

## MENTAL HEALTH

# CHECKLIST

ADOLESCENCE 6th - 12th (ages 11 - 18)



Check the boxes that describe behavior that you recognize in the student. Write down any specific behaviors of concern in the notes section. Share this form with your school's mental health professional or the student's guardian. These are guidelines. If the child seems "young," look at the elementary checklist.

### Behaviors that may indicate social or emotional health problems:

- Refusal to go to school, or constantly asks to leave class, or has frequent absences
- Many physical complaints or frequent visits to the nurse's office
- Preoccupation with weight, diet, or negativity toward body or body part(s)
- Noticeable changes in appetite or eating practices
- Inability to cope with problems / daily activities
- Sustained OR intense sad or irritable mood / attitude
- Difficulty staying alert or awake in class
- Noticeable change in school performance OR poor grades
- Unwilling to participate in activities OR change in classroom participation
- Difficulty accepting or acknowledging mistakes
- Changes in peer group OR frequent peer conflict / social problems
- Avoids friends / family or wants to be alone much of the time
- Worried, fearful or withdrawn from classmates, friends or family
- Bullying, cruelty to animals or people, or violating the rights of others
- Is the target of bullying or abuse
- Oppositional to authority, discipline referrals
- Destroys property or breaks the law
- Angry outbursts or verbally abusive
- Sexual acting out, provocative dressing OR sudden changes in dress style
- Threats to run away or running away
- Art, stories or other creative products depict extreme aggression or victimization
- Puzzling swings in affect (display of emotion) or extreme highs and lows in emotion
- Alcohol, drug, or tobacco use OR possession of any of these substances at school
- Conversation, notes or essays preoccupied with thoughts of death
- Odd, disjointed speech / stories or difficulty organizing thoughts
- Fidgeting or constant movements beyond norm

**Additional risk factors that can impact adjustment, health, functioning and academics:**

- New to the school / neighborhood OR youth has had frequent moves
- Youth has been rejected or has bad reputation with peers
- Youth has had difficult teacher / authority relationships
- Youth has been involved with police or juvenile justice system
- Big changes at home (ie: divorce, new sibling, illness, death, job loss, etc.)
- Involvement with negative peer group
- Alcohol or drug misuse among family or peer group
- Sexual orientation
- Obesity, physical disability, chronic health problems
- Pregnancy
- Abuse / neglect

**Do not leave child alone and follow crisis protocol if child:**

- Talks or hints of suicide or wanting to die
- Talks or hints of injuring self
- Threatens to harm or injure someone else
- Reveals injuries inflicted by self or someone else (cutting, bruising, burns, etc.)

**NOTES:** \_\_\_\_\_  
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