Possibilities for Change

Rising Together

Schoolwide Mental Health Screening™

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Creating a Culture of Mental Wellness for Youth

Mental health is the largest determinant of a youth's overall health, wellbeing, and academic success yet the Centers for Disease Control and Prevention (CDC) report that:

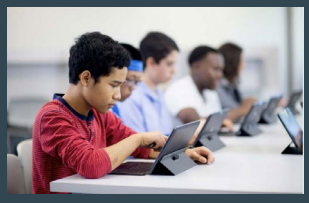
- **More than 1 in 3 youth** report persistent feelings of sadness or hopelessness
- **1 in 6 youth** report making a suicide plan in the last year
- **1 in 4 youth** report not having a trusted adult in their life

So what can we do?

More Than Just a Tool - A Comprehensive Program and Proven Framework

- ✔ **Screen every student equitably** to identify risk early—not just those who speak up or show visible signs.
- ✔ **Deliver actionable data and guided strategies** to intervene with care and urgency.
- ✔ **Equip trusted adults with expert training** to recognize concerns and respond with confidence and compassion.
- ✔ **Engage families in meaningful, stigma-free dialogue**, with a clear and supported opt-out process.
- ✔ **Connect students and families to tailored resources and real-time referrals** that go beyond the classroom.

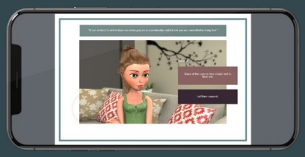
Powerful, Multifaceted Partnership to Advance Mental Wellness



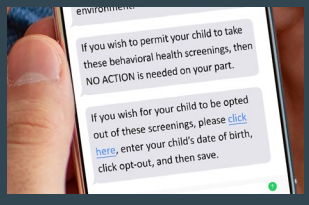
State initiatives for student mental wellness

Influencer marketing by professional athletes

Schools participate through opt-in process



Parent skill-building to strengthen protective factors



Parental control to opt youth out of screening

Immediate tailored brief interventions and resources provided

Community partners help highest need students and their families

Schools access student population data to inform MTSS interventions

Evidence-Based Outcomes

Real-World Youth Results

During screening:

- **1 in 3 youth** reported depressive symptoms.
- **1 in 3 youth** reported anxiety symptoms.
- **1 in 15 youth** reported suicidal thoughts or actions.

After identification, intervention and ongoing care when referred

- **More than 40%** reported improvement to depression and anxiety symptoms.
- **61%** of students reported no longer having suicidal thought or actions.

Real-World Parent/Guardian Results

After completing the Teen Speak parent skill-building course:

- **78% reported confidence in talking through challenging situations** with their teen.
- **Nearly 80%** reported feeling confident and comfortable talking through challenging situations with their teen.
- **53%** reported feeling connected with their teen.

Research Supports Our Screening Program Model

>33%

Better attendance

Reduction in absenteeism in schools with integrated mental health screening and support programs[1]

50%

Fewer disruptions

Reduction in disciplinary referrals in schools with prevention-focused mental health screening and intervention models[2]

MTSS

Stronger data

Population-level insights to target Tier 2 and 3 interventions

Sources

[1] Kansas Mental Health Integration Team (MHIT) program. Mental Health America, Attendance Works & Healthy Schools Campaign (2024). *The Impact of School Mental Health Services on Reducing Chronic Absenteeism.*

[2] von der Embse et al. (2021). Prevention-focused mental health intervention model including universal screening. Cited in Effective School Solutions, *Universal Screening to Identify Students with Mental Health Challenges* (2023).

Rise with us today to improve youth mental health and wellbeing tomorrow!

Possibilities for Change provides evidence-based youth health and safety screening tools, cutting-edge technology, comprehensive programs, and multifaceted support systems to identify and address risk sooner, and empower youth and young adults to live healthier, safer, and more successful lives.

Possibilities for Change

J&B MEDICAL

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