

# Screening Awareness Events



## FACILITATOR PLANNING GUIDE

*Mental Health & Substance Use*  
**SCREENING**

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



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## ABOUT THE GUIDE

Use this guide to plan a Screening Awareness Event in your area. Screening Awareness Events will be used to promote the Online Screening Tools. These tools address the need for early identification and intervention of mental health and substance use issues.

The Screening Awareness Program will provide information to front-line services providers like Youth Outreach Workers, Community Health Nurses, School Staff, and Other Community Leaders to support early identification efforts. It will help individuals 18+ recognize when there may be a problem and refer them to where to get support.

### Key Messages:

- Screening is important for early identification and intervention of mental health and substance use issues.
- 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. Contact a health professional for more information.
- You are not alone! There are local supports available including Mental Health and Addiction Services. Provide information regarding available supports and services.

This Guide will provide an overview of the self-assessment tools available and the information needed to promote and implement screening awareness events.

## EVENT CHECKLIST

- Book Venue/Location
- Promote Event (e.g., Twitter, email, posters)
- Materials to Borrow:
  - Retractable Banner
  - Tablet(s)
  - Tablet Stand(s)
  - Mocktails or Food for Your Mood Vinyl Display
- Materials to be Requested:
  - Promotional Business Card with Mental Health Screening URL
  - Mental Health & Addiction Services Rack Cards
  - Crisis/Help Line Cards or Magnets
  - Bridge the gAPP Tear Off Sheets
  - Warning Signs Post Cards
  - Prize, Ballots, Pens, and Container
- Materials to be Printed:
  - Appendix A: Screening Awareness Event Poster
  - Appendix C: Screening Awareness Event Tracking Form
- Supplies to Purchase:
  - Mocktails or Smoothie Supplies (if providing refreshments)

**Note:** *Book resources early to ensure items are available for your Screening Awareness Event.*

To book resources, please contact:  
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)

## BACKGROUND

### *Why Screening is Important*

- Important for early detection and early intervention (MacKean, 2011) which in turn is important for improved quality of life (CAMH, 2009).
- Effective way to identify someone who may be at immediate risk or to “raise a red flag” indicating whether or not further assessment or referral may be necessary (CAMH, 2009).
- Online self-assessment tools supplemented with regular screening awareness events will provide screening and early interventions for mental health problems in the home and community.

### *Why an Online Screening Model was Chosen*

- Technology has become a part of everyday life for the majority. People use technology to plan their day, communicate with friends and family, keep themselves entertained, check on the weather, as well as keep up with news and current events. Increasingly, technology is also becoming the main point of reference for research.
- Online screening tools are meeting students where they are – online. Students are more likely to share information online that they would not share with others in person.
- The use of technology for mental health is commonly referred to as e-Mental health. E-Mental Health uses the internet and related technologies to deliver or enhance mental health services and information (MHCC, 2014). The *Mental Health Strategy for Canada* highlights that there are, “tremendous possibilities for new technology in promoting mental health and preventing mental health problems” (MHCC, 2012).
- The anonymity of online screening can reduce stigma (Screening for Mental Health, 2016). Fear of stigma often delays people from seeking treatment (MHCC, 2013) which can have devastating results, such as loss of income, increased illness severity, hopelessness and suicide (Government of Newfoundland and Labrador, 2014).
- Stigma is drastically reduced by technologies that allow the individual to access information in the comfort and privacy of their own home. Technology also allows for immediate access across time zones and in rural and remote areas. Technology has the potential to reach more people than we can ever hope to reach face to face.
- The proposed model also attempts to provide some face-to-face contact through Screening Awareness Events. These screening events help to normalize help seeking behaviour, reduce stigma, and show students that mental health is important.
- With adequate promotion, the availability of online screening also creates a further reach and provides specific referral information, which links people in need to the resources available locally, increasing access to treatment services (Screening for Mental Health, 2016).

## OVERVIEW OF ONLINE SELF-ASSESSMENT TOOLS

Western Health is utilizing the self-assessment tools available at Screening for Mental Health Inc. This web-based resource was chosen based on the proven years of success of the Screening for Mental Health programs, which started in 1991. This includes screening adult 18+ 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, and (8) a brief screen for adolescent depression (for parents to take on behalf of their children).

