



Child & Youth Mental Health Quiz for use by parents, caregivers and other adults

Jordan's Principle aims to reduce barriers experienced by First Nations children when trying to access support and care required to maintain a safe and healthy lifestyle. Jordan's Principle in Manitoba applies to First Nations children aged 0 to 17 and can help with a wide range of health, social and educational needs. For more information and specific eligibility criteria go to www.jordansprinciplemb.com.

This quiz uses the Pediatric Symptom Checklist (brighterfutures.org) and is designed to help adults recognize cognitive, emotional and behavioral problems in children and youth so that help can start as early as possible. This quiz is applicable for children and youth ages 4 through 16. There is also a version of the quiz that youth ages 11 and up can complete on their own (available at www.jordansprinciplemb.com).

Date of completion:	Who is completing?: <input type="checkbox"/> parent/guardian/caregiver <input type="checkbox"/> service provider
Child/Youth Name:	Child/Youth Age:

Mark under the heading that best describes the child/youth.

	Never (0)	Sometimes (1)	Often (2)	Score
1. Complains of aches and pains				
2. Spends more time alone				
3. Tires easily, has little energy				
4. Fidgety, unable to sit still				
5. Has trouble with teacher				
6. Less interested in school				
7. Acts as if driven by a motor				
8. Daydreams too much				
9. Distracted easily				
10. Is afraid of new situations				
11. Feels sad, unhappy				
12. Is irritable, angry				
13. Feels hopeless				
14. Has trouble concentrating				
15. Less interested in friends				
16. Fights with other children				
17. Absent from school				
18. School grades dropping				
19. Is down on him or herself				
20. Visits the doctor with doctor finding