

Wellness Check® Quick Reference Guide TOP 5 Counties/Child Welfare

<p>Whom do I use the tool for?</p>	<ul style="list-style-type: none"> ❖ Use for all children ages 3 to 21 in DSS custody
<p>How do I use WellnessCheck?</p>	<p>For each child, the Caseworker does the following:</p> <ul style="list-style-type: none"> ❖ After you log in, you will be on the client dashboard ❖ Register child by clicking “ADD CLIENT” ❖ Click “TAKE NOW” and complete the CR, CM & CS forms ❖ Return to “MANAGE” raters, “ADD” other raters, select only the CS for other raters and then select either EMAIL or PRINT ❖ Prior to a CAT or CFT or Placement Change meeting, review the Multi-Rater Report and individual Client Reports and be prepared to summarize the results
<p>When should I use the tool?</p>	<ul style="list-style-type: none"> ❖ Caseworker completes CR, CM & CS within <u>2 weeks of removal</u> or case decision and invites raters to complete the CS ❖ Subsequently, caseworker completes (CM & CS forms) and invites raters to complete (the CS form) within <u>2 weeks prior to the 60-day & 150-day CFT or CAT and every 90 days thereafter</u> ❖ The CS form is also completed in advance of meetings for placement stabilization/change
<p>Who are the required raters to invite to complete the tool?</p>	<ul style="list-style-type: none"> ❖ Parent(s) whose rights have not been terminated, unless otherwise indicated ❖ Caregivers/Foster Parents ❖ Caseworker/Foster Care Social Worker/In Home Services Social Worker/Assessor ❖ Private Agency Placement Worker ❖ Therapist/Clinician, Teacher/Guidance Counselor/School Social Worker/Day Care Provider ❖ Youth 12 years & older, unless deemed inappropriate, children 8-12 (guided interview by worker based on case) ❖ GAL, Court Counselor/Probation Officer
<p>How do I print and fax the forms?</p>	<ul style="list-style-type: none"> ❖ If you are not able to email the rater the tool, then you can print and return the completed form by fax. Each printed CS form is <u>one specific rater’s assessment of a specific client (listed at the bottom of the form), at a specific point in time.</u> All pages (even incomplete ones) in the PDF packet must be faxed to (508) 281-5901 without a cover sheet

Using the tool in the meeting:

Talking points for the meeting:

- **What is the tool?** Standardized assessment of child’s present behaviors, strengths and areas of need.
- **Why are we doing this?** To increase our focus on improving child’s well-being and address trauma symptoms.
- **How?** This multi-rater tool accounts for different perspectives on how the child is doing. More complete information can lead to improved decision making and better case planning.
- **For youth 12 and over**—Helps give the youth a voice in decision making.

Steps to review the tool in the meeting

- Prior to the CAT or CFT, review the Multi-Rater Report & the individual Client Reports and be prepared to summarize results.
- Present child’s strengths and improvements identified by the tool.
- Discuss identified areas of need, alerts, or red flags.
- Lead discussion about where team members see things differently. Varying perspectives are to be expected based on an individual’s relationship with the child and can lead to more productive communication amongst the team.
- Discuss services or supports to address areas of need.
- Develop the plan—who is responsible and by when.

Abbreviations

CR	Consumer Registration (demographics)
CM	Case Mix (life stressors & medical info)
CS	Clinical Scales (behavioral ratings)

Child Factors:

ADHDC	Attention Problems
ASRTV	Lack of Assertiveness
BOWEL	Incontinence
CNDCT	Conduct Problems
DEPRS	Depression
PSYCS	Psychosis
SEPAX	Separation Anxiety
SEXWR	Worrisome Sexual Behavior
SLEEP	Sleep Problems
STRNG	Lack of Resiliency
SUICD	Suicidality
UNEAT	Eating Issues
VIOLN	Violence

Adolescent Factors:

ADHDC	Attention Problems
CNDCT	Conduct Problems
DEPRS	Depression
MANIC	Mania
PSYCS	Psychosis
SA	Substance Abuse
SCONF	Social Conflict
SEXWR	Worrisome Sexual Behavior
SLEEP	Sleep Problems
SUICD	Suicidality
VIOLN	Violence
WORKF	Poor School Functioning

WHAT DO I DO IF I GET AN ALERT?

ALERT	FOUND WHERE	STEPS TO FOLLOW
Critical Items	Single rater report	You will receive a “Critical Action Required” email. TODAY , create/review emergency planning for Suicidality or Violence.
Red zone domains scores as “severe”	Both single- and multi-rater reports	For all domains, discuss with your supervisor: Is this new information? Is a proper plan in place? Can team discussion wait for the CAT or CFT?
Red and Yellow Alerts	Single-rater report (first page)	Symptoms may be getting worse, rather than better, after 90 days. Discuss alternative planning with your supervisor and at the CAT or CFT.
Hospitalization Alerts	Single-rater report (first page)	If the score is >1, there is a 40% chance of being hospitalized or placed in residential in the next 6 months. Review with supervisor and consider having a team meeting before the next CAT or CFT.