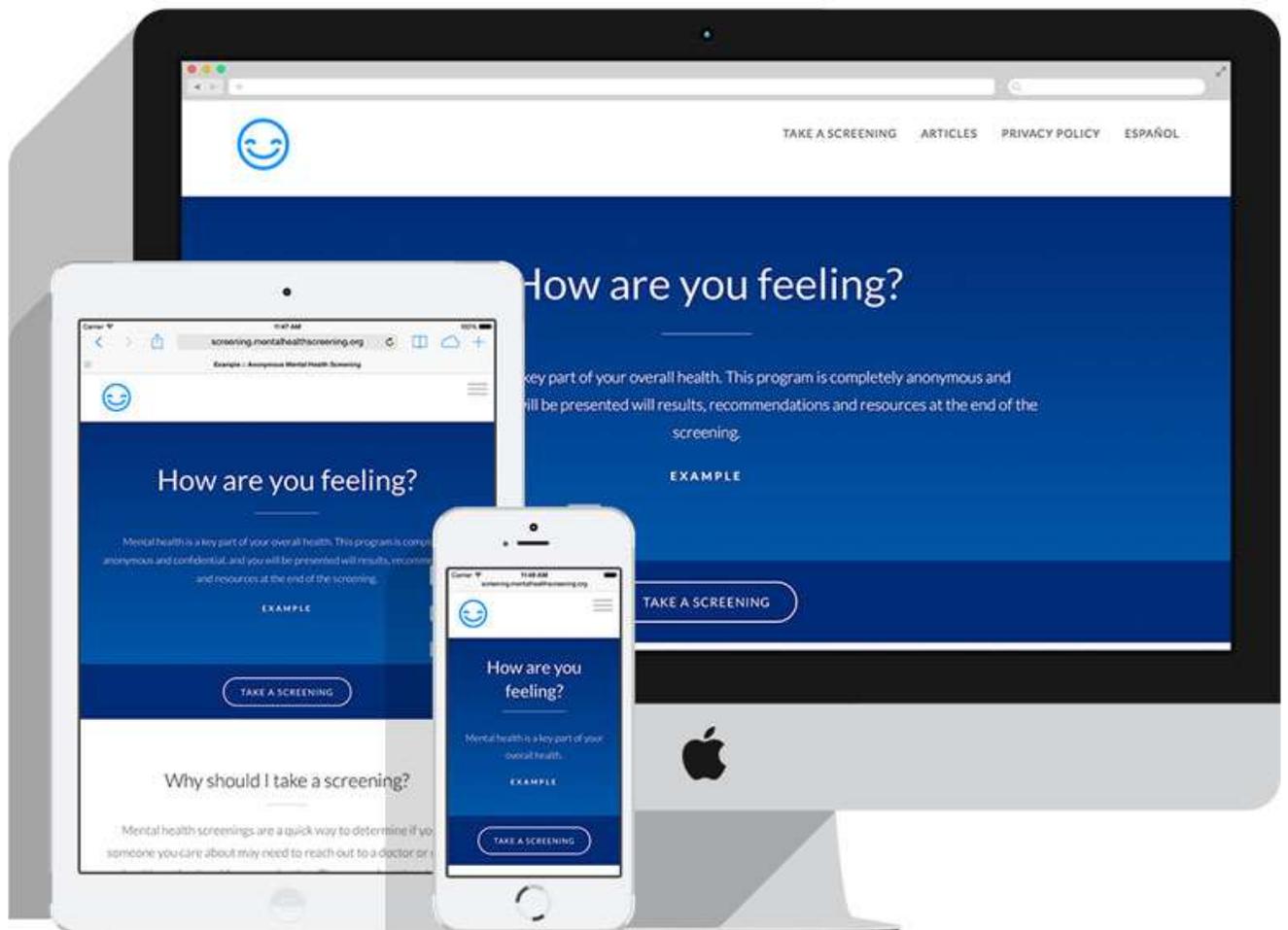
### How does the screening work?

Step 1: Select a Self-Assessment Tool

Step 2: Answer the Questionnaire

Step 3: Understand – Feedback Provided

Step 4: Explore Supports and Resources



### **Step 1: Select a Self-Assessment Tool**

Participants select the statement that fits how they have been thinking or behaving. The chosen statement selects the self-assessment tool that the participant will complete.

How have you been feeling lately?

