

Youth Strengths and Needs Screener

The Youth Needs Screener (YNS) is a self-report (youth-informant), evidence-based rating scale for assessing youths' internalizing needs and strengths.

- The YNS is comprised of 2 subscales: Internalizing Emotions/Behavior and Strengths
- **Internalizing emotions and behavior** reflects internal distress or discomfort that increases the likelihood of engaging in behaviors to make the distress / discomfort go away.
- **Strengths** include a combination of social competence and executive functioning which are competencies that enable students to engage fully in their learning experiences.
- The YNS is intended for use as a screening instrument. It does not inform precisely the root cause why a student's needs exist.

Items to Complete	Almost Never	Some- times	Often	Almost Always
1. I feel nervous or afraid.	1	2	3	4
2. I find it hard to relax or settle down.	1	2	3	4
3. I get bothered by things that didn't bother me before.	1	2	3	4
4. I have uncomfortable feelings in my body.	1	2	3	4
5. I get worked up and feel like I'm going to lose control.	1	2	3	4
6. I am not really enjoying doing anything anymore.	1	2	3	4
7. I feel worthless or lonely when I'm around other people.	1	2	3	4
8. I have headaches, stomach aches, or other pains.	1	2	3	4
9. I can solve conflicts with others before they become bigger.	1	2	3	4

Items to Complete	Almost Never	Some- times	Often	Almost Always
10. I can take turns in conversations.	1	2	3	4
11. I can establish relationships with others.	1	2	3	4
12. I can control myself when I get excited or bored.	1	2	3	4
13. I respect others' belongings and personal space.	1	2	3	4
14. I can keep my things organized and easily find them when I need them.	1	2	3	4
15. I can ignore distractions to stay focused on the task at hand.	1	2	3	4
16. I can complete tasks on time.	1	2	3	4