

"It is uncanny how accurate TeenScreen is. There were students whose parents said that they could be screened and we thought, ok, they're popular, involved in extracurricular activities, good family – all of that. And so initially, when some of the numbers were high and indicative of the (need for a) clinical interview, we thought, that can't be right. And then after the interview took place, they confirmed that yes (there was something going on with these youth). This program is so accurate and has been a life saving tool for our school and our students."

Madeleine Allison
Director of Special Programs, Sealy, Texas Independent School District

"The way that I describe this (the problem of suicide) at home is to say, tragically, over 2,000 men and women have died serving in the war in Iraq. Well, since that war started, we've lost that many people in my state to suicide. In just one state – and where are the headlines?"

Michael Hogan, PhD
Director, Ohio Department of Mental Health

"We have clearly secured a permanent foothold for suicide awareness and prevention in the transformation of our nation's mental health system... Together, we can end the silence of suicide and eliminate the stigma of seeking lifesaving mental health services."

Charles G. Curie, MA, ACSW
Administrator, Substance Abuse and Mental Health Services Administration



C.A.R.E. is a community resource for education, awareness and information about alcohol and other drugs. Educational classes currently offered are How To Cope and New Directions. If you or someone you know needs confidential help, please call the C.A.R.E. office.



Columbia University TeenScreen[®] Program

Chemical Awareness
Resources & Education
Park Cities YMCA
6000 Preston Rd.
Dallas, TX 75205
214.526.8986
214.520.9549 fax
susanh.care@ymcadallas.org
www.parkcitiesymca.org



***A free confidential tool
to assist in
determining
depression in youth***

TeenScreen Program

A Free Mental Health Check Up for Teens and Families

As an added component to the C.A.R.E. interview and screening for students, C.A.R.E. will offer the **Columbia University Teen-Screen Program**. This program does not make a diagnosis but screens for risk factors, such as:

- Depression
- Suicide
- Substance abuse
- Other health problems

TeenScreen is a free, voluntary screening program, using an interview process and computer survey. Both parental consent and youth assent are required for participation. The results are completely confidential.

Parents of youth found to be at possible risk are notified and helped with identifying and connecting to local services where they can obtain a complete evaluation by a qualified professional. Treatment decisions, if any, are **always** left to parents and guardians.

TeenScreen is committed to making the mental health and well-being of America's youth a national priority.

Depression and other mental health issues are concerns that can sometimes lead to self-medication in the form of alcohol or other drug use. Identifying those youth at-risk is the first step in helping the teen and their families find professional assistance before substance abuse becomes a chronic problem.

Research Shows:

⇒ America's newly identified at-risk group includes preteens and teens from affluent, well-educated families. In spite of their economic and social advantages, these teens experience among the highest rates of depression, substance abuse, anxiety disorders and unhappiness of any group of children in this country.

⇒ Mental illness is a major barrier to learning and academic success.

⇒ Suicide is the third leading cause of death among young people aged 10-24.

⇒ Twenty-one percent of U.S. children and adolescents have a diagnosable mental or addictive disorder that causes at least minimal impairment.

⇒ Half of all mood, anxiety, impulse-control and substance-use disorders start by age 14.