Feeling sad, down, or empty

*Depression*

Constantly worried, anxious

*Generalized Anxiety Disorder*

Concerned about my teen's mood

*Brief Screen for Adolescent Depression*

Experiencing mood swings from very high to very low

*Bipolar Disorder*

Worried about my drinking habits

*Alcohol Use Disorder*

Troubled by traumatic events

*Posttraumatic Stress Disorder*

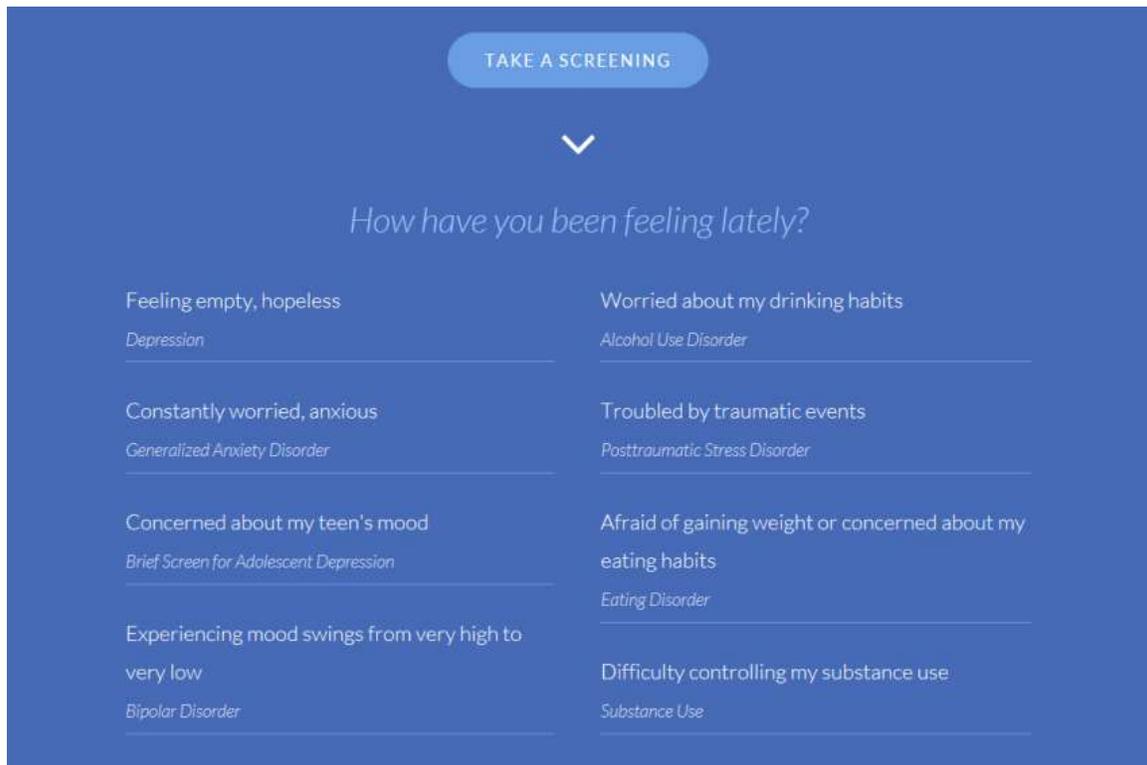
Afraid of gaining weight or concerned about my eating habits

*Eating Disorder*

Difficulty controlling my substance use

*Substance Use*

**Note:** The following image is a sample screen view.



## **Step 2: Answer/Complete the Questionnaire**

Participants answer the brief set of questions about how they are feeling. The following validated self-assessment tools are utilized through the website:

### *Harvard Department of Psychiatry/National Depression Screening Day Scale (HANDS)*

The 10-item HANDS may be used with all adult populations and was developed specifically to be used in a range of community-based settings and has a shorter administration time compared to other screening scales. This is used to assess the likelihood of someone suffering from symptoms of depression.

### *Carroll-Davidson Generalized Anxiety Disorder Scale (CD-GAD)*

The 12-item CD-GAD scale may be used with all adult populations and was developed for use in screening, primary health care, and treatment research. It is used to assess the likelihood of someone suffering from symptoms of generalized anxiety.

### *Brief Screen for Adolescent Depression (BSAD)*

The 9-item version of the BSAD used here is intended for use by the parent(s) or guardian(s) to assess for possible depression and suicide factors apparent in their child. It can help to determine if the child in question should be evaluated by a health professional.

### *Mood Disorder Questionnaire (MDQ)*

The 15-item MDQ was designed for use with all adult populations. It is the only validated screening for bipolar disorder.

*Alcohol Use Disorders Identification Test (AUDIT)*

The 10-item AUDIT scale is valid across cultures and settings, including in medical, mental and behavioral health settings, and is the only test specifically designed for international use. It provides an accurate measure of risk across gender, age and cultures.

*Short Post-Traumatic Stress Disorder Rating Interview - 4 items (SPRINT-4 PTSD)*

The 4-item SPRINT was designed for use with all adult populations, and is derived from a longer questionnaire. It comprehensively covers the major domains of PTSD in a brief assessment.

*Eating Attitudes Test - 11 Items (EAT-11)*

The 11-item EAT is a modified version of the longer EAT-26 due to an identified need for a shorter version of the scale. The EAT-26 is the most widely used standardized measure of symptoms and concerns characteristic of eating disorders. For this online screening, we have also included five behavioral questions for a more thorough assessment.

*Alcohol, Smoking and Substance Involvement Screening Test (ASSIST)*

The ASSIST was developed for the World Health Organization (WHO) by an international group of substance abuse researchers to detect and manage substance use and related problems in primary and general medical care settings.

**Step 3: Understand – Feedback Provided**

After completing a self-assessment tool, participants receive immediate feedback about their moods and behaviours. Results can be printed or emailed to the participant.

