

MHA Affiliate Screening Frequently Asked Questions (FAQ)

1) What is MHA Screening?

MHA Screening is Mental Health America's online screening tool (www.mhascreening.org). We currently host nine screens – for depression, anxiety, bipolar, youth, parents, alcohol or substance use, psychosis, eating disorders, and PTSD. Many of the screening tools are open source. For tools that are not, MHA National has taken necessary steps to obtain permission for use of the tools for ourselves and our affiliates.



2) What tools does MHA use for screening?

MHA uses screening tools that are validated by research and used in primary care settings to screen for mental health conditions. Each of the tools featured on our screening site are listed below:

- Depression: 9-item Patient Health Questionnaire (PHQ-9)
- Anxiety: Generalized Anxiety Disorder 7 (GAD-7)
- Bipolar: Mood Disorder Questionnaire
- PTSD: Primary Care-PTSD
- Psychosis: Prodromal Questionnaire – brief version (PQ-B)
- Youth: Pediatric Symptom Checklist (PSC-35)
- Parent: Pediatric Symptom Checklist Parent 17
- Alcohol and Substance Use: CAGE-AID
- Eating Disorder: Stanford-Washington University Eating Disorder Screen (SWED)

Assess your mental health in 5 minutes or less.
It's free, confidential, and anonymous.

www.mhascreening.org

3) What does use of MHA Screening cost?

There is no additional cost for affiliates to use MHA Screening. Use of the tools and support is included in the affiliate dues.

4) Why should we link to MHA Screening?

We see MHA Screening as a tool for members of your community to learn more and to get connected. To date, we have nearly 5 million screens, with an average of over 3,000 screens taken per day. With your help, we would also increase the number of individuals screened which would provide us all with stronger data results.

5) What happens for individuals after screening?

After screening, all individuals receive screening results, additional psychoeducation, and linkage to resources including a way to link to local affiliates. Individuals are told that screening is not a diagnosis. They are encouraged to print and provide the results to a mental health professional. If a person screened shows a risk of suicide, they are flagged and asked to call the National Suicide Prevention Hotline at 1-800-273-TALK or go to the nearest emergency room for immediate treatment.

6) How do we add MHA Screening to our webpage?

Most affiliates and partners create a simple page with information, local resources, and contact information, then create a button where they link to MHA National's screening site: www.mhascreening.org. Some of them use a web widget. Linking to the MHA National screening site has the benefit of capturing all updates such as when we add new screening tools to the website.

For more information on linking to screenings from your site, email Maddy Reinert at mreinert@mhanational.org.

7) How can we use the screening results?

Results have been used by MHA and our affiliates to gather information about people's needs in our community. Results help to inform which groups are seeking help when they visit MHA and what they need from us to support their recovery. Some affiliates have used screening results to support their fundraising and grant writing efforts. A newer approach to using the data has also explored using the results to evaluate the effectiveness of a mental health intervention or program, for example using the tools to collect pre and post-intervention evaluations.

8) How do we get results from screening?

Contact National! You can contact Maddy Reinert at mreinert@mhanational.org. She can provide you with results and set up a call to walk through analysis of the results.

9) What kind of help can we get from National about screening?

We like to get and stay connected with our affiliates. If you would like individualized support for screening, we're thrilled to set up a phone call to talk through what your agency goals are and how screening can support those goals. In the past, we've helped affiliates access data, analyze data, link to screening on their webpage, develop strategies to promote screening, and share fundraising strategies for a screening program.