

## **MARCH 2021**

Nursing Dept., Mental Health Contribution to ECASD Newsletter for Students/Families  
S.K. Kewin, BSN, RN  
School Nurse  
MSN - PMHNP Student

As parents, we have so much to think about on our child(ren)'s behalf, despite their age. Sometimes kids share what they are thinking and other times we are observing a significant amount of information based on what they are not saying. To be confident in what we are interpreting and to take action on it can be difficult. Below is a tool I came across and thought would be helpful to share with parents (the ones who know their child best!). It is called the **Strengths and Difficulties Questionnaire (SDQ)** and is an evidence-based screening tool meaning it is regarded as, "tried and true." There are multiple versions that can either be administered by parents (educators or other child/adolescent professionals) or taken by older children/students themselves. Geared toward ages 3-16, there are versions based on age range (2-4, 4-10, 11-17, 18+). Questionnaires have five categories that include: 1.) emotional, 2.) conduct, 3.) hyperactivity and inattention, 4.) peer relationships, and 5.) prosocial behaviors. Questionnaires are electronically and easily accessible, free of charge and available in many different languages. See links below if interested in learning more:

Introduction: <https://www.sdqinfo.org/a0.html>

### **English**

Questionnaires: [https://www.sdqinfo.org/py/sdqinfo/b3.py?language=Englishqz\(USA\)](https://www.sdqinfo.org/py/sdqinfo/b3.py?language=Englishqz(USA))

### **Spanish**

Questionnaires: <https://www.sdqinfo.org/py/sdqinfo/b3.py?language=Spanish>

### **Hmong**

Questionnaires: <https://www.sdqinfo.org/py/sdqinfo/b3.py?language=Hmong>

The scoring of these questionnaires is the tricky part. I suggest completing the questionnaire version you see fit, then sharing with your child's primary care provider or mental health specialist. Completing and having a guide such as this questionnaire helps you clarify your thoughts and questions in preparation for an appointment with the provider. With this in hand, important information is less likely to be missed or forgotten during the appointment and in turn, provider can more efficiently research, consult and assist with providing accurate, timely answers and treatment.

Reference:

Wisconsin Department of Public Instruction (2021). Behavioral Health Screening Tools (Youth in Mind). Retrieved on February 23, 2021 from <https://dpi.wi.gov/sspw/mental-health/mental/behavioral-health-screening/behavioral-health-screening/tools#scas>.