

Dear Parents/ Guardians,

At Parkway School District, we are dedicated to partnering with you to support your child's academic and personal growth. We know that a child's physical and mental well-being is crucial for their success in school, healthy relationships, and overall happiness.

To enhance our support for your child's emotional health, we are excited to continue offering Mental Health America's Student Wellness Program to Parkway School District students. This initiative will be offered to **Parkway West Middle** students **January 8 - January 22, 2025** and utilizes a nationally recognized screening tool to help us understand and support your child's emotional needs.

Key Details:

- **What Is It?:** A confidential, free, and voluntary screening designed to assess your child's emotional well-being.
- **Why Participate?:** It provides valuable insights into your child's emotional state, helping you support them effectively. The screening can either confirm that your child is managing well or highlight areas where additional support might be beneficial.
- **How It Works:** The screening will be conducted on your child's Chromebook in a classroom setting (or another setting if requested) under the guidance of our trained mental health professionals.

Steps of the Screening Process:

1. **Questionnaire:** Your child will complete a 10–15-minute survey about their thoughts, feelings, and behaviors, covering areas like depression, anxiety, attention issues, rumination, belonging, burdensomeness, self-harm, suicidal ideation, suicide attempts, and substance use.
2. **Follow-Up:** If the screening indicates a potential concern, your child will have a private meeting with a mental health professional to understand better where your student is and possible next steps of support.
3. **Communication:** Regardless of the results, we will contact you. If there are concerns, we'll arrange a time to discuss them and explore the next steps. If no issues are identified, you'll receive a confirmation email with information on how to reach out if you have any questions.
4. **Continued Support:** The Student Wellness Program can offer referrals to community mental health professionals who meet your student's and family's needs. They can also help you share the information gained from the screening with any current therapist or counselor, school professional, etc. What comes next is up to you, but whatever you decide, the Student Wellness Program staff can help you.

The Student Wellness Program is free to you, and any further services are entirely up to you and your family's needs.

To Register Your Child: [Please complete this registration form to enroll your child in the program.](#) For more details and to read FAQs, visit the [Student Wellness Program website.](#)

If you have any questions or need more information, please contact Brian Kuhn, Student Wellness Program Director, at 314-970-1732 or brian.kuhn@mha-em.org.

Sincerely,

Erin C. Schulte, Ph.D.
Coordinator of Counseling and Character Education
Parkway School District

Brian R. Kuhn, MA, LPC
Student Wellness Program Director
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