



Connected  
Community  
WELLNESS SCREEN  
*BWell2Excel*

*Connected Community Wellness Screen is an emotional wellness screening offered right at school for Samaritan's partner school districts, grades 9-12.*



## **How Adolescents Cope with Loss and Grief**

Grief and loss are inevitable aspects of life. Adults often cope with the pain through learned practices and years of experience. Teens deal with loss and grief differently, and it can shake the very foundation of their sense of well-being.

### **[How do young adults experience loss and cope differently than adults?](#)**

**Teens can experience loss, pain and grief when there is:**

- a sudden, unexpected or traumatic death of a loved one
- an unexpected illness, injury or accident in the family
- a dramatic shift in home life
- a close friend moving away

### Teens deal with loss, pain and grief by:

- initiating risk taking or other behaviors such as substance abuse or eating disorders
- withdrawing socially, showing anger or being moody
- hiding grief or pain in order to "fit in" and appear normal to classmates
- turning to social media for information, for support and to memorialize a loved one

## How can you help your teen find a path to healing?

Parents, teachers and youth mentors can help young adults through their grieving journey in many ways.

- **Provide understanding** as teens cope with loss *in their own personal way*.
- **Talk often and support teens** as they process their emotions.
- **Help young adults feel their world is safe.**
- **Inform teens that online information they seek to learn may not be accurate** and encourage them to find answers to their questions with an adult.
- **Remind teens** that lack of anonymity when seeking online support can expose them to harsh and cruel comments from others.
- **Recognize substance abuse, eating disorders and moodiness may be signs of masked grief and seek professional help** of a counselor or healthcare professional.

### More resources where teens can share their grief safely and find support:

- [Hellogrief.org](http://Hellogrief.org)
- [Camp HOPE](http://CampHOPE.org)
- [Local programs geared toward adolescents](#)
- [Teen only grief group](#) at the Center for Grieving Children through the Boys and Girls Club of the Fox Valley

## 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 the Wellness Screen Program work?

1. Students 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. Students meet with a member of the Wellness Screen staff to follow up on their answers within the questionnaire. **When a screening indicates reason for concern, parents are notified** and assisted in connecting with a community resource for further evaluation.

## How can I refer an adolescent to the Wellness Screen Program?

Students can be scheduled to participate within their partnering schools where the Wellness Screen is offered including those below, and can do so by contacting our office, or their student services staff/school counselor:

- **Appleton Area School District**
- **Little Chute Area School District**
- **Oshkosh Area School District**
- **St. Francis Xavier Catholic School System**
- **New London School District**
- **Kaukauna Area School District**
- **School District of Omro**
- **Seymour Community School District**
- **Winneconne Community School District**
- **Hortonville Area School District**

Or, an individual screening 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. 122**

or visit our [website](#).



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

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*Oshkosh Area Community Foundation  
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*Community collaborative programs on school based mental health include:*



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