



# DAVIS COUNTY HEALTH DEPARTMENT

**Physical Address:**  
22 South State Street, Clearfield, Utah 84015  
**Mailing Address:**  
PO Box 618, Farmington, Utah 84025

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**Contact:** Bob Ballew  
Public Information Officer  
Office: (801) 525-5175  
Cell: (801) 510-5710

## News Release

### **Free Mental Health Screening For Youth Available Sept. 25 & Oct. 1**

(Clearfield, Utah) – Davis HELPS hosts its 3rd annual Mental Health Screening for Youth. The events are for youth grades PreK-12 who have mental health concerns.

The free screenings take place on two evenings, each specific to a targeted age group. Youth in grades 7-12 will be seen on Wednesday, Sept. 25, at Viewmont High School (120 West 1000 North, Bountiful). PreK-6 grade youth will be seen on Tuesday, Oct. 1, at Davis Behavioral Health (934 South Main Street, Layton).

“We know that one out of five adolescents in Davis County needs mental health treatment. Also, suicide is the leading cause of death for youth ages 10 to 17 in Utah,” said Christi Blankman, K-12 Prevention Coordinator for the Davis School District. “Residents report that accessing behavioral health services is difficult. This event is set up to help youth and their families identify if there are any issues and then link them with services.”

Forty-five minute appointments are available in the evenings. Those interested can sign up for an appointment at <http://www.dbhprevention.org/screening> or call Angie Smith in Prevention and Education Programs with Davis Behavioral Health at 801-336-1742. A parent or legal guardian must be present during the appointment.

On the night of their appointment, the youth will complete an online screening survey. The screening will address social and emotional needs and strengths, depression, anxiety, trauma, and suicide. The screening is not a full psychological evaluation and a clinical diagnosis will not be made. For children 2nd grade and younger, parents will be provided a paper questionnaire.

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At the appointment, youth and their parent or legal guardian will meet with a mental health professional to discuss screening results and talk about if follow-up is needed.

Community resource tables with service providers offering medical treatment, counseling, and support groups will be onsite to schedule follow-up appointments. “We hope participants won’t have to go home and search for the right fit but can find what they need at the event,” said Isa Perry, Community Outreach Planner for the Davis County Health Department.

A copy of the Davis HELPS Youth Services Directory will be provided to all participants. Also, the directory is available on the Davis County Health Department website at <https://go.usa.gov/xn4FK>.

In 2018, 65 teens and their families benefited from attending a mental health screening event. This year’s goal is to serve nearly 120 youth of all ages. Any youth living in Davis County is invited to participate regardless of school enrollment status.

This is a community-wide event with support from numerous agencies working to prevent suicide and improve access to behavioral health services. Agencies sponsoring the event include: Davis School District, Davis County Health Department, Davis Behavioral Health, Head Start, Intermountain Healthcare, Midtown Community Health Center, and USU Extension.

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