**Step 4: Explore – Supports and Resources**

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

**Note:** The following image is a sample screen view.

The image shows a sample screen view of a depression screening results page. The page has a dark blue background with white text. The main heading reads "Your responses are highly consistent with depression." Below this, a sub-heading states "Your answers also indicated that you might be at risk for suicide." The text explains that the screening results are highly consistent with symptoms of depression but is not a substitute for a clinical evaluation. It advises contacting a health professional for more information and a complete evaluation. A section titled "You are not alone" provides information about the National Suicide Prevention Lifeline at 1-800-273-TALK (8255) and advises dialing 911 or going to the nearest emergency department if it is an emergency. On the right side, there are four buttons: "PRINT RESULTS" (blue), "EMAIL RESULTS" (white), "DEPRESSION RESOURCES →" (white), and "SUBMIT" (blue). Below the "SUBMIT" button, it says "you will not leave this page". At the bottom left, there is a button labeled "REFERRAL INFORMATION ▼".

Your responses are highly consistent with depression.

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

Your screening results are highly consistent with symptoms of depression. However, this screening is not a substitute for a clinical evaluation and cannot provide an actual diagnosis. You should contact a health professional for more information and a complete evaluation.

You are not alone. No matter who you are, or what problems you are struggling with, hurting yourself isn't the answer. Seek help as soon as possible by calling the **National Suicide Prevention Lifeline** at **1-800-273-TALK (8255)**. If this is an emergency, **dial 911** or go to your nearest emergency department.

PRINT RESULTS

EMAIL RESULTS

DEPRESSION RESOURCES →

Will you seek help?

Yes  No

SUBMIT

you will not leave this page

REFERRAL INFORMATION ▼

## **FACILITATORS & PROGRAM SUPPORTS**

Existing Western Health staff will support the implementation of the Screening Awareness Program. Western Health will also partner with local community-based organizations and post-secondary institutions to support Screening Awareness Events. The following program supports have been identified:

1. *Regional Mental Health Promotion Consultant (RMHPC) and Regional Addictions Prevention Consultant (RAPC)*
  - Responsible for program orientation, consultation, planning, purchasing, customization, marketing/ promotion, ongoing support, tracking and evaluation.
2. *Youth Early Intervention and Outreach Workers (YOW's) - Corner Brook, Stephenville and Port au Basques Areas*
  - Planning and implementing Screening Awareness Events at post-secondary schools.
3. *Youth Early Intervention and Outreach Worker (YOW) – Bonne Bay Area*
  - Planning and implementing Screening Awareness Events for the general public.
4. *Community Health Nurses (CHN's)*
  - CHN's are ideally positioned to support the implementation of the Screening Awareness Program to post-secondary students and the general population.
5. *Mental Health and Addictions Counsellors*
  - Support the Implementation of the Screening Awareness Program to the general population.
6. *Community Mental Health Initiative and the Suicide Prevention and Awareness Committee*
  - Promotion and facilitation support for the implementation of the Screening Awareness Program.
7. *Wellness Facilitators*
  - Promotion and facilitation support for the implementation of the Screening Awareness Program

## TARGET PARTICIPANTS

### 1. *Post-Secondary Students*

- A high-risk age group for mental health problems (Campus Mental Health, 2015). Suicide is one of the leading causes of death among young people (PHAC, 2012; Statistics Canada, 2012).

### 2. *Other High-Risk Groups*

- Middle aged men, youth, seniors, and aboriginal populations are all high risk groups for suicide.
- Men die by suicide more than any other group with middle aged men having some of the highest rates of suicide and men over 80 years having the highest rate of suicide.
- Men are also among the most difficult group to reach.
- Suicide is the second leading cause of death for young Canadians between the ages of 10-24. Suicide accounts for 24% of all deaths among 15-24 year olds and 16% among 16-44 year olds.
- While this screening program does not target adolescent youth, it does provide a screening tool for parents on adolescent depression.

### 3. *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.

## TARGET VENUES/LOCATIONS

Screening Awareness Events can be organized as stand-alone events or as part of a larger event (e.g., Wellness Day, No Stress Fest, Lifestyle Clinic, etc.). Targeting adults always requires some creativity in identifying key locations to reach large numbers of people. Think about some of the key locations in your community that you could reach people. Targeting post-secondary institutions, other community-based services and other health promotion activities is recommended.

