



**Connected
Community**
WELLNESS SCREEN
BWell2Excel

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



Bullying: How to Recognize and Stop It

The following article addresses one of the factors affecting youth mental health that the Wellness Screen team has identified during the 2017-18 academic year.

Bullying affects many—those who are bullied, those who bully, and those who witness bullying. Because bullying is linked to [many negative outcomes](#), including impacts on mental health, substance use and suicide, it is important to talk to kids to determine whether bullying is a concern for them.

Kids who are bullied are more likely to experience:

- Depression and anxiety
- Changes in sleep and eating patterns
- Loss of interest in activities they used to enjoy that may last into adulthood
- Health complaints

- Decreased academic achievement and school participation
- Increased truancy and dropout rates

Kids who bully are more likely to:

- Abuse alcohol and other drugs in adolescence and as adults
- Get into fights, vandalize property, and drop out of school
- Engage in early sexual activity
- Have criminal convictions and traffic citations as adults
- Be abusive toward their romantic partners, spouses, or children as adults

Kids who witness bullying are more likely to:

- Have increased use of tobacco, alcohol, or other drugs
- Have increased mental health problems, including depression and anxiety
- Miss or skip school

What Can YOU Do As A Parent, Educator or Community Member?

You can play a key role in preventing and responding to bullying.

Watch for signs that a child is being bullied. Unexplainable injuries, lost or damaged personal items and frequent illness are a few of the [warning signs that a child may be the victim of bullying.](#)

Seek support for a child who's being bullied. Contact a school counselor, nurse, psychologist or social worker to support the child. You may also contact your school administrator.

Help a child cope with bullying. Tell the child it is normal to feel frightened or angry when they're bullied. Encourage them to show confidence as a way to deter a bully, and to avoid responding with verbal or written insults, which can escalate bullying. Offer these tips to address bullying in the moment:

- **Talk to the bully if it feels safe to do so.** Look the bully in the eye and say, strongly but calmly, "Leave me alone," or "You don't scare me."
- **Walk away from the bully** – but don't run, which may strengthen a bully's feeling of power.
- **Tell an adult at school when incidents occur.** This applies for those who witness bullying as well. Bystanders can seek out adults to intervene.
- **Share bullying texts or online messages with an adult.** Resist the urge to reply.

Know the signs that a child *may be* a bully. Increased aggression, friendships with bullies and unexplained extra money or new belongings are a few of the [signs that a child may be a bully.](#)

Respond to bullying. Research suggests that swift and repeated adult intervention can curtail bullying. Knowing [how to intervene](#) is the key to putting an eventual end to bullying.

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

Participating in the Connected Community Wellness Screen can help differentiate between typical child and 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
- Neenah Joint 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. 122**.

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 .

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Community collaborative programs on school based mental health include:



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