



## School Board of Levy County Exceptional Student Education & Student Services

### IDENTIFYING STUDENTS AT-RISK CHECKLIST FOR PARENTS

#### Dear Parent/Guardian:

We need your help in identifying students that are showing Early Warning Signs of becoming at-risk of developing mental health problems. With the identification of students at-risk, early prevention and interventions can be implemented that may eliminate or prevent the problem from becoming more severe. Below is a list of Early Warning Signs that have been observed in students with mental health concerns. If you observe any of these behaviors in your child, or if you have questions or concerns that you would like addressed, please feel comfortable in notifying the school administration, school counselor or mental health service provider located at your child's school.

#### EARLY WARNING SIGNS

- Prolonged Sadness or Irritability; feeling down; express feelings of hopelessness
- Extreme moods changes of highs and lows; express he/she is depressed
- Excessive fears, worries, anxiety, or phobias
- Social withdrawal from friends and activities, isolation; excessive feeling of rejection
- Major changes in eating habits
- Significant tiredness, low energy or problems sleeping; persistent nightmares
- Uncontrolled anger, aggression, bullying; victim of bullying, being tormented or teased
- Threats of violence toward others; homicidal thoughts; access to weapons, firearms
- Detachment from reality [delusions] paranoia or hallucinations
- Victim of abuse, trauma, loss
- Excessive complaints of physical ailments
- Suicidal thinking, threats of suicide, self-injurious behaviors
- Use of Drugs or Alcohol
- Inability to cope with problems, to concentrate; low tolerance for frustration, stress
- Defiance of authority, disregard for rules, hostility
- Changes in school performance; truancy, excessive absences
- Theft, vandalism; gang affiliation

#### Things you can do!

1. Know the early warning signs that place your child at-risk for mental health problems.
2. Keep open communication with your child; talk with him/her about their behavior.
3. Seek help for your child if needed [i.e., Physician, Mental Health Professional].
4. Utilize support systems when needed [family, friends, Minister].
5. Call 911 or the emergency hotline if needed.