### 1. *Post-Secondary Institutions*

- Recommended as students are considered a high risk group for mental health and substance use issues.
- Partner with the following post-secondary institutions for the implementations of Screening Awareness Events:
  - College of the North Atlantic, Corner Brook Campus
  - College of the North Atlantic, Bay St. George Campus
  - College of the North Atlantic, Port au Basques Campus
  - Academy Canada, Corner Brook Campus
  - Grenfell Campus, Corner Brook
  - Western College, Stephenville Campus
  - Safety and Emergency Resonse Training (SERT) Centre, Stephenville

### 2. *Other Community-Based Services*

- A significant majority of individuals affected by mental health and substance use problems do not use specialized services. However, they are accessing other healthcare services and other social services and community-based programs, such as the Emergency Department, Public Health, educational institutions, women’s centres, and youth service providers. Therefore, it is important to partner with other existing services, organizations and events to implement the Screening Awareness Program.

### 3. *Workplaces*

- Targeting workplaces is a good way to target the general adult population as many adults are employees in the workforce.

### 4. *Other Health Promotion Activities*

- The program should be incorporated (as appropriate) into other health promotion activities. The booth-style set-up of this program makes it easy to incorporate into other community-based activities such as Wellness Days. *The Set Up section of the Guide provides additional details.*

## DATE & TIME OF EVENT

The date and time selected to offer the Screening Awareness Event varies depending on the target venue/location. Consult with the venue to determine the best time to target that location. For example, orientation events or lunch breaks at post-secondary institutions provide a great opportunity to promote the Online Self-Assessment Tools to students. The amount of time required to implement a Screening Awareness Event also varies. Generally, an information booth is set up for 2-3 hours during a high traffic time of day. However, the booth style set up also allows for shorter or longer durations depending on the venue/location and the availability of the facilitator. For example, a Screening Awareness Event could be incorporated as part of another wellness event or lifestyle clinic and time may only allow for a 1 hour event.

## SET-UP

It is important to set up in an area where there is maximum visibility (e.g., main lobby, cafeteria, and waiting areas) for promotion of the event. However, the space should offer some privacy for the completion of the anonymous screening tools. It is recommended that a screening awareness booth be set up. The booth will consist of the screening awareness retractable banner, tablets, tablet stands, a small table for print materials/resources and refreshments, and the vinyl display related to the refreshments chosen for the event (Food for your Mood or Mocktails). If possible, set up in an area where there is some available seating for individuals who wish to sit and complete the questionnaire.

Facilitators must be present at all times to demonstrate the online self-assessment tools using the available tablet(s). **Note:** *Tablets must never be left unattended at the booth.*

## PROMOTION

Promotion regarding the screening awareness program will be supported by the Consultants and Facilitators. Partnering organizations and post-secondary institutions will be requested to promote upcoming screening awareness events at their locations and promote the ongoing availability of the online self-assessment tools.

### **Screening Awareness Event Poster**

A Sample Poster is available that can be customized with the event date, time and location (*See Appendix A for Sample Poster*). Contact Communications at Western Health to post the event on the Community Calendar. Share the poster with the venue and ask that they share the information at their site.

### **Screening Tools Poster (8.5 x 11 and 11x17)**

The Screening Tools Posters can be posted in high visibility locations to promote the use of the screening tools website. These posters are intended to be displayed for long-term promotion of the screening tools. *See Appendix B*

### **Program Information Sheet**

A Program Information Sheet is available and provides a brief overview of the online Mental Health & Substance Use Screening Program. *See Appendix C*

### **Social Media**

Contact Communications at Western Health to tweet information about your event.

Sample Tweets:

How are you feeling? ...Really? Check it out on DATE at LOCATION! INSERT LINK TO POSTER

How are you feeling? ...Really? Check it out online. [checkitoutnl.ca](http://checkitoutnl.ca)

Get a mental health checkup today. It's good for your mind and body. [checkitoutnl.ca](http://checkitoutnl.ca)

What's on your mind? Check it out today. [checkitoutnl.ca](http://checkitoutnl.ca)

Take control of your mental health...take an online test today. [checkitoutnl.ca](http://checkitoutnl.ca)

A regular mental health checkup is good for your mind and body. Check it out online today. [checkitoutnl.ca](http://checkitoutnl.ca)

Get a mental health checkup today. Fast, anonymous, online screening with link to supports. [checkitoutnl.ca](http://checkitoutnl.ca)

Fast, anonymous, online screening for mental health and addictions issues. [checkitoutnl.ca](http://checkitoutnl.ca)

Take an anonymous mental health screening. Use your phone, tablet or computer to check it out today. [checkitoutnl.ca](http://checkitoutnl.ca)

Everyone can benefit from a mental health checkup...take an online screening today at [checkitoutnl.ca](http://checkitoutnl.ca)

You are not alone! Get a mental health checkup online and link to local supports. [checkitoutnl.ca](http://checkitoutnl.ca)

Take an online mental health screening. Find out if you might have an issue and where to get help. [checkitoutnl.ca](http://checkitoutnl.ca)

Online mental health screening. Fast, anonymous results and information on local supports at [checkitoutnl.ca](http://checkitoutnl.ca)

