

Tips for Counselors

Screen

- Identify eligible youth via screening for perceived burdensomeness.

Consent

- Seek appropriate consent to treatment as required in your setting.

Pre-Test/Module 1

- For group administration of up to 10 youth at a time can be given the Pre-test and Module 1 in a computer lab. Any more and completing a brief check-out with each youth may be difficult.
 - For privacy, it may help to leave an open seat between youth, if possible.
 - Having headphones, if available, also increases privacy.
- Before youth leave, be sure to check to ensure they have completed the program appropriately.
 - Youth may struggle to select an adult they can talk to: Aunts/uncles, grandparents, coaches, and youth pastors, can all be good options.
 - Youth often prefer to open up to peers. You may point out that adults have been through many experiences and can provide good advice. Peers may be good listeners, but they may not be able to help us in a tough situation.
 - *Individual and extended conversation with youth may be needed if they feel like they cannot talk to their parents or any adults at all.*
- Have youth print out the final page of the survey. This provides a reminder of what the youth planned to do and includes the script of what they can say to their safe adult. A script can help “break the ice” as they open that line of communication.

Module 2

- Ask youth if they have completed the activities from Module 1 (talking to an adult, doing their planned activity). Talk about obstacles that may make it difficult and how they can overcome them.

Post-Test/Follow-up

These assessments are great for identifying youth in need of individual counseling. You can call parents and suggest individual counseling at any point. You can also create small groups or other individual counseling plans to help youth develop coping skills as needed.