The Use of Screening to Identify and Engage Students at Risk

SAMHSA Campus Grantee’s Meeting
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UNC-CH’s Experience
Implementation

– Initially to be conducted in collaboration with Dept of Psychiatry. Circumstances required CWS to provide screening and follow-up.
– IRB Approval—Harder and easier than expected.
– Beth McElhinny, LCSW allocates 8 hours per week to sending emails, responding to scored questionnaires, scheduling and providing follow-up sessions.
– Sends 400 emails on Mondays.
– 8-10% of students complete the questionnaire.
– % make follow-up appointments.
– % are referred to on-going therapy.
UNC-CH’s Experience
Outcomes

• Creates an immediate, positive connection with parents and administration.
• Provides another mode for delivering our message—"You are not alone--We can help."
• Reaches students who have not used CWS before, as well as those who have, and need to do so again.
• May appeal to students who would not use traditional counseling—anonymous, student responds when he/she feels like it, easier access.
• Some students resent the reminders to check the results of their assessment.

UNC-CH’s Experience
Barriers and Challenges

• Increases duties and client load in time of tight budgets and increasing demand for services.
• Inadvertently invites students who we have referred out back into the system.
• Requires 24/7 attention.
• Confidentiality issues with e-mail communications.
• Overcoming the cynicism of students who have been taught to be suspicious of e-mail communications pretending to be genuine and personalized.
• Who has training in text-based therapy?