Western Health is offering free online mental health and substance use screenings. [checkitoutnl.ca](http://checkitoutnl.ca)

Worried about your drinking habits? Check it out. [checkitoutnl.ca](http://checkitoutnl.ca)

Worried about your teen's mood? Check it out. [checkitoutnl.ca](http://checkitoutnl.ca)

Feeling constantly worried or anxious? Think there might be a problem? Check it out. [checkitoutnl.ca](http://checkitoutnl.ca)

Feeling sad, down or depressed? Check it out. [checkitoutnl.ca](http://checkitoutnl.ca)

Facebook Posts:

Many individuals and community organizations are connected to Facebook. Ask partners to post a message about the online screening tools or a Screening Awareness Event on Facebook.

Sample Facebook Post:

Use the following image and message: How are you feeling? ...Really? Check it out.



Note: You could also choose to use any of the messages in the sample tweet above.

### Screening Awareness Event Retractable Banners (approximately 33" x 81")

The following retractable banners will be used to set up the Screening Awareness Event Booth.



### Promotional Business Cards

The Promotional Business Cards contain the link to the Screening Tools website ([www.checkitoutnl.ca](http://www.checkitoutnl.ca)). It is important to provide this business card to individuals so that they can easily access the website from their computer or mobile device at any time.

#### Front



#### Back



Front



Back



## FACILITATOR INFORMATION

Facilitators are responsible for planning and implementing Screening Awareness Events. The Regional Mental Health Promotion Consultant and Regional Addictions Prevention Consultant are available to consult and support facilitators with this process.

An Event Checklist is available on page 3 to guide Facilitators in planning their event.

Use the [Screening Awareness Event Tracking Form](#) in Appendix D to keep a record of event information (e.g., date, location, number of people).

## FACILITATOR SCRIPT

Facilitators will be interacting with individuals as they approach or walk by the screening awareness booth. Offer a free mocktail or smoothie and initiate discussion about the screening awareness event. The following script is intended to support facilitators in initiating a discussion about the event and the online self-assessment tools:

*I/we am/are here today to promote online screening tools for mental health and substance use issues.*

*Everyone can benefit from a mental health checkup...it's good for the mind and body.*

*Screening is important for early identification and intervention of mental health and substance use issues.*

*There are local supports available for people experiencing problems.*

*Take an anonymous screening today! No one is going to see your responses...we don't have access to your information or any individual responses.*

*Take an anonymous screening today using our mobile device and enter for a chance to win a prize.*

*Are you willing to complete an anonymous screening today using our mobile device?*  
*YES/NO*

If the answer to the question is YES:

- Use the tablet to demonstrate the screening tools showing the participant the main screen which asks: *How are you feeling?* Tell participants that this screen will help them choose what questionnaire they will be completing. There may be more than one that applies to their personal situation and encourage participants to complete all the questionnaires that may apply to them (for example, depression screening, alcohol screening, etc.). CAUTION: Ensure participants are given privacy to select and complete the questionnaire. Facilitators can support participants in completing the questionnaire ONLY if participants ask for their support.
- Provide the tablet to the participant and instruct them to complete the online screening tool. Also ask participants to use the tablet to complete a short [Participant Feedback Form](#) (See Appendix E).
- Upon completion, participants return the tablet to the facilitator and enter for a chance to win a prize.
- Thank individuals for their participation. Give them a copy of the promotional business card with the link to the website as they may wish to further explore the website.
- Encourage participants to share the information with friends and family members.

If the answer to the question is NO:

- Promote the use of the anonymous screening tools in the privacy of their own home on a computer, tablet or mobile device. *For example: If you don't want to do this today, here is some info on how to access anonymous screening tools at home.*
- Give individuals a copy of the promotional business card with the link to the website. Encourage individuals to check it out and share the information with friends and family members.

When the event is finished, complete the Facilitator Feedback Form (*See Appendix F*) and submit the [Screening Awareness Event Tracking Form](#) (*See Appendix D*).

Submit completed Tracking Forms to:

Regional Mental Health Promotion Consultant  
Regional Addictions Prevention Consultant

133 Riverside Drive, Noton Building  
P.O. Box 2005  
Corner Brook, NL A2H 6J7

Fax: (709) 634-4888

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

## EVALUATION

### URL Utilization Reports

The Consultants will access website utilization data on a weekly, monthly, and quarterly basis. The following data will be available in the utilization reports:

- Gender
- Age
- How many people completed each of the online screening tools
- What platform they used (e.g., mobile device, computer, tablet)
- 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. This evaluation instrument will help determine if Screening Awareness Events increase uptake of online self-assessment tools. See [Screening Awareness Event Tracking Form](#) in Appendix D.

