

# Screening & Assessment

## Purpose

These learning activities can be completed after watching the Webinar #2: [Screening & Assessment](#) and can be incorporated into mental health education sessions for individuals or groups.

## Learning Objectives

- Build on current knowledge regarding components of the Mental Status Exam specific to children & youth.
- Fostering greater balance in colonial health and wellness assessments through exploration of diverse knowledge systems, perspectives, and approaches.
- Review pediatric mental health initial screening and assessment tools to identify focus of intervention/treatment.

## Learning Activities

### Activities Mental Status Exam (MSE)

Time	Target Audience	Activity
Video #1: 5 minutes Video #2: 8 minutes	Individual	Watch one or both of these videos for a quick overview of how to complete a mental status assessment  Video#1: <a href="#">Mental Status Examination - Psychiatric Mental Health Nursing Principles - @Level Up RN - YouTube</a> Video #2: <a href="#">Mental Status Exam Mnemonics</a>
15- 20 minutes	Group or Individual	Review FNHA perspectives on wellness and write down/discuss how this can inform current assessments <a href="#">First Nations Perspective on Health and Wellness (fnha.ca)</a>
10-20 minutes	Group or Individual	Review the <a href="#">Native Wellness Assessment</a> and discuss/reflect on which components might be useful to consider when you complete your assessments?
2 minutes	Individual	Watch this video by Martin Luther King <a href="#">Creative Maladjustment</a> Consider in what ways might the patients I walk alongside be proud to be maladjusted?
10-15 minutes	Group or Individual	Choose one component of the Mental Status Exam and explore the different factors that can contribute to their presentation (ex. cultural norms/differences, discrimination, marginalization, colonialism, etc.).

		Consider ways to consider these factors when completing your assessment.
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**Activities: Additional Screening Tools**

Time	Target Audience	Activity
20 minutes to 1 hour	Individual	<a href="#">Compass BC Toolkit: Suicide Risk Assessment</a> Addresses engaging and assessing youth with suicidal thoughts, with a focus on risk stratification and safety planning.
20-30 minutes	Group or Individual	<a href="#">Review Dr. Darien Thira's work</a> on indigenous suicide assessment and discuss factors that may enhance current suicide prevention/intervention strategies.
10-15 minutes	Individual	Check out the content on the <a href="#">HEADS-ED site</a> . In the video section, there are short videos that walk through an assessment using the HEADS-ED tool.
25 minutes	Individual	<a href="#">HEARTSMAP video</a>
10-20 minutes	Group	Choose a screening tool to practice completing with a partner or small group. How are you including family/community? Is the tool holistic in nature? In what way(s) might your approach change with an older/younger child? Do you know what tools are used in your organization? Built into the electronic health record (if applicable)?

**Additional Resources**

**General Mental Health Screening Tool Examples:**

[HEARTSMAP](#): The HEARTSMAP tool is designed to support clinicians to conduct an efficient comprehensive psychosocial evaluation for children and youth presenting with mental health concerns.

[HEADS-ED](#): HEADS-ED is an easy-to-use screening tool that primary care providers can use during a patient visit to identify a child/youth's mental health needs, along with local services, supports and relevant patient education materials.

[Mental Status Exam Module](#): E-learning module

**Substance Use Screening Tool Examples:**

[CRAFFT 2.1+N](#): The Car, Relax, Alone, Forget, Friends, Trouble (CRAFFT) Screening Tool is a widely used, validated, screening tool for the assessment of alcohol and drug use in adolescents. The CRAFFT 2.1+N contains extra questions related to tobacco and nicotine use.

[Screening to Brief Intervention \(S2BI\)](#) is a short tool used to identify severe substance use disorder in adolescents and identify youth who would benefit most from a referral. [S2BI Toolkit](#)

**Suicide Risk Assessments Examples:**

[Assessment of Suicide and Risk Inventory \(ASARI\), User's Guide](#)

[Ask Suicide-Screening \(ASQ\) toolkit](#)

[Columbia Suicide Severity Rating Scale](#)

[Tool for Assessment of Suicide Risk Adolescent \(TASR-A\) and TASR-Am](#) (modified)

**Other**

[BIPOC-MHM-Toolkit-2021\\_Final\\_03\\_0.pdf](#) (mhanational.org)

[First Nations Principles of Learning - YouTube](#)

[How Childhood Trauma Leads to Addiction - Gabor Maté: Video](#)

[Gender Diversity Education](#)