



The School Board of Brevard County, Florida
MENTAL WELLNESS CHECKLIST FOR REFERRAL FORM 1
ADOLESCENTS (11-18 years)

Please check all the following behaviors you have observed for the student you are concerned with. Complete to the best of your knowledge; information gathering will be ongoing. Share this form with your school's Social Worker or School Counselor.

Behaviors that may indicate social or emotional concerns:

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| <input type="checkbox"/> Refusal to go to school, or constantly asks to leave class, or has frequent absence | <input type="checkbox"/> Excessive fidgeting or constant movement |
| <input type="checkbox"/> Many physical complaints or frequent visits to the nurse's office | <input type="checkbox"/> Art, stories, or other creative work depicting extreme aggression or victimization |
| <input type="checkbox"/> Bullying, cruelty to animals or people or extreme highs and lows in emotion | <input type="checkbox"/> Puzzling swings in affect (display of emotion) or extreme highs and lows in emotion |
| <input type="checkbox"/> Is the target of bullying or abuse | <input type="checkbox"/> Difficulty accepting or acknowledging mistakes |
| <input type="checkbox"/> Oppositional to authority, discipline referrals | <input type="checkbox"/> Changes in peer group or frequent social conflict |
| <input type="checkbox"/> Angry outbursts or verbally abusive | <input type="checkbox"/> Conversation, notes, or essays preoccupied with thoughts of death |
| <input type="checkbox"/> Destroys property | <input type="checkbox"/> Threatens to run away/running away |
| <input type="checkbox"/> Preoccupation with weight and diet | <input type="checkbox"/> Avoids friends/family or wants to be alone much of the time |
| <input type="checkbox"/> Threatens to run away/running away | <input type="checkbox"/> Alcohol, drug, or tobacco use |
| <input type="checkbox"/> Noticeable changes in appetite or eating practices | <input type="checkbox"/> Odd, disjointed speech/difficulty organizing thoughts |
| <input type="checkbox"/> Sexual acting out, provocative dressing or sudden change in style of dress | <input type="checkbox"/> Unexplained wounds, frequent "accidents" superficial cuts (mostly arms and legs), covering up (i.e. long sleeves in hot weather) |
| <input type="checkbox"/> Sustained or intense sad or irritable mood thoughts | <input type="checkbox"/> Other _____ |
| <input type="checkbox"/> Difficulty staying alert or awake in class | |
| <input type="checkbox"/> Noticeable change in school performance or poor grades | |

Risk factors that can impact adjustments, health, functioning, and academics:

- | | |
|--|--|
| <input type="checkbox"/> Youth is new to school/neighborhood | <input type="checkbox"/> Pregnancy |
| <input type="checkbox"/> Youth has had major changes at home (i.e. divorce, new sibling, job loss, etc.) | <input type="checkbox"/> Youth has been involved with the juvenile Justice system |
| <input type="checkbox"/> Youth's family moves frequently | <input type="checkbox"/> Youth has experienced a major trauma such as witnessing domestic violence or being a victim of physical or sexual abuse |
| <input type="checkbox"/> Youth has been rejected by peers | <input type="checkbox"/> Gay, lesbian, or transgendered sexual orientation |
| <input type="checkbox"/> Youth is involved with a negative peer group | <input type="checkbox"/> Obesity, physical disability, or chronic health problems |
| <input type="checkbox"/> Youth has had difficult teacher/authority relationships | <input type="checkbox"/> Other _____ |
| <input type="checkbox"/> Alcohol or drug abuse among family/peer group | |
| <input type="checkbox"/> Incarcerated parent | |

Follow your building's Suicide Risk Inquiry, Threat Assessment, or Crisis protocol if youth:

- | | |
|--|--|
| <input type="checkbox"/> Talks or hints of suicide or wanting to die | <input type="checkbox"/> Reveals injuries inflicted by self or other |
| <input type="checkbox"/> Talks or hints of injuring self | <input type="checkbox"/> Other _____ |
| <input type="checkbox"/> Threatens to harm or injure someone else | |