

Dear Parent or Guardian,

Do you remember what it was like to be a teenager? You may remember how adolescence is a time of changes and transitions: high school, friends, dating, more demands, more independence, more responsibilities, and on top of it all, hormones. To both teens and their parents, this transition from childhood to adulthood can be exciting, terrifying, and overwhelming—often all at the same time. We know you want to give your teen every advantage to navigate this transition successfully, but sometimes it is hard to know where to start. Because of this, your school has partnered with WLCFS-Christian Family Solutions to offer a free, voluntary, and confidential service to identify both your teen's strengths and their areas for growth. If you are looking for a way to proactively address the challenges of adolescence, please take a moment to consider this opportunity.

Why is this stuff important?

- The American Academy of Pediatrics recommends all youth receive an annual emotional health screening
- 20% of teens struggle with emotional health concerns
- 59% of parents were unaware of their teen's emotional health concerns before screening
- 66% of teens suffer in silence from not receiving help for their emotional health concerns
- Emotional health problems can interfere with academic success, relationships, spirituality, and well-being and can lead to symptoms of depression, anxiety, alcohol or drug use, or suicide

I'm listening...so what is a screening program?

- A quick screening to identify your teen's behavioral/emotional strengths and weaknesses using a valid and reliable screening instrument administered by computer. The screening consists of 23 questions to screen for issues related to depression, anxiety, relational problems, or substance abuse problems.
- 100% voluntary—your teen can only participate with your permission
- 100% confidential—all screening results will be kept confidential, stored separately from academic records, and not shared with school personnel unless you provide written consent
- 100% free—this service is provided by Christian Family Solutions at no cost to you

So how does it work?

1. Interested parents/guardians complete and return the consent form
2. Screening occurs during the fall semester and takes about 20-30 minutes
 - a. Teens complete the screening questionnaire electronically. They will get a link by e-mail.
 - b. Screening staff will review the questionnaire and discuss the results with the teen
 - c. Any immediate concerns will be explored in more detail with screening staff
3. Parents receive a phone call or email from the screener highlighting their teen's strengths and/or areas for growth

Questions? Contact the screening coordinator:

Whitney Donovan, LPC, LMHC, NCC, BC-TMH

800.438.1772, ext. 1207 wdonovan@wlcfs.org

[Click here for full information about the screening program.](#)