

A top-down view of two people sitting at a desk. On the left, a person with glasses is looking at a laptop. On the right, another person is writing on a document. The desk has a laptop, a coffee cup, a notebook, and a pen. The entire image is overlaid with a semi-transparent blue filter.

# Tickit Health Check Yourself (H3) Overview for Parents

# Agenda:

- Teen Years Exercise - Remember When You An Adolescent
- Check Yourself Program
- About the Check Yourself Assessment Tool
- Brief Intervention
- Next Steps



# Teen Years

## *What was I like as an adolescent?*

Take a moment and think about what you were like as an adolescent and consider the following questions:

- What were you like as an adolescent when you were your son/daughter's current age?
- What challenges, difficulties, and strengths did you face?
- What were your parents up against in dealing with you?
- What qualities do you see in your adolescent that remind you of yourself?

# Check Yourself Program

Screening with Check Yourself Assessment Tool - a short series of questions to evoke signs of difficulty.

Brief Intervention - A series of short meetings with a student designed to elevate their awareness of problematic substance use or mental health concerns

Referral to Treatment/Services - Collaboration with a student to decide on a course of action.

# About Check Yourself Assessment Tool

- Developed by the University of Washington & Seattle Children's Hospital with Tickit Health
- Used and found successful in: primary care, school-based health clinics and emergency departments
- The screening takes approximately 10 - 15 minutes
- Students will most likely be accessing this from a school-based computer (either their own issued computer or within a computer lab scenario)

# Consent



## What to expect?

Please fill out these questions to help your trained professional get to know you. Some of the questions may be personal. Afterwards you and your trained professional will have a talk about your health and wellbeing. Your information is confidential and will not be shared with anyone unless there is a real danger to yourself or others.

I accept

# Health Topics



Select a category



Activity



Sex



Eating / Nutrition



Emotions



Safety



Alcohol / Drugs



Health

# Supportive Factors

My top goals for the coming year are

*Select all that apply.*



improve / keep up grades



get along better with family



spend more time with friends



be famous



get a job



be in a romantic relationship



improve in sports / athletics



excel in the arts or  
performance



get / stay healthy



other

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# Healthy Education

On an average night, I sleep \_\_\_ hours.

*If you usually go to bed at 10pm and wake up at 6am you sleep 8 hours.*

6.5  
7  
7.5  

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**8**

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8.5  
9  
9.5

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# Feedback

## Why getting enough sleep is important?

### Good grades

When people are well rested, they listen better, remember more, and are more creative. Staying up late can lead to lower grades.

### Positive mood

People who get enough sleep are happier, more patient and less grouchy.

### Energy

People who get enough sleep have more energy throughout the day.

# Feedback

## Ways to get a good night's sleep

*Lots of things can get in the way of a good night's sleep, here is what you can do to help.*

- ✓ The light from screens (including phones) keeps your brain awake. Turn them all off at least 1 hour before bedtime.
- ✓ Avoid drinks with caffeine after 2pm
- ✓ For deeper sleep, keep the room dark
- ✓ Getting in bed should be a signal for sleep. Limit the amount of TV or videos you watch in bed.

# Substance Use Education

In the past school year I have used at least once

*Please do not include medication that has been prescribed to you by a doctor or nurse.*



marijuana (cannabis, weed)



e-cigarettes (vaping, juuling)



cigarettes



alcohol (more than a sip)



other drugs (including  
someone else's pills)



none

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# Feedback

## Is vaping (or juuling) just inhaling “flavoring”?

- ✓ Vape companies call the liquid used in vaping devices “juice” which sounds harmless
- ✓ Vape liquid is a mixture of nicotine and chemicals which damage your body
- ✓ One pod of liquid in a Juul has the same amount of nicotine as a whole pack of cigarettes. **Nicotine is addictive.**
- ✓ 31% of teens who vape begin to smoke cigarettes within 6 months

# Brief Intervention

- If a student is "screened in" they will be asked to meet with a school counselor for a brief preventative intervention.
- Meetings will be short (about 15-20 minutes) and will be guided by motivational interviewing principles.
- Parents/caregivers may be asked to join a brief intervention session with their children.
- Parents will be notified if the screener indicates high levels of risk.

A woman with dark hair is sitting at a table, smiling. She is wearing a dark top. In front of her is a white coffee cup on a saucer. The background is a light, blurred indoor setting. The entire image is framed by a thick purple border.

*Next Step: Review and sign consent form for your child if you would like them to take the Check Yourself assessment.*

A photograph of a group of people holding hands in a circle, overlaid with a semi-transparent blue filter. In the foreground, a woman with her hair in a bun is seen in profile, looking towards the right. The background shows other people's arms and hands raised, suggesting a community or group activity. The text "Thank you for your time." is centered in a bold, yellow font.

**Thank you for your time.**



