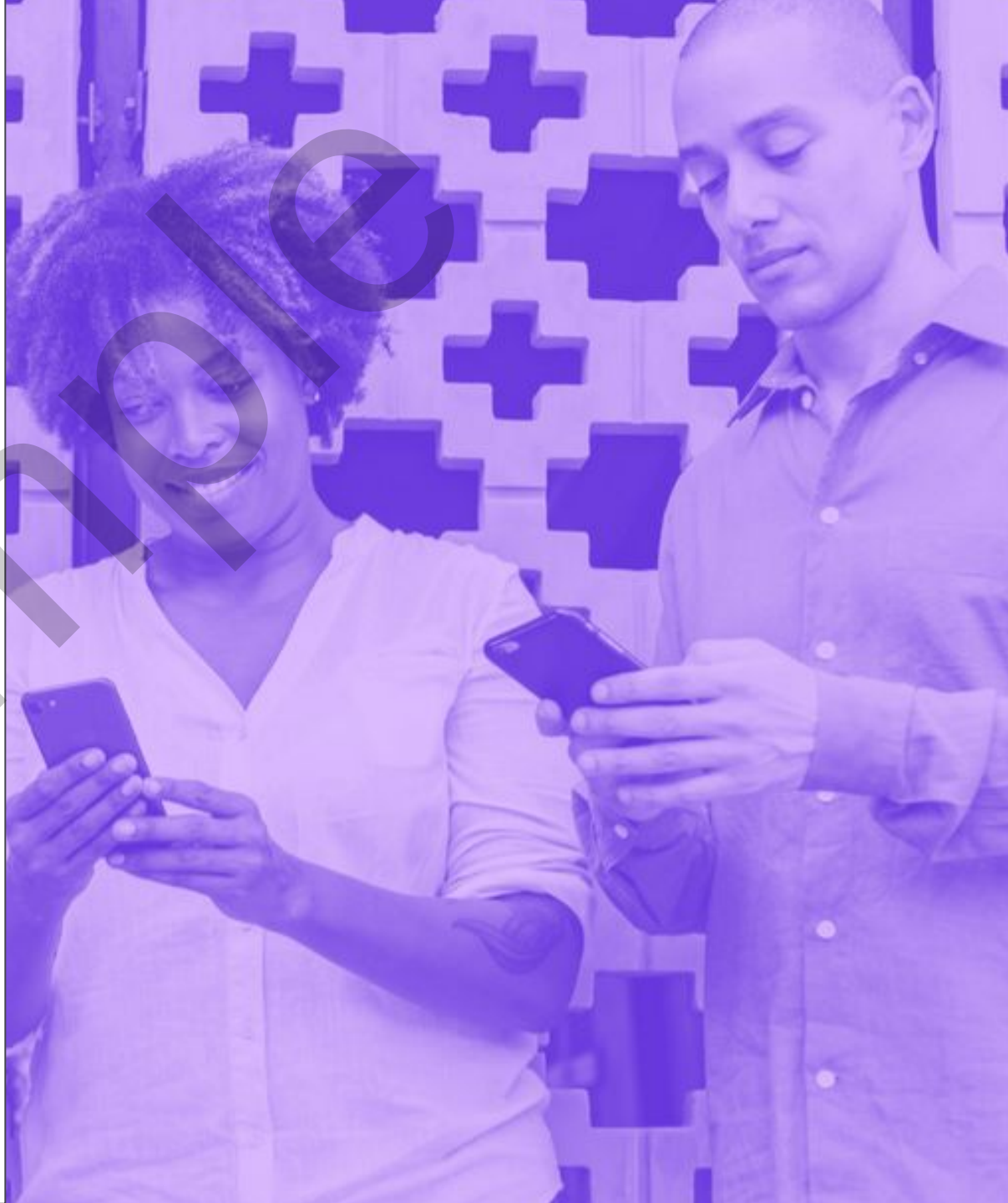
Tickit Health
Check Yourself Overview for Parents
2019

Example

Agenda:

- Teen Years Exercise - Remember When You An Adolescent
- Check Yourself Program
- About the Check Yourself Assessment Tool
- Brief Intervention
- Next Steps