### Participant Feedback Form

This form will be delivered electronically (Google Forms) using the tablet provided to participants that complete an online screening tool at the event. The Participant Feedback Form will be a short survey asking participants about the information received and if they are now more familiar with available supports for mental health and addiction issues. This evaluation instrument will help determine if Screening Awareness Events are appropriate for promoting the online screening tools. See [Participant Feedback Form](#) in Appendix E.

### 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. This evaluation instrument will help determine if screening awareness events are appropriate for promoting the online screening tools. See [Facilitator Feedback Form](#) in Appendix F.

## SUPPORTS & SERVICES

### Mental Health and Addiction Services:

Corner Brook	634-4506/4171
Stephenville	643-8740
Port aux Basques	695-6250
Burgeo	886-2185
Deer Lake	635-7830
Norris Point	458-2381
Port Saunders	861-9125

### Youth Outreach Workers:

Corner Brook & Area	639-9676
Stephenville & Area	643-2247
Port aux Basques & Area	695-6901
Norris Point & Area	458-2381 Ext. 271

### Prevention & Promotion Services

634-4921/4927 or [mha@westernhealth.nl.ca](mailto:mha@westernhealth.nl.ca)  
[www.westernhealth.nl.ca/mha](http://www.westernhealth.nl.ca/mha)

### Help Lines and Websites

HEALTHLINE	811 / <a href="http://www.yourhealthline.ca">www.yourhealthline.ca</a>
Mental Health Crisis Line	1-888-737-4668
Kids Help Phone	1-800-668-6868 / <a href="http://www.kidshelpphone.ca">www.kidshelpphone.ca</a>
CHANNAL Peer Support Warm Line	1-855-753-2560 / <a href="http://www.channal.ca">www.channal.ca</a>

Bridge the gAPP – an online resource designed to support mental wellness -  
<http://www.bridgethegapp.ca/>

The Breathing Room - an online program for youth and young adults aged 13-24, who want to learn new ways to manage symptoms stress, anxiety and depression - <http://breathingroom.me>

***For immediate help, go to your local Emergency Department or call 911.***

## AVAILABLE RESOURCES

Visit the Western Health Prevention and Promotion website at [www.westernhealth.nl.ca/mha](http://www.westernhealth.nl.ca/mha) for educational resources and promotional materials.

Email: [mha@westernhealth.nl.ca](mailto:mha@westernhealth.nl.ca) to request print materials or borrow resources.

## **APPENDICES**

[Appendix A: Screening Awareness Event – Sample Poster \(Fillable PDF\)](#)

[Appendix B: Screening Tools – Sample Poster](#)

[Appendix C: Program Information Sheet](#)

[Appendix D: Screening Awareness Event Tracking Form](#)

[Appendix E: Participant Feedback Form](#)

[Appendix F: Facilitator Feedback Form](#)

*Mental Health & Substance Use*  
**SCREENING**

**APPENDIX A:**

**SCREENING AWARENESS EVENT – SAMPLE POSTER**

How are you feeling?  
...Really?



**CHECK IT OUT**  
**TAKE A SCREENING TODAY!**

**DATE:**

**TIME:**

**LOCATION:**

*Mental Health & Substance Use*  
**SCREENING**

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



*Mental Health & Substance Use*  
**SCREENING**

**APPENDIX B:**

**SCREENING TOOLS – SAMPLE POSTER**

How are you feeling?  
...Really?



## CHECK IT OUT TAKE A SCREENING

### HOW IT WORKS

- STEP 1: Select a screening tool
- STEP 2: Answer a few questions
- STEP 3: Get instant feedback
- STEP 4: Explore local supports & resources

*Fast, Anonymous, Online Screening for  
Mental Health & Addictions Issues*

Mental Health & Substance Use  
**SCREENING**

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



*Mental Health & Substance Use*  
**SCREENING**

**APPENDIX C:**

**PROGRAM INFORMATION SHEET**

## **NEW! Free Online Mental Health & Substance Use Screening Program for Adults 18+**

### **About the Program**

- Fast and anonymous.
- Screening is important for early identification and connection to supports and services.
- Online Screening Tools are available at: [www.checkitoutnl.ca](http://www.checkitoutnl.ca) and can be accessed from a mobile device, tablet or computer.
- These tools are NOT diagnostic tools and are not a substitute for clinical evaluation. The tools cannot provide an actual diagnosis. Only a trained professional can diagnose a disorder.

### **How It Works:**

- Individuals select a screening tool based on how they are feeling.
- After completing a short questionnaire, individuals are given feedback about their moods and behaviours.
- Individuals can explore information about local services and supports.
- 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)

### **How You Can Support:**

- Use the enclosed poster and promotional business cards to promote the Screening Program at your office.

