

How to Use the Child & Youth Mental Health Toolkits

Step 1: Parent/Youth Completes Child & Youth Mental Health General Screening Questionnaire

Have the child/adolescent's parent or caregiver complete the [Child & Youth Mental Health General Screening Questionnaire](#). Youth aged 12 and up may also complete the [youth version of the questionnaire](#). The questionnaire has six sections, and each section contains six questions.



Step 2: Health Care Provider Scores Questionnaire

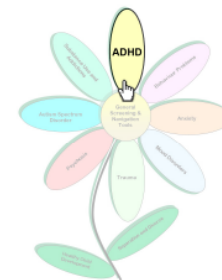
Total the scores in each section separately. The [Scoring Guide](#) lists the normed values for each section. In this example, the score in section 1 is above the normed value of 7.

The questionnaire is a general screen for mental health problems commonly seen in children and youth; it is neither comprehensive nor diagnostic. Follow-up assessment is necessary to establish a diagnosis and consider the best available treatment options.

1.	never	some-times	often
easily distracted, have trouble sticking to activities	0	1	2
fail to finish things you start	0	1	2
have difficulty following directions or instructions	0	1	2
impulsive, act without stopping to think	0	1	2
jump from one activity to another	0	1	2
fidget	0	1	2
Total	1.	10	

Step 3: Health Care Provider Refers to Specific Toolkit

Each section of the questionnaire corresponds to a specific mental health issue, e.g., ADHD, conduct disorder, etc. For additional information refer to the toolkit indicated for that section. In this example, the provider would refer to the ADHD toolkit.



Step 4: Health Care Provider Reviews Toolkit Information

Each toolkit contains an overview which includes a description of the mental health issue, and information about identification and treatment/management. Each toolkit also includes resources for providers and for patients and families.

In this example, the ADHD overview contains information about epidemiology, diagnostic criteria and identification of ADHD, as well as examples of some suggested treatment/management options. There are also a number of screening tools, educational handouts and selected books and websites for providers, in addition to handouts and lists of selected books and websites for patients and families.

The content of the toolkits is not intended to be a substitute for professional medical advice, diagnosis, or treatment.

ADHD
Identification and Management for
Canadian Primary Care Professionals

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