

WHAT IS SCREENING?

[School Social Workers](#)

[School Counselors](#)

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 students' parents opt into a mental health screening program or event, giving active consent.

Screening is not an assessment or a diagnosis.

What is consent?

Parental consent must be obtained within 8 weeks prior to administering the mental health screener. A separate consent form is required for each screening and cannot be combined with other consent forms. Parental consent must be obtained regardless of the age of the student.

What condition are we screening for?

The Utah State Board of Education has approved screening for anxiety, depression, and suicide ideation. We can screen for any of these conditions.

Tools

We will be using tools from the Utah State Board of Education's list of approved tools. Specifically, any of the following:

- [Depression Self-Rating Scale for Children \(DSRS-C\)](#)
- [Screen for Child Anxiety Related Emotional Disorders \(SCARED\)](#)
- [CSSRS](#)
- [GAD 7](#)
- [PHQ-9](#)

What's the process?

- If consent is received, screening will take place either in the classroom, small group setting, or individually.
- If your student's score indicates a safety concern, parents will be contacted immediately to discuss available supports and resources.
- If services are offered at school, an additional consent form will be requested.
- Possible school-based services are small groups, check-ins, or individual school-based mental health support.

Frequently Asked Questions

Are you diagnosing my child?

No. Screening is the process by which a particular concern may be identified.

What suicidal ideation?

USBE defines suicidal ideation as thinking about, considering, or planning suicide.

What is anxiety?

USBE defines anxiety as apprehensive uneasiness or nervousness, abnormal and overwhelming sense of apprehension and fear.

What is depression?

USBE defines depression as a state of feeling unhappy; marked by inactivity, difficulty in thinking and concentration, a significant increase or decrease in appetite and time spent sleeping, feelings of dejection and hopelessness.

Will I receive the results of my child's screening?

Yes. Schools are required to provide the results of the screening if a potential mental health condition is indicated. Results and resources 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.

What do the results of the screening mean?

The results may indicate the possible presence of a concern and will help you to determine if your student may benefit from a full assessment.

Do I need to pay for this?

No. Screening is free for students.

Other questions?

Please contact your [school counselor](#), [school social worker](#), or [student services](#).

[Board Policy G-21: Youth Suicide Prevention Programs](#)
