



Educate, Advocate and Serve

2400 Reading Road, Suite 139 912 Scott St, PO Box 122604
Cincinnati, OH 45202 Covington, KY 41011
Office 513-721-2910 / 877-361-4518 / 859-431-1077
www.MHAnkyswoh.org / www.GuideToFeelingBetter.org



Checking Mental Wellness

Thank you for working with **Mental Health America of Northern Kentucky**, your regional campaign director for the "Campaign for America's Mental Health." We are committed to helping individuals get the help for Mental Health issues that they so deserve. We support a variety of mental wellness screenings and treatment options, knowing that each person is an individual, has different illnesses and will respond to treatments in their own way. Research confirms that the earlier treatment begins, the more successful the treatment is and that a blend of treatment works best in the long run. Three major treatments areas that we ask people to consider are: individual therapy, group therapy/network support and medications.

Depression is the **single** most prevalent mental illness affecting over 20% of American's at some point in their lives. Fifteen to twenty % of women are affected and 8-10% of men are affected. Anxiety is the most prevalent grouping of mental disorders affecting over 25% of American's at some point in their lives. Alcohol screenings provide hope for those people with an alcohol or other drug disorder. Over 40% of people with an alcohol or drug problem typically present mental disorder prior to using drugs or alcohol.

Depression, anxiety and alcohol disorders are treatable in over 85% of the cases. THERE IS NO REASON FOR PEOPLE TO FEEL MISERABLE.

MENTAL WELLNESS SCREENING GOALS

- To educate individuals on the signs and symptoms of mental disorders
- To screen as many individuals as possible. Mental Health screening must become as accepted as blood pressure tests.
- Any person scoring over the normal range must be talked to and offered referral information.

MENTAL WELLNESS SCREENING PROCESS

How to initiate a screening:

It is important to encourage people to check their mental wellness. Some people will be resistant, but if you converse with them in a caring yet lighthearted way, their fear of knowing the results will subside. It is just a list of questions that they check off and that you will score right away. It will only take a short time. Let them know that this is only a screening and not a diagnostic tool. If they do not show signs of a mental disorder, great. However, if they do, there are very effective treatments and many of the skills they will develop through good treatment will help them feel better in almost every aspect of their life.

Screening:

In most cases letting the person fill out the screening form for themselves works well. Make sure they have a pen and a hard surface to write on. Direct them to press firmly when checking off their answers on the form. Also, direct them to answer the question as to how they have felt for the past two weeks or more, not just today. Give them enough time and space to complete the screening, but be close by so that you may learn from the comments and questions they may have as they screen. Score the screening.

Negative results:

Give them a copy of the screening tool with the evaluation portion completed. Keep a copy for your records. Praise those that score negative. Encourage them to continue what they are doing to maintain a normal level of anxiety, depression or alcohol use. At this point it very easy to talk about some prevention techniques. There are not sure fire ways to preventing a mental illness; however, all the research indicates that if stress management skills are continually worked on and developed, should genetic link cause an illness, they will be much more successful in treatment. Stress management skill development is fun and the benefit is that you feel more and more at peace. Many of the techniques may also be worked on with children or other family members.

Positive results:

- Talk to individuals scoring positive on the screening. Give the individual a copy of the screening tool with the evaluation portion completed. Keep a copy for your records.
- Remind them that this is a screening tool and not a diagnosis. Sample script: “Remember this is not diagnosis but only a screening. You scored xxx, indicating xxx. Have you had a lot going on in your life lately? Are you currently receiving treatment?”
- Give them information on the illness, treatment options and referrals.