

## **HANDOUT FOR PARENTS REGARDING PSYCHOSOCIAL SCREENING**

Why are we asking your child about emotional and behavioral experiences?

At Creative Health Services, our goal is to provide exceptional student assessments for every child with whom we work. We believe that emotional health is just as important as physical health. Therefore, we want to gain a better understanding of your child's emotional well-being and social behaviors. This will give us a well-rounded view of his or her overall state of being and as a result assist Student Assistance Program (SAP) liaisons with identifying resources which may assist with elimination of identified stressors.

### **Our Screening Tool**

We are now using the Behavioral Health Screening tool, developed at the Children's Hospital of Philadelphia. This web-based tool asks your child several questions about feelings, behaviors, relationships, school, and safety. Your child's SAP liaison will review these answers with your child. The SAP liaison may also review the results with you, if he or she feels your child is in need of support or behavioral health services immediately. If help is needed, your SAP liaison can make recommendations for how and where you can get some help for your child. Adolescents will rarely seek out services on their own; they will need your help!

### **Respecting privacy**

We give teenagers 10-15 minutes to privately answer these questions on the computer. We find this helps adolescents respond more honestly. Your child is told that this information will be kept confidential and not shared with anyone unless he/she reports actual or potential harm to self or others. In fact, as a SAP liaison, we are obligated by law to protect your child's privacy. This includes not sharing information with parents and caregivers without his/her consent, unless we are concerned that your child is in immediate danger.

However, from our clinical standpoint, we strongly believe that adolescents need parents support and protect them, even though they often tell you they do not. Therefore, when appropriate, we encourage adolescent patients to share important information with their parents. You can be confident that our skilled and compassionate health professionals will try to guide your child toward healthy and safe choices.

## **BEHAVIORAL HEALTH SCREENING**

- We believe that emotional health is just as important as physical health. Therefore, we want to gain a better understanding of your child's well-being and social behaviors.
- We are now using the web-based Behavioral Health Screening Tool.
- This tool asks your child questions about feelings, behaviors, relationships, school, and safety
- Your child's SAP liaison will review these answers with your child.
- The SAP liaison may also review the results with you, if he or she feels your child is in need of support or behavioral health services.
- We give teenagers 10-15 minutes to privately answer these questions on the computer. We find this helps adolescents respond more honestly.