



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



Lack of Summer Outdoor Activity Can Impact Teen Mental and Physical Health

When the final bell rings on the last day of the school year, kids of all ages typically race out the door, elated with the warm, relaxing days of summer stretched out before them. While summer brings this mental break to teens, ***hopefully it is being spent primarily outdoors.***

Government estimates indicate the average American will spend 90% of their life indoors. This tendency to stay inside may negatively impact youth development and emotional health.

Spending the majority of summer staying indoors can lead to:

- anxiety, depression, insomnia
- increased risk of obesity and decreased cardiovascular health
- increased solitary activities (television, electronics)
- lack of concentration
- diminished social interaction with friends and development of social skills
- a disconnect from nature and how the world and humans interact
- decreased levels of sunshine-stimulated vitamin D production, which counteracts many physical and mental health ailments

How can you help your teen benefit from summer outdoor activity?

Spending time outdoors in the summertime is more than just child's play. Studies have shown spending more time outside can positively influence happiness and health.

Parents can help by:

- limiting television and electronic time to two hours per day
- requiring teens to spend time outdoors at park and recreation programs and summer camps
- encouraging teens to get outdoors with friends for physical activities such as swimming, hiking, yard games, biking, kickball, Frisbee golf
- having a meal on the patio or bringing a picnic to the beach/pool
- getting involved together with your young adult to garden or to volunteer outdoors at places like [Riverview Gardens](#) (Appleton)
- coordinating plans for you and/or your teen and their friends to walk, bike, hike, fish and/or swim at places they can enjoy nature like:
 - [High Cliff State Park](#) (Sherwood), [Gordon Bubolz Nature Preserve](#) or [Bruce B. Purdy Nature Preserve](#) (both Appleton)

[Learn more](#) about the benefits of getting outside, being active and enjoying the summer sun.

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**
- **New London School District**
- **Hortonville Area School District**
- **Kaukauna Area School District**
- **School District of Omro**
- **Seymour Community School District**
- **Winneconne Community 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.

Connected Community Wellness Screen is supported in part by:

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Oshkosh Area Community Foundation

Oshkosh Corp. Foundation

Plexus Corp. Charitable Foundation

Community collaborative programs on school based mental health include:



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