participate in a wellness check-up known as TeenScreen. TeenScreen is a nationally-recognized program developed by Columbia University to identify risk factors associated with depression, anxiety, and alcohol and substance abuse. The program is free and completely voluntary and confidential.

**I hope you take advantage of this confidential check-up. Please read the information below and then sign and return the Parent Consent Form on the opposite side of this page to indicate whether you want your teen to participate.**

**How Does TeenScreen Work?** What's Up Wellness Checkups will be in charge of the screenings. It will take place during school hours in a private setting at the school. Your teen will not be screened without your permission. All screening results will be kept confidential, stored separately from academic records, and not shared with your teen's teachers.

**There are three steps to the screening process.**

**Step One:** Teens complete a 10-minute questionnaire about vision, hearing and dental problems, symptoms of depression and anxiety, suicidal thinking and behavior, and use of drugs and alcohol.

**Step Two:** Teens whose answers reveal a potential problem and teens who ask for help then meet with a trained mental health professional in private to determine if further evaluation would be helpful. Teens whose answers show they probably do not need help meet briefly with other program staff to answer any questions they may have about the program. This also gives them the opportunity to ask for help with any other concerns the screening did not cover.

**Step Three:** You will be contacted by program staff only if your teen meets with a mental health professional *and* they recommend further evaluation for your teen. If this is the case, program staff will share the overall results with you and discuss ways you can get help for your teen. You will not be contacted if your teen is not found to need additional mental health services. If a vision, hearing or dental need is identified during the screening process, program staff will notify you by letter.

Nevada Joint Union High School District 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.

Consent forms will be accepted and screenings will occur throughout the 2016-2017 school year. Please contact What's Up? Wellness Checkups staff at 530-268-5854 or [whatsupwellness@gmail.com](mailto:whatsupwellness@gmail.com) if you have any questions. To learn more about the program: [www.whatsupwellness.com](http://www.whatsupwellness.com)

**Please sign the consent form on the opposite side of this page and return to the main office or to your school counselor.**

Sincerely,



Melissa Madigan, Director of Educational & Pupil Services  
Nevada Joint Union High School District  
11645 Ridge Road  
Grass Valley, CA 95945

I have read and understand the description of the TeenScreen Program offered at NJUHSD High Schools from August 2016 through June 2017. A complete description is available at: [www.nuhd.org/wellnesscheckups/www.whatsupwellness.com](http://www.nuhd.org/wellnesscheckups/www.whatsupwellness.com)

I would like **OR**  I do not want my child to participate in the TeenScreen Program

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Parent/Legal Guardian's Name

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Parent/Legal Guardian's Signature

Date

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Student's Name

Date of Birth

Grade

High School

**Please provide BOTH addresses and phone/email information so we can contact you if needed:**

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Physical Address

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Mailing Address (if different)

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Parent's Email Address

Home Phone

Cell Phone

Work Phone

Best times to reach y

Notes:

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\*Screenings will be taking place throughout the 2016-2017 school year. If you have questions regarding when or if your child has been screened, please contact What's Up? Wellness Checkups at 530-268-5854/[whatsupwellness@gmail.com](mailto:whatsupwellness@gmail.com). For immediate help call the Nevada County Crisis Line 530-265-5811 or Placer County Crisis Line 916-787-8860.

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### **FAQ's About What's Up Wellness Checkups & TeenScreen**

**Are TeenScreen results confidential?** Yes. To protect your child's privacy, screening results and related files will be stored separately from school records. Teachers and school staff will not be involved in the screening. If program staff believes that your child is in some danger or is a danger to others, they are mandated by law to take action and notify appropriate personnel and/or necessary authorities.

**What information will be shared with my child following the screen?** All teens meet privately with program staff to discuss concerns that came up for them while screening & generate a list of people they could go to for help if needed. If answers reveal potential concerns about their emotional well-being they will meet with a licensed clinician to explore symptoms/difficulties and determine whether they might benefit from a full evaluation by a mental health professional at a later date. If the clinician determines that a teen may benefit from an evaluation, the teen will be told that his/her parent(s) will be contacted to discuss a recommendation for follow-up.

**What if I provide consent, but my child doesn't want to participate?** Screening is voluntary & your child may refuse to participate. We will notify you by letter if your child chooses not to participate or is absent on the day of the screening.

**How accurate is the screening questionnaire?** The screen was developed by Columbia University and research has concluded that it is effective in identifying youth's possible emotional problems. However, the screen results are not a medical diagnosis and TeenScreen does not make treatment recommendations. To review any forms or the screen, please call (530)268-5854 or email us at [whatsupwellness@gmail.com](mailto:whatsupwellness@gmail.com).

**How is the program funded?** It is supported by the Nevada County Behavioral Health Department's Mental Health Services Act funding, as a not for profit public service to help provide free screening services to local communities. The program receives no funding from pharmaceutical companies.