Example

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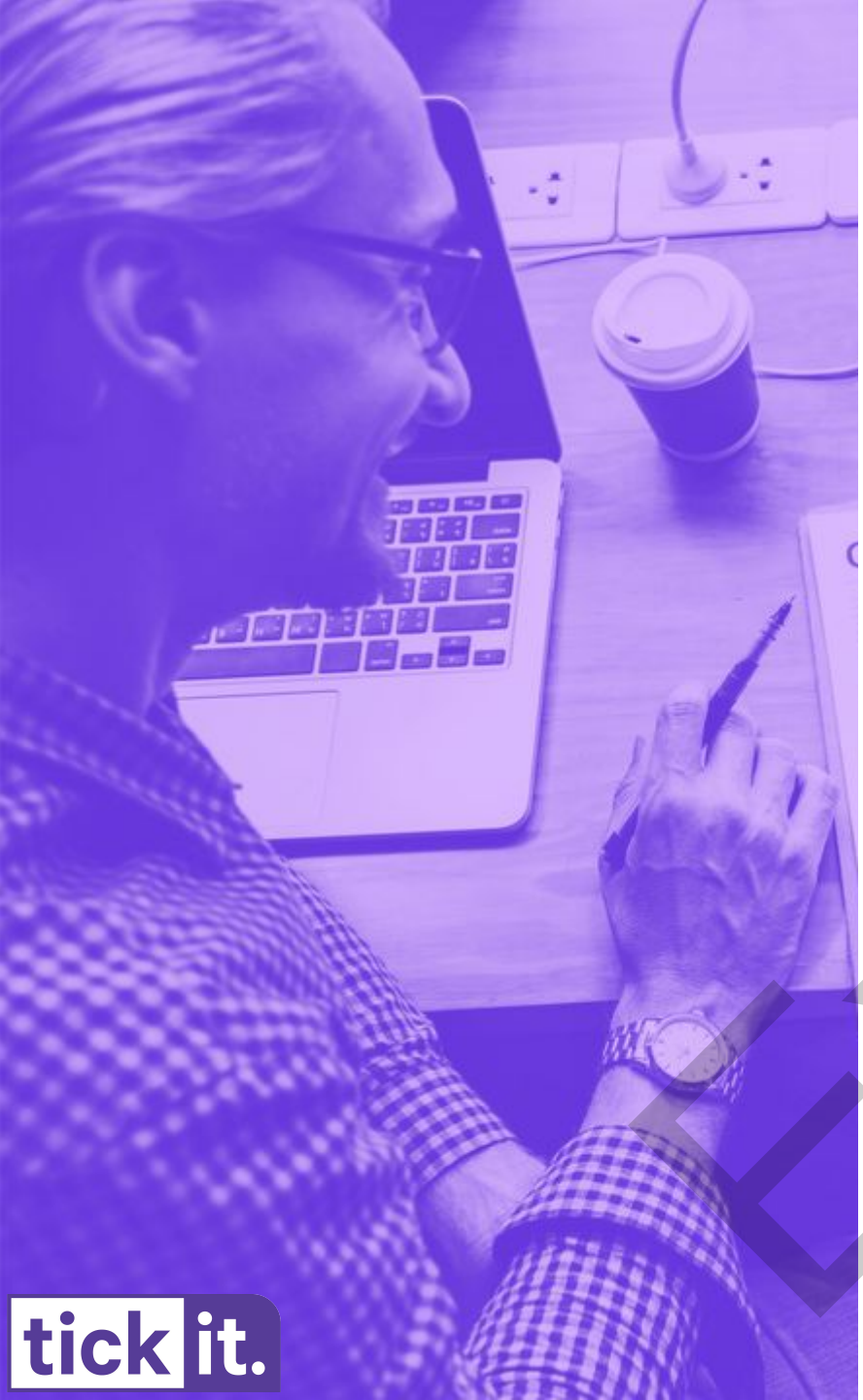


Teen Years

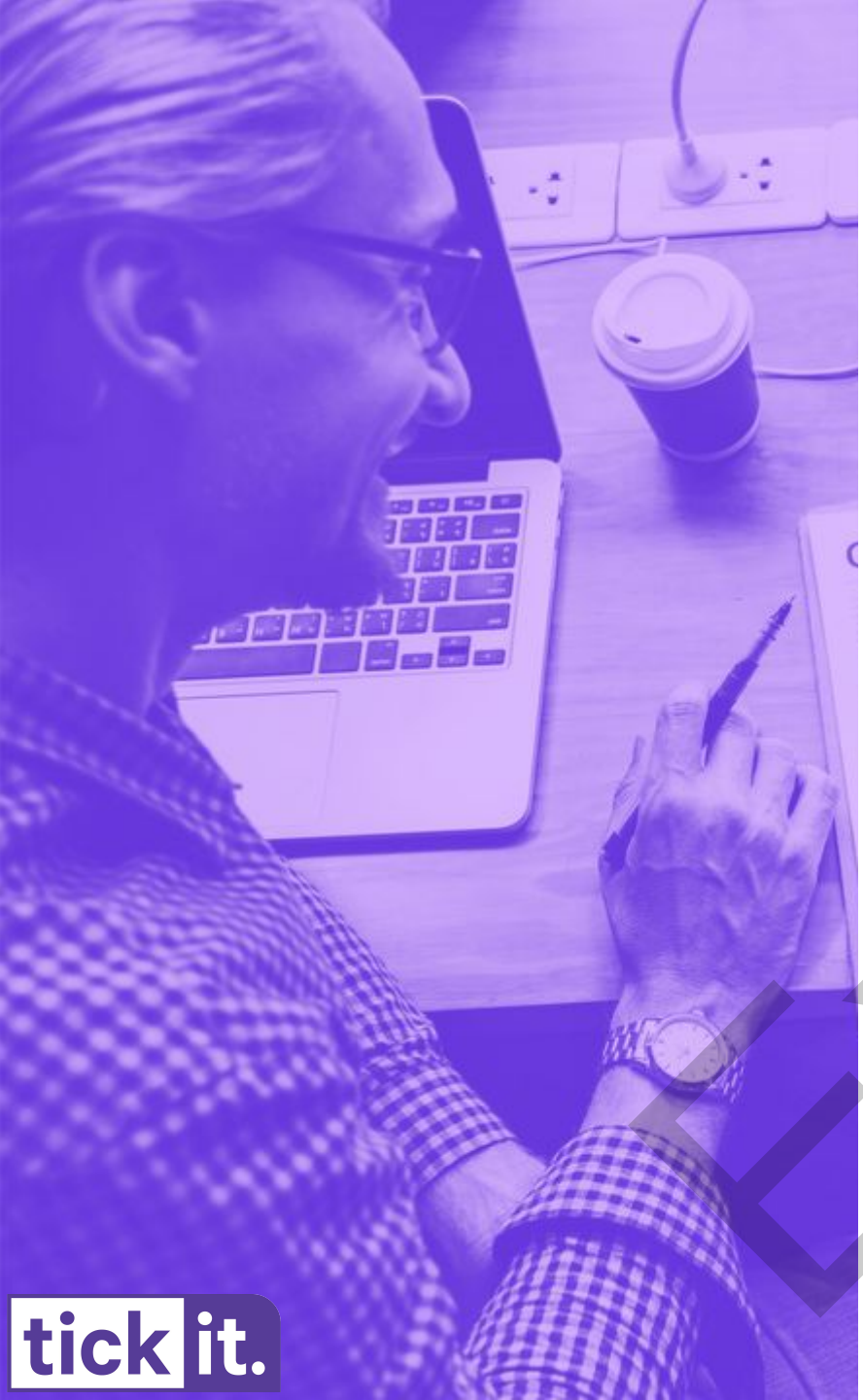
What was I like as an adolescent?

Take a moment and think about what you were like as an adolescent and consider the following questions:

- What were you like as an adolescent when you were your son/daughter's current age?
- What challenges, difficulties, and strengths did you face?
- What were your parents up against in dealing with you?
- What qualities do you see in your adolescent that remind you of yourself?

Example

tick it.



Check Yourself Program

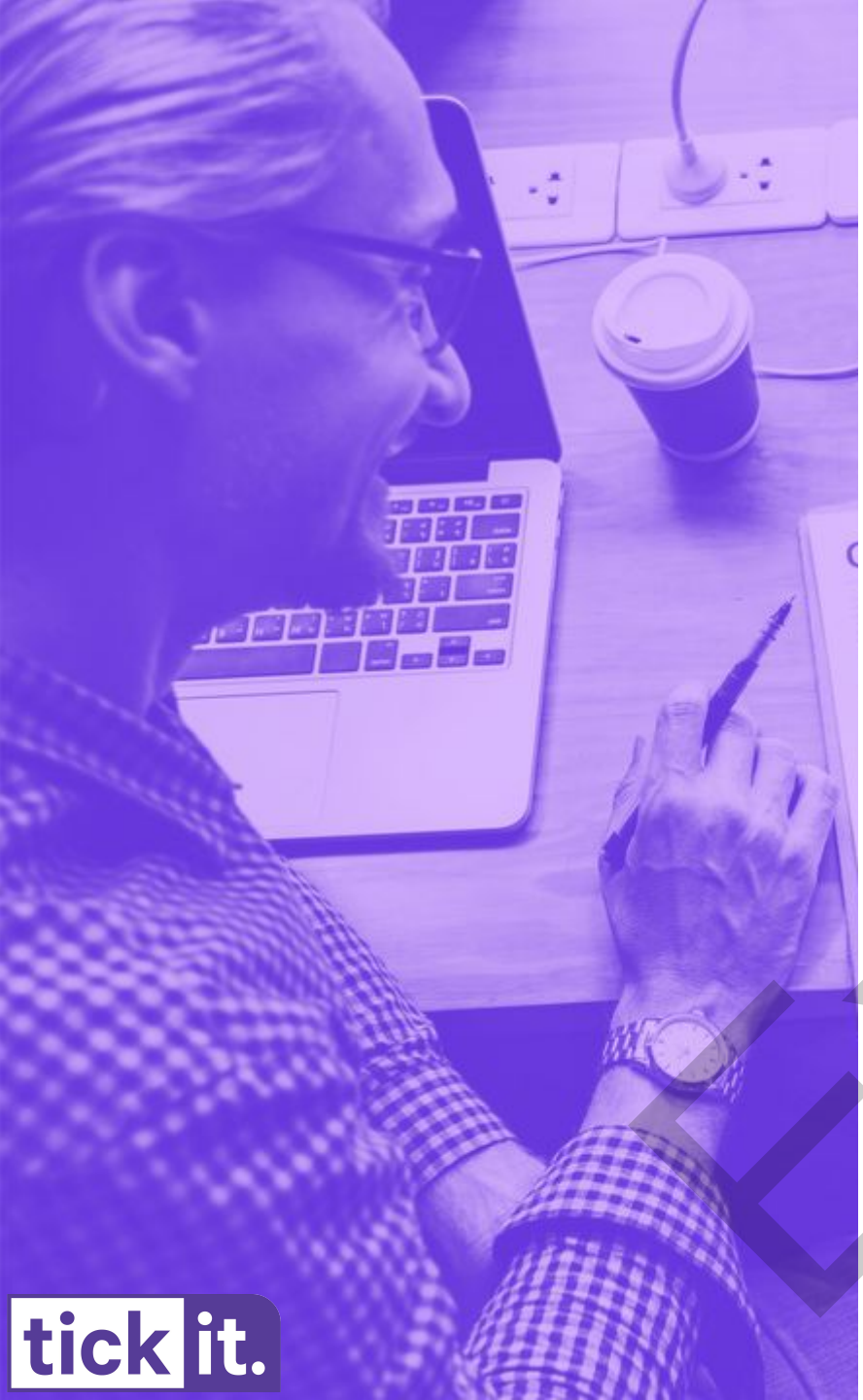
Screening with Check Yourself Assessment Tool - a short series of questions to evoke signs of difficulty.

Brief Intervention - A series of short meetings with a student designed to elevate their awareness of problematic substance use or mental health concerns

Referral to Treatment/Services - Collaboration with a student to decide on a course of action.

Example

tick it.



About Check Yourself Assessment Tool

- Developed by the University of Washington & Seattle Children's Hospital with Tickit Health
- Used and found successful in: primary care, school-based health clinics and emergency departments
- The screening takes approximately 10 - 15 minutes
- Students will most likely be accessing this from a school-based computer (either their own issued computer or within a computer lab scenario

Example

tick it.

Consent

What to expect

Your responses to these questions will help us understand if you may need or want more support.

Someone has explained to you how your answers will be kept private and in what situations they could be shared. Please follow-up with them if you have any questions. The support team at your school may follow-up with you about your responses.

You can stop at any time.

I accept

I decline

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Next

Example

tick it.

SELECT A TOPIC

ABOUT ME

MY HEALTH & SAFETY

MY STRESS & COPING

Example

tick it.

My top goals for the coming year are

Select all that apply

- improve / keep up grades
- get along better with family
- spend more time with friends
- be famous
- get a job
- be in a romantic relationship
- improve in sports / athletics
- excel in the arts or performance
- get / stay healthy
- other (write it in)

Back

Next

Example

tick it.

The biggest supports in my life are

Select all that apply

- mother / step mother(s)
- father / step father(s)
- sibling(s)
- grandparent(s)
- cousin(s)
- friend(s)
- aunt / uncle(s)
- teacher / coach(s)
- virtual / online friend(s)
- mentor / counselor(s)
- other (write it in)
- nobody

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Next

Example

tick it.

In the past year I have used at least once

Please do not include medication that has been prescribed to you by a doctor or nurse

- marijuana (cannabis, weed)
- e-cigarettes (vaping, juuling)
- cigarettes
- alcohol (more than a sip)
- other drugs (including someone else's pills)
- none

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Next

Example

tick it.

On most days I feel

Please select all that apply

angry

worried

sad

ok

good

great

other (write it in)

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Next

Example

tick it.

What have others said you are good at?

Select all that apply

- school
- exercise and sports
- writing and reading
- helping out at home
- being a good friend / making friends
- using technology
- art / crafts
- theater / dance
- music
- gaming
- participating in clubs
- taking care of animals
- religion / spirituality
- leadership
- none
- other (write it in)

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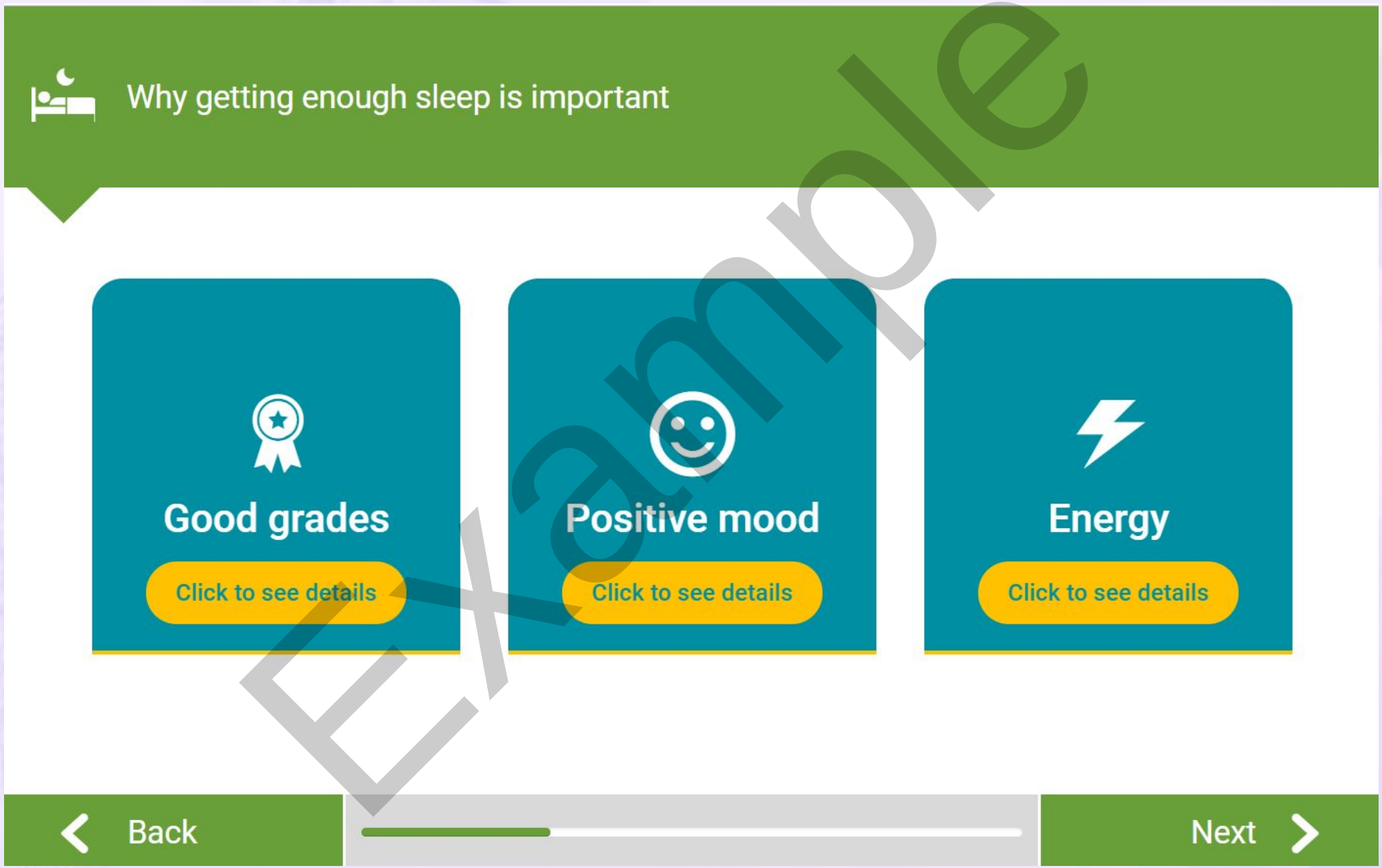
Next

Example

tick it.

Feedback



Example

tick it.

Feedback

Ways to get a good night's sleep

Lots of things can get in the way of a good night's sleep, here is what you can do to help

The light from screens (including phones) keeps your brain awake. Turn them all off at least 1 hour before bedtime.

Avoid drinks with caffeine after 2pm.

For deeper sleep, keep the room dark.

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Next

Example

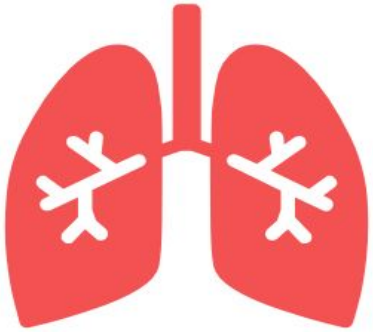
tick it.

Feedback

What about smoking and vaping?

It may seem like many teens vape or smoke regularly. Actually, in 2017, less than 10% of 9th graders used a vaping device and less than 9% smoked cigarettes in the last month.*

**From the 2017 Youth Risk Behavior Surveillance, a survey of 14,000 U.S. high school students.*



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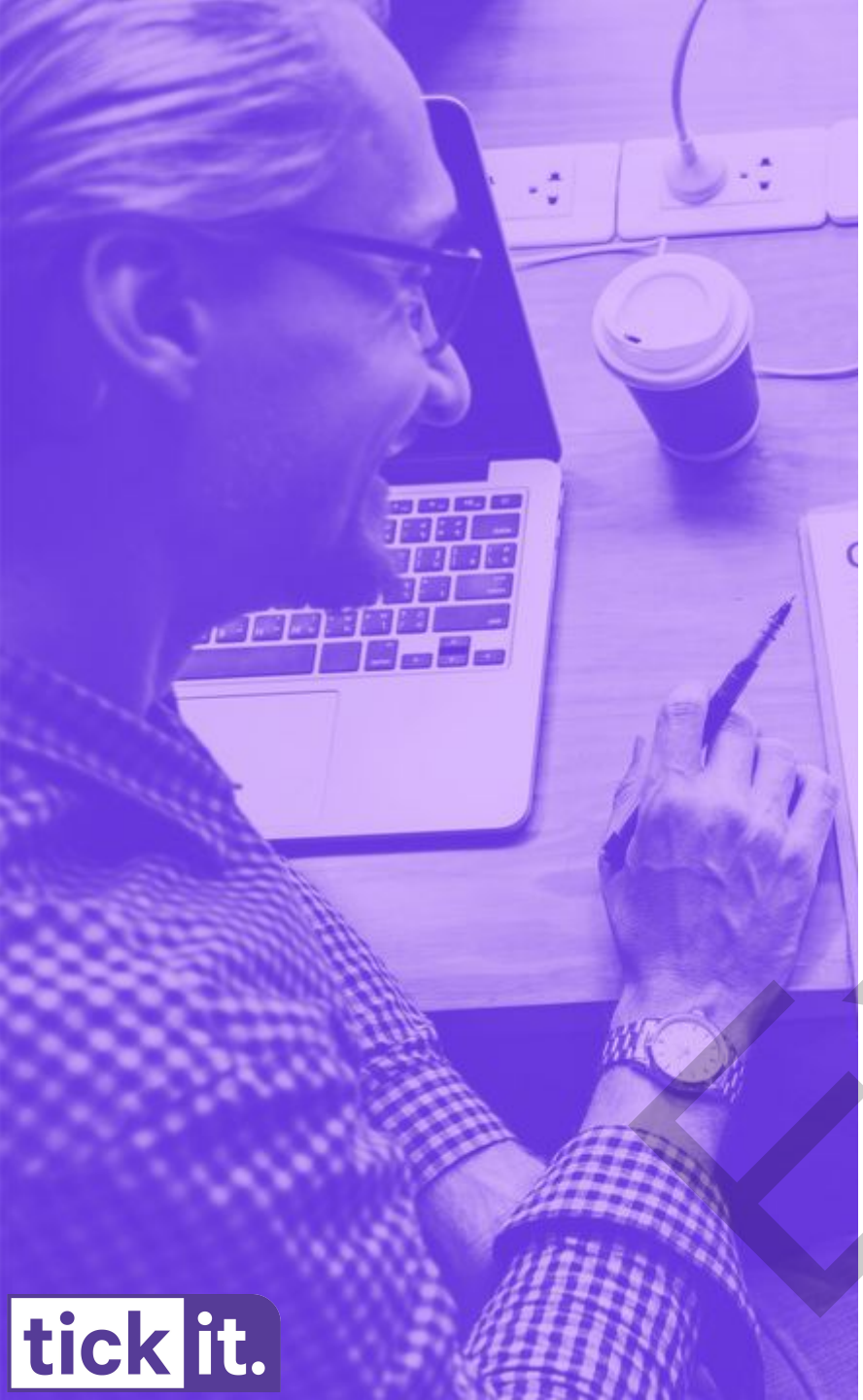


Brief Intervention

- If a student is "screened in" they will be asked to meet with a school counselor for a brief preventative intervention.
- Meetings will be short (about 15-20 minutes) and will be guided by motivational interviewing principles.
- Parents/caregivers may be asked to join a brief intervention session with their children.
- Parents will be notified if the screener indicates high levels of risk.

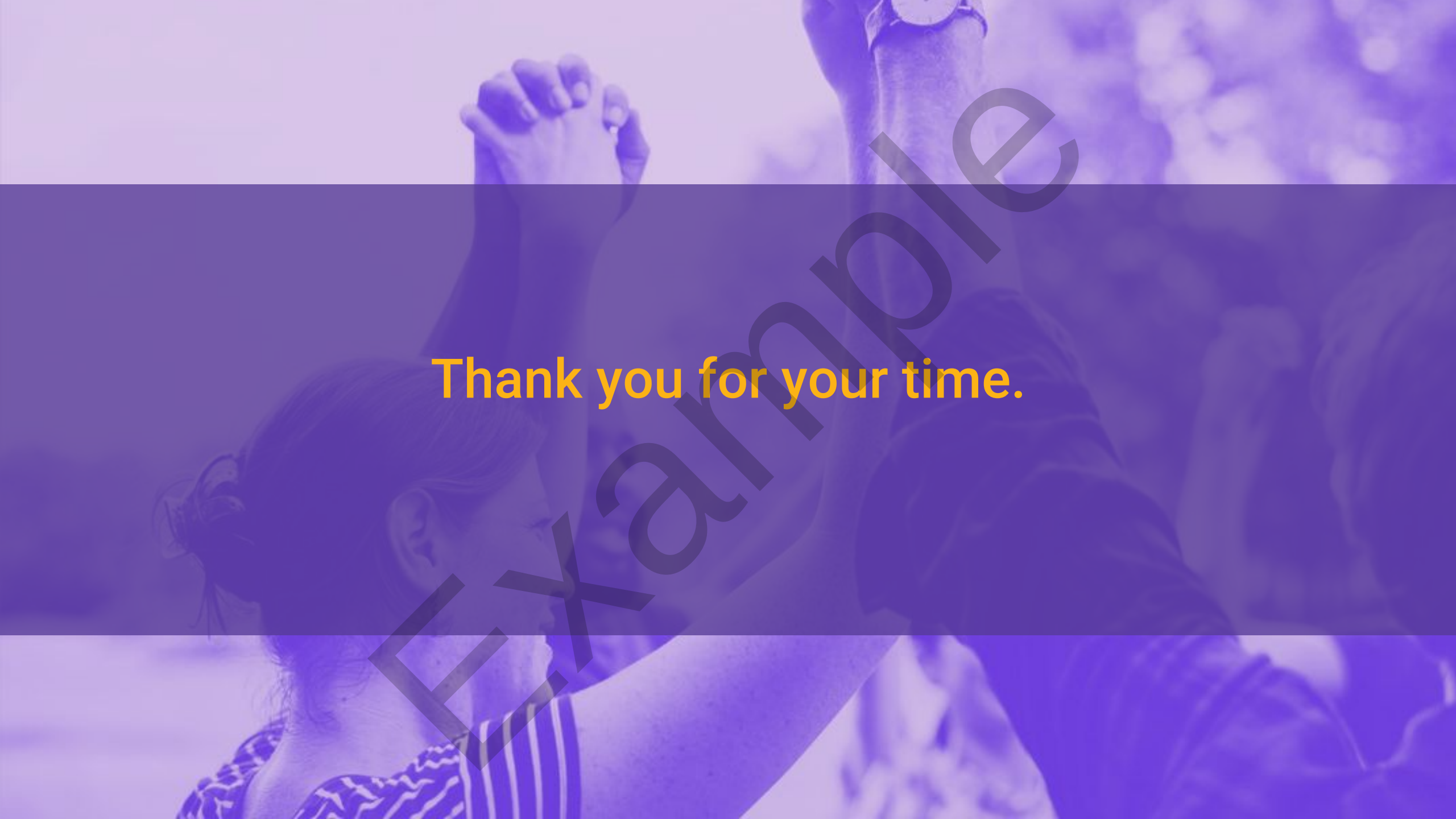
Example

tick it.

Next Step: Review and sign consent form for your child if you would like them to take the Check Yourself assessment.

Example

tick it.



Thank you for your time.

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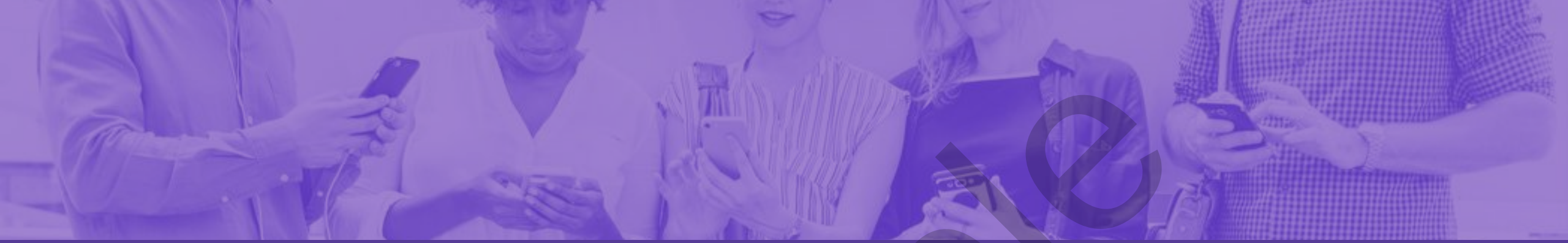

Example