



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.



Nonsuicidal Self-Injury Behaviors

Samaritan's Connected Community Wellness Screen program provides emotional wellness screens to students throughout 10 community school systems.

It is important for parents, schools and youth mentors to be aware that this year's screenings are showing a prevalence of students engaging in **nonsuicidal self-injury (NSSI) behaviors**.

What is NSSI? It is self-inflicted harm to one's body **without** the intent of suicide.

While adolescents tend to use NSSI to cope with anger, depression, sadness, anxiety and other mixed emotions, **those who self-injure are more likely to have suicidal thoughts and behaviors**, according to Lawrence University assistant professor and Wellness Screen collaborator Dr. Lori Hilt*.

NSSI behaviors, common among teens, can be difficult to detect since the act is often secretive and involves body parts which are relatively easy to hide.

Types/Signs of Self-Harm:

- burning, cutting, carving, scratching of oneself
- hitting or pinching oneself, banging on walls and other objects to induce pain
- embedding objects under the skin
- interfering with the healing of wounds
- consistently wearing long sleeves or pants in summer and/or using wrist bands, bandages, coverings

How can you help your teen if you suspect or detect NSSI behaviors?

Not knowing how to broach the subject of NSSI is often what restrains concerned parents, teachers and coaches from probing. However, concern for the teen's well-being is often what a self-injurer needs most.

What Parents Can Do:

- **Seek professional counseling/medical help** for your teen if you suspect /detect NSSI behaviors
- **Improve communication** by being direct, persistent and neutral
- **Be willing to listen** to the self-injurer, reserving shock, judgment, shame or pity, to encourage teens to use their voice, rather than their body, as a means of self-expression

Teens who engage in NSSI behaviors can, with professional help, learn emotion-regulation skills that can take the place of self-injury, according to Dr. Hilt.

[Learn more](#) about NSSI.

**Note: Lawrence University assistant psychology professor Dr. Lori Hilt has evaluated Connected Community Wellness Screen since its inception (2012) in our community. She and her university students analyze the following data and measures: 1) utilization of mental health services, 2) suicide-related behaviors, 3) reported deaths by suicide.*

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. 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*

Community collaborative programs on school based mental health include:



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