



Mental Health & Substance Use  
**SCREENING**  
Online Self-Assessment Tools

[www.checkitoutnl.ca](http://www.checkitoutnl.ca)



# Screening Awareness Program

**SCREENING** is important for early identification and intervention for mental health & substance use issues.

## 2 Key Components of the Program:

1. Online Self-Assessment Tools - [www.checkitoutnl.ca](http://www.checkitoutnl.ca)
2. Screening Awareness Events to Promote Online Self-Assessment Tools

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# Program Resources

- Website - [www.checkitoutnl.ca](http://www.checkitoutnl.ca)
- *Screening Awareness Events - Facilitator Planning Guide*
- 7 tablets with cellular data (can also access WIFI connections)
- 7 tablet stands
- Retractable Banners
- Posters
- Promotional Business Cards
- Prizes (provided by CMHI)
- 12 - \$50 Grants Available for Mocktails or Smoothies

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# Online Self-Assessment Tools

- There is evidence to support an online self-assessment method of delivery.
- Online self-assessment tools are NOT diagnostic tools. Self-assessment tools are not a substitute for clinical evaluation and cannot provide an actual diagnosis. Only a trained professional can diagnose a disorder. Participants are encouraged to contact a health professional for more information.

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# Screening for Mental Health Inc.

- Chosen based on the proven years of success since 1991.
- It includes screenings for:
  - (1) Depression
  - (2) Bipolar disorder
  - (3) Posttraumatic stress disorder
  - (4) Generalized anxiety disorder
  - (5) Eating disorders,
  - (6) Alcohol use disorders
  - (7) Substance use disorders
  - (8) Brief screen for adolescent depression (for parents)

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# How Does the Screening Work?

- Step 1: Select a Self-Assessment Tool
- Step 2: Answer the Questionnaire
- Step 3: Understand – Feedback Provided
- Step 4: Explore Supports and Resources

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# Step 1: Select

- Select a Self-Assessment Tool
- Participants select the statement that fits how they have been thinking or behaving.

TAKE A SCREENING

How have you been feeling lately?

Feeling sad, down, or empty > <i>Depression</i>	Worried about my drinking habits > <i>Alcohol Use Disorder</i>
Constantly worried, anxious > <i>Generalized Anxiety Disorder</i>	Troubled by traumatic events > <i>Posttraumatic Stress Disorder</i>
Concerned about my teen's mood > <i>Brief Screen for Adolescent Depression</i>	Afraid of gaining weight or concerned about my eating habits > <i>Eating Disorder</i>
Experiencing mood swings from very high to very low > <i>Bipolar Disorder</i>	Difficulty controlling my substance use > <i>Substance Use</i>

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# Step 2: Answer

- Answer a brief set of questions – complete the questionnaire.
- These are all validated self-assessment tools.

For example: Alcohol Use Disorders Identification Test (AUDIT) and Carroll-Davidson Generalized Anxiety Disorder Scale (CD-GAD)

If you have thoughts of harming yourself or others, call the Mental Health Crisis Line at 1-888-737-4668, call 911 or go immediately to your nearest hospital emergency room.

[RETURN TO SCREENING](#)

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# Step 3: Understand

## Step 3: Understand – Feedback Provided

- After completing a self-assessment tool, participants receive immediate feedback about their moods and behaviours.

Your responses are consistent with depression.

PRINT RESULTS

EMAIL RESULTS

ARTICLES →

Your answers also indicated that you might be at risk for suicide.

Your screening results indicate symptoms consistent with depression. We are glad you took a first step by taking this screening. Please remember that these results are not a diagnosis, but we do suggest follow up with a professional as a best next step. These results are common and help is available.

Click on the [REFERRAL INFORMATION](#) button below for more information on how to find support in your area.

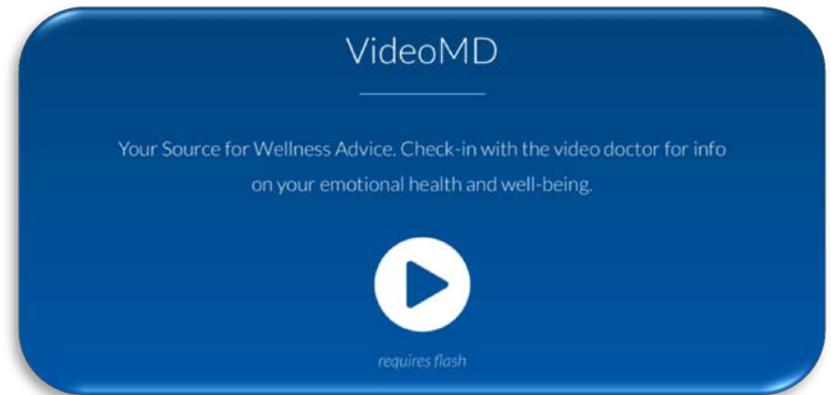
Note: if you have printed or emailed your results, the referral information will be listed below.

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# Step 4: Explore

- Explore Supports and Resources
  - Participants are prompted to access additional information and resources.
  - This section is customized with referral information to Mental Health and Addiction Services and other community-based services available in the Western Region.