**For more information or to request additional resources, contact:**

[mha@westernhealth.nl.ca](mailto:mha@westernhealth.nl.ca) or 634-4171

*Mental Health & Substance Use*  
**SCREENING**

**APPENDIX D:**

**SCREENING AWARENESS EVENT TRACKING FORM**

How are you feeling?  
...Really?

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# Event Tracking Form

Please record information for each Screening Awareness Event delivered.

Facilitator: \_\_\_\_\_

	Date of Event	Location of Event	Number of People in Attendance	Number of Screenings Completed On-Site	Comments
1.					
2.					
3.					
4.					
5.					

*Thank you!*

Send completed tracking and feedback forms to:  
Regional Mental Health Promotion Consultant  
Regional Addictions Prevention Consultant  
Western Health  
133 Riverside Drive, P.O. Box 2005  
Corner Brook, NL A2H 6J7  
T: (709) 634-4171  
F: (709) 634-4888

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**APPENDIX E:**

**PARTICIPANT FEEDBACK FORM**

How are you feeling?  
...Really?

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## Participant Feedback Form

1. Have you ever used a self-assessment tool for mental health and substance use issues?  
Yes/No  
If Yes, indicate where (e.g., magazine, online): \_\_\_\_\_

**For each statement, indicate how much you Agree or Disagree with the statement:**

2. I am more aware of reputable online screening tools as a result of this event.  
Strongly Agree      Agree      Undecided      Disagree      Strongly Disagree
3. After attending this event, I am more familiar with available services and supports for mental health and addiction issues.  
Strongly Agree      Agree      Undecided      Disagree      Strongly Disagree
4. Online self-assessment tools are useful for early intervention for people experiencing mental health & substance use issues.  
Strongly Agree      Agree      Undecided      Disagree      Strongly Disagree
5. The information presented was useful.  
Strongly Agree      Agree      Undecided      Disagree      Strongly Disagree
6. I would share this information with a friend or family member that might need help.  
Strongly Agree      Agree      Undecided      Disagree      Strongly Disagree
7. Screening awareness events are a useful way of promoting online self-assessment tools.  
Strongly Agree      Agree      Undecided      Disagree      Strongly Disagree
8. The program materials used for the event were good quality.  
Strongly Agree      Agree      Undecided      Disagree      Strongly Disagree
9. Other Comments:

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**APPENDIX F:**

**FACILITATOR FEEDBACK FORM**

How are you feeling?  
...Really?

Mental Health & Substance Use  
**SCREENING**

## Facilitator Feedback Form

Location/Venue: \_\_\_\_\_ Date: \_\_\_\_\_

Total # of Participants: \_\_\_\_\_

# of Participants who Completed Screener(s) at the Event: \_\_\_\_\_

# of Participants who Took a Business Card to Complete Screener at Another Time: \_\_\_\_\_

1. Summary of Participant Feedback (write comments below):

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2. What did you like best? What worked well (Successes/Strengths)?

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3. What did you like least? What did not work well (Challenges)?

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4. If we were to do this again, what would you do differently (Recommendations and Opportunities for Improvement)?

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How are you feeling?  
...Really?

Mental Health & Substance Use  
**SCREENING**

## Facilitator Feedback Form

**For each statement, indicate how much you Agree or Disagree with the statement:**

1. I feel overall the event was successful.  
Strongly Agree      Agree      Undecided      Disagree      Strongly Disagree
2. I would recommend that this event be offered again.  
Strongly Agree      Agree      Undecided      Disagree      Strongly Disagree
3. I feel that I had adequate information and support available to implement this event.  
Strongly Agree      Agree      Undecided      Disagree      Strongly Disagree
4. The program materials used for the event were easy to use.  
Strongly Agree      Agree      Undecided      Disagree      Strongly Disagree
5. The program materials used for the event were good quality.  
Strongly Agree      Agree      Undecided      Disagree      Strongly Disagree
6. The location of the event was appropriate.  
Strongly Agree      Agree      Undecided      Disagree      Strongly Disagree
7. The program materials were appropriate for the participants.  
Strongly Agree      Agree      Undecided      Disagree      Strongly Disagree
8. There was positive feedback from participants about the event.  
Strongly Agree      Agree      Undecided      Disagree      Strongly Disagree
9. I felt comfortable facilitating this event.  
Strongly Agree      Agree      Undecided      Disagree      Strongly Disagree
10. The topic of mental health and substance use is relevant to the target audience.  
Strongly Agree      Agree      Undecided      Disagree      Strongly Disagree
11. I feel participants are now more aware of available services and supports.  
Strongly Agree      Agree      Undecided      Disagree      Strongly Disagree

**12. Other Comments:**

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**For More Information:**



Regional Mental Health Promotion Consultant  
Regional Addictions Prevention Consultant

Western Health  
133 Riverside Drive, P.O. Box 2005  
Corner Brook, NL A2H 6J7  
Telephone: 634-4171

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

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

