

The Use of Screening to Identify and Engage Students at Risk

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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?