



Connected
Community

WELLNESS SCREEN

BWell2Excel

Connected Community Wellness Screen is an emotional wellness check-up offered right at school to 9th graders and other teens whose parents consent.



Teen Mental Health Warning Signs

As a parent or caring adult, you can play a crucial role in recognizing mental wellness warning signs in adolescents.

Teen emotions and actions that may signal a mental health issue include:

- **Feeling very sad or withdrawn for two or more weeks**
- **Attempting self-harm**
- **Experiencing sudden and overwhelming fear/worries for no reason**
- **Showing out-of-control behavior, getting in fights or wanting to harm others**
- **Vomiting or not eating**
- **Experiencing severe mood swings or drastic changes in behavior**
- **Using drugs and alcohol frequently**

How can *you* talk with teens about your concerns and where to seek help?

The good news - there are many resources available for you to learn about the mental well-being of your teen, the emotions they are experiencing and how to talk with them about it.

TIPS FOR TALKING WITH YOUR TEEN about mental wellness:

- Be straightforward and talk in a place where your teen feels safe
- Speak in a manner that is age appropriate
- Listen openly

CONVERSATION STARTERS you may use to talk with your teen:

- Can you tell me more about what is happening? How are you feeling?
- Have you had feelings like this in the past?
- Sometimes you need to talk to an adult about your feelings. I'm here to listen.
- How can I help you feel better?
- Do you feel like you want to talk to someone else about your problem?
- I'm worried about your safety. Can you tell me if you have thoughts about harming yourself or others?

WHERE TO SEEK HELP if you are concerned about your teen's behavior, emotions or overall mental well-being:

- **Talk with your teen's medical provider** about your concerns and any steps they may suggest.
- **Contact your student's school** or [Jen Parsons](#) at [Samaritan Counseling Center](#) and sign them up for a confidential wellness screening held right at their school.
- **Enroll your teen and/or family** in a mental health support group at [NAMI Fox Valley](#)

[Learn more](#) about teenage mental health related issues, symptoms and how to help your teen.

Deciphering Teen Behavior -- What's Normal and What's Not?

Participating in the Connected Community Wellness Screen can help differentiate between typical adolescent behavior and signs of emotional health concerns.

Wellness Screen helps provide valuable information. It either indicates emotional health is right on track or reveals an opportunity to intervene while an issue is in early stages.

How does Wellness Screen work?

First, **parents/guardians provide consent** for teens to participate in the check-up. Then the **teens themselves agree to participate** in the two-step screening process:

1. Teens complete a **10-minute computerized questionnaire** exploring vision, hearing and dental problems; symptoms of depression and anxiety; suicidal thinking and behavior; attention problems; disruptive behavior; and use of drugs and alcohol.
2. Teens meet with a member of the Wellness Screen staff to discuss their check-up. **When a check-up indicates reason for concern, parents are notified** and assisted in connecting with a community resource for further evaluation.

How can I refer an adolescent for a screening check-up?

Teens can be scheduled to participate at partnering schools where the Wellness Screen is offered.

Or, a check-up may be requested by calling **(920) 886-9319 ext. 109**.

Think you or someone you know might be depressed?

The N.E.W Mental Health Connection is sponsoring an **anonymous screening** for adults, which concludes with a list of local resources that offer help and hope -- including Samaritan Counseling Center.

For more information about Wellness Screen,

please call **(920) 886-9319 ext. 109**

or visit our [website](#)

*Connected Community Wellness Screen is administered through
Samaritan Counseling Center with guidance from the
Connected Community Wellness Screen Advisory Councils.*

Connected Community Wellness Screen is supported in part by:

Basic Needs Giving Partnership within the Oshkosh Area Community Foundation

Bemis Company Foundation

Kimberly-Clark Cares

Oshkosh Area Community Foundation

Oshkosh Corp. Foundation

Plexus Corp. Charitable Foundation

