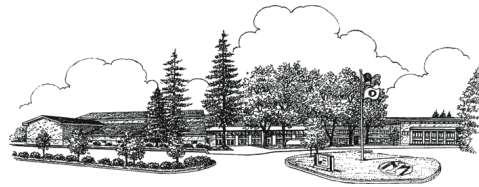


Mercer Island High School

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Nick Wold, Principal

Lisa Deen, Associate Principal

Erica Hill, Associate Principal

Dear 10th Grade Families and Caregivers,

We are pleased to share that Mercer Island High School is once again joining over 40 schools across King County to participate in a youth social-emotional health and wellness screening program. This screener is made possible by a grant from the King County Best Start for Kids program. In this letter you will find more information about:

- The screening tool,
- Our MIHS follow up procedures after the screening tool is administered,
- Information about opting out of the screening.

The screening process, known informally **SBIRT** (Screening, Brief Intervention, Referral to Treatment), will be administered to all 10th Grade students, primarily in their English classrooms, by the end of the 2023/2024 school year. The data gathered from this screener will not only support individual students, but will also inform our mental health services at MIHS in coming years.

Screening and Support Process:

Screening: MIHS will use a screening tool called “Check Yourself” designed by Seattle Children’s Hospital and the University of Washington with Tickit Health. The electronic screening will be conducted by our SBIRT Coordinator and Mercer Island Youth and Family Services (MIYFS) and MIHS school counselors. It takes approximately 10-15 minutes. Questions cover topics such as strengths and goals, substance use, mental health, relationships, and personal safety. The screening is designed to determine whether a student needs additional support. Not all students who take the screener will need to speak with an MIYFS or school counselor. However, every student who completes the screener will receive personalized feedback on further measures they can take to support their wellness.

Brief Intervention: If the screening indicates that a student could benefit from speaking with an MIYFS or school counselor, staff will meet with the student as soon as possible (typically within 72 hours). Counselors have been trained in Motivational Interviewing principles, designed to elevate awareness of potential areas for growth and change. The counselors will continue to

meet with a student for multiple short conversations if needed. Parents or caregivers may be asked to join a brief intervention discussion.

Referral to Treatment: If, following a meeting with a student, it is decided that additional services are needed, counselors will collaborate with the student to determine the best course of action. Parents or caregivers will also be notified if the screener indicates high levels of risk and additional services are needed immediately.

Student Survey Data:

Part of this program involves sharing certain anonymous information with organizations associated with the Best Start for Kids grant, including Seattle Children’s Hospital and TickIt Health. Sharing this data will help these organizations assess whether their services and supports are adequate and appropriate for our students. Students’ names and student identification numbers will never be included in any information released to Best Starts for Kids.

Reviewing Screening Materials:

For your convenience, we have provided this 3-minute [informational video](#) that outlines the SBIRT screening process. If you would like to [preview the survey questions](#), please scan the QR code below. If you prefer to receive the questions in PDF format, please email Rachel Kappes at rachel.kappes@mercerislandschools.org.



Opting Out of Screening:

If you do not wish for your student to participate in the SBIRT process, you may opt out by completing the [Opt Out Form](#). Please complete this form prior to **Monday, September 25th**. Your student may also opt out on the day of the survey, and will not be penalized for doing so.

Thank you for your support with this valuable program,

MIHS SBIRT Team
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