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# Screening Awareness Events



- Western Health will partner with local community-based organizations and post-secondary institutions to offer screening awareness events throughout the region.
- Screening Awareness Events aim to:
  - Promote the online self-assessment tools for mental health and substance use.
  - Increase uptake of the online self-assessment tools.

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# WH Program Supports

- Regional Mental Health Promotion/Addictions Prevention Consultants
  - Regional promotion of the online self-assessment tools
  - Ongoing support in planning Screening Awareness Events
  - Evaluation and reporting
- Youth Early Intervention and Outreach Workers (YOW's), Mental Health and Addictions Counsellors , Wellness Facilitators, Community Health Nurses, and Primary Healthcare Teams
  - Local promotion/direct client promotion of the online self-assessment tools
  - Planning and implementation of Screening Awareness Events
- Other Front-Line Staff
  - Direct client promotion of the online self-assessment tools (ex. Outpatients Dept.)

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# Community Partners

*Community organizations, groups, and volunteers often have the strongest connections and knowledge about their communities, making them key assets for planning or supporting Screening Awareness Events, as well as direct promotion of the Screening Tools.*

Some examples:

- Post-Secondary Schools
- Community Organizations –CHANNAL, CMHA, CMHI, Family Resource Centres, Women’s Centres, etc.
- Local Church Groups & Soup Kitchens
- Sports & Recreation Facilities and Groups
- Workplaces
- Others - any groups hosting community events could be great partners - The possibilities are endless

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# Target Participants

- **Post-Secondary Students**
  - A high-risk age group for mental health problems
  - Suicide is one of the leading causes of death among young people
- **Other High-Risk Groups**
  - Middle aged men, youth, seniors, and aboriginal populations are all high risk groups for suicide.
  - While this screening program does not target adolescent youth, it does provide a screening tool for parents on adolescent depression.
- **General Population**
  - The early identification of mental health and substance use problems is important for all adults to prevent problems from escalating into more critical situations or even suicide.

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# Target Locations

- **Post-Secondary Institutions**
  - Students are a high risk group for mental health and substance use issues.
- **Other Community-Based Services**
  - A significant majority of individuals affected by mental health and substance use problems do not use specialized services but access other healthcare, social services and community-based programs (e.g., Emergency Department, Public Health, educational institutions, women’s shelter, youth centres, etc.) and promotion is key in these areas.
- **Workplaces**
  - Targeting workplaces is a good way to target the general adult population as many adults are employees in the workforce.
- **Other Health Promotion Activities**
  - Incorporate messaging or screening awareness booth into other health promotion activities such as Wellness Days or Lifestyle Awareness Workshops.

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# Promotion

- Media/Newsletter Articles
- Website
- Staff In-Services
- Posters
  - Screening Awareness Event
  - Screening Tools Website
- Retractable Banners
- Business Cards
- Email, Twitter & Facebook
- Digital Advertising

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# Promotion - Banners



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# Promotion – Business Cards

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**How are you feeling?  
...Really?**

Mental Health & Substance Use  
**SCREENING**

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**How are you feeling?  
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**TAKE A SCREENING**



**HOW IT WORKS:**  
STEP 1: Select a screening tool based on how you are feeling  
STEP 2: Answer a few questions  
STEP 3: Get instant feedback  
STEP 4: Explore local supports & resources

[www.checkitoutnl.ca](http://www.checkitoutnl.ca)   
*Fast, Anonymous, Online Screening for Mental Health & Addictions Issues*

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# Evaluation

- URL Utilization Reports (Weekly, Monthly, Quarterly)
  - Gender
  - Age
  - How many people completed each of the online self-assessment tools
  - What platform they used (e.g., mobile device, computer)
  - The percentage of individuals who scored positive for symptoms of a disorder
  - General demographic information
  - Yes/no responses about if they will seek help
- [Screening Awareness Event Tracking Form](#)
  - This tracking form will be completed by program facilitators at the screening awareness event to track the date and location of the event, the number of people in attendance and the number of on-site screenings.

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# Evaluation

- [Participant Feedback Form](#)

- This form will be delivered electronically (*Google Forms*) using the tablet provided to participants that complete an online self-assessment tool. The Participant Feedback Form will be a short survey asking participants about the information received and if they are more familiar with available supports for mental health and addiction issues.

- [Facilitator Feedback Form](#)

- This form will be completed electronically (*Google Forms*) by facilitators after each screening awareness event. The Facilitator Feedback Form will be a short survey asking facilitators about the program resources, participant feedback received, strengths and opportunities for improvement



# How to Access Resources

Complete: [Event Registration Form](#)

Send to:

Email: [mha@westernhealth.nl.ca](mailto:mha@westernhealth.nl.ca)

Fax: (709)634-4888

[www.checkitoutnl.ca](http://www.checkitoutnl.ca)



# Questions?

**Regional Mental Health Promotion Consultant**  
**Regional Addictions Prevention Consultant**

Telephone: (709) 634-4171

[www.westernhealth.nl.ca](http://www.westernhealth.nl.ca)

[mha@westernhealth.nl.ca](mailto:mha@westernhealth.nl.ca)

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