

Student Wellness Survey Follow-up Checklist ¹

Student: _____

FIRST FOLLOW-UP MEETING (date: _____)

- Let the student know that you asked them to meet with you to review and talk about the Student Wellness Survey.
- Review student's survey responses focusing on both strengths, and any reported distress.
- Ask student about any distress they might have been having in the past few weeks.
 - How are these still a concern for the student?
- Ask student what they do now when they face a challenge or feel distressed.
- Identify strategies the student can use when in distress.
- Ask student about who they usually go to for support (i.e., home/family, peers, teachers, etc.).
 - Discuss sources of support students can utilize when in distress.

Take notes on back of page.

SECOND FOLLOW-UP MEETING: (date: _____)

- Review brief screener administered at first meeting.
 - Discuss whether student needs ongoing support or services.
 - Discuss options with student.
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Resources:

Here are some resources, if needed:

1. **SDQ:** Strengths and Difficulties Questionnaire: <http://www.sdqinfo.com/>
 2. **DASS-21:** Online administration and scoring utility
<https://www.breakthrough.com/assessments/dass/new>
<https://www.thecalculator.co/health/DASS-21-Depression-Anxiety-Stress-Scale-Test-938.html>
 3. **Behavior Assessment Scale for Children (BASC-3 BESS)**
<https://www.pearsonclinical.com/education/products/100001482/basc3-behavioral-and-emotional-screening-system--basc-3-bess.html>
 4. **PHQ Screening surveys:** <https://www.phqscreeners.com/select-screener/41>
 5. **CASEL SEL Assessment Guide** (public version available projected for late 2018)
<http://measuringSEL.casel.org/assessment-guide/>
 6. **SHAPE: School Health Assessment and Performance Evaluation System**, National School Mental Health Center, University of Maryland. Register your school/district for SHAPE and then you will be able to access numerous assessment resources: <https://theshapesystem.com/register>
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¹ This page provides a suggested way that school personnel can coordinate and follow-up with students after they completed the Student Wellness Survey.