



MENTAL HEALTH & SUBSTANCE USE SCREENING

Program Description

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Approved By: Population Health Promotion Management Steering Committee

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Mental Health & Substance Use Screening

Adults aged 18+ years

Introduction

The *Mental Health & Substance Use Screening Program* provides online self-assessment tools for a variety of mental health and substance use issues to promote early identification and support.

Key Topics

- Screening Tools

Key Messages

- Screening is important for early identification of mental health and substance use issues and access to available supports and services.
- Just like a physical health check-up, everyone needs a mental health check-up.

Purpose and Objectives

- To promote the early identification of mental health and substance use issues through online self-assessment tools.
- To link people with available mental health and substance use supports and services.

Training

- A 1-hour orientation is required for facilitators. A Program Overview [Presentation](#) is available online.
- Orientation will be provided by the [Regional Addictions Prevention Consultant/Regional Mental Health Promotion Consultant](#)
- Facilitators are health staff and/or community partners.

Resources:

- The website for online screening tools is [CheckItOutNL.ca](#).
- [Screening Awareness Event Planning Guide](#), iPads, Banners, Tablet Stands, & a variety of print materials (e.g., poster, business cards, magnets, table tents, window decals) are available. Visit www.westernhealth.nl.ca/mha.
- The [Regional Addictions Prevention Consultant](#) and [Regional Mental Health Promotion Consultant](#) are available for consultation and support for planning, orientation, and evaluation.

Budget

- Program resources are available free of charge. Visit www.westernhealth.nl.ca/mha.
- Facilitator transportation costs for program delivery may be needed.

Implementation

1. Identify Need (Target Group?)

2. Consult with group to arrange time(s).
3. Arrange orientation with [Regional Addictions Prevention Consultant/Regional Mental Health Promotion Consultant](#).
4. Visit [website](#) to access [Planning Guide](#), complete the [event registration form](#) and book resources.
5. See [Screening Awareness Event Planning Guide](#) for details on implementation of this program.
6. Promote screening event to recruit participants. [Sample poster](#) available.
7. Deliver event. The amount of time required to implement a Screening Awareness Event varies but typically ranges between 1.5 & 3 hours.
8. Complete evaluation and submit to [Regional Addictions Prevention/Regional Mental Health Promotion Consultant](#).

Evaluation Plan

Evaluation for the program consists of a [Facilitator Feedback Form](#) to be completed upon delivery of the program. A [Participant Feedback Form](#) is also available and can be accessed directly using the shortcut on the iPads.

Evidence

Evidence supporting the implementation of this program can be accessed by contacting the [Regional Addictions Prevention/Regional Mental Health Promotion Consultants](#).