

Family Medical Center of Michigan, Inc.
School Based Behavioral Health Program- Implementation of Tick It

The Tick It Check Yourself Program will be implemented at all schools in the 2019-2020 school year, targeting students in the 5th grade through 12th grade as appropriate. The schools will include:

- Monroe County: Airport District; Arborwood School; Custer School; Dundee District
- Lenawee County: Madison District; Britton/Deerfield District; Morenci
- Detroit City: Thurgood Marshall School; Durfee School; Carstens School

This program includes the following steps

- **Introduction of the “Check Yourself” Screening tool to school staff and parents.** Family Medical Center Staff will meet with school staff to determine the best method to disseminate this tool. Letters will be sent home to parents to explain the screening process. Parents may opt out of allowing their student to participate in the screening.

Opt-out consent

- ✓ Opt-out consent — also known as giving consent by not declining to give consent — means that an individual is given the option to decline consent. If the individual does not clearly decline consent, consent is granted. Opt-out consent is usually done in writing.
- ✓ Many organizations, especially websites, use opt-out consent as a way to request permission to use your personal information for other purposes.
- ✓ For example, when purchasing a product online, you may be presented with a checkbox and asked to uncheck the box (opt-out) if you would not like your personal information shared with affiliates for marketing purposes.

- **“Check Yourself” Screening Tool will be administered** electronically and takes about 10-15 minutes to complete. Questions cover four different areas, including: strengths and goals, substance use, mental health, and personal safety. The screening is designed to determine whether a student may or may not need additional support. Not all students who take the screener will need to speak with a behavior health specialist, however every student who takes the screener will receive personalized feedback.
- **All behavioral health specialists will conduct** a biopsychosocial assessment, and evidenced based therapies in accordance with the National Institutes of Mental Health. These guidelines will be presented to the QPIC committee for approval. The mental health diagnosis most commonly treated for children and adolescents include but not limited to the following:

○ Anxiety Disorders	○ Depression
○ Attention Deficit Hyperactivity Disorder (ADHD/ADD)	○ Disruptive Mood Deregulation Disorder
○ Autism Spectrum Disorders (ASD)	○ Eating Disorders
○ Bipolar Disorder (Manic-Depressive Illness)	○ Medications: Children and Teens
○ Coping with Traumatic Events	○ Suicide Prevention

- **Brief Intervention:** If the screening indicates that a student could benefit from speaking with someone, a member of the counseling team will contact the parent to arrange in intake with the student and the parent as soon as possible. Behavior health specialists have been trained in motivational interviewing principles, designed to elevate awareness of potential areas for growth and change.
- **Referral to Services:** If after meeting with the parent and student it is decided that ongoing therapy or a psychiatrist is needed, the FMC school based staff will proceed to schedule the appropriate appointments and include the parent as appropriate. Parents/caregivers will also be notified if the screener indicates high levels of risk and additional services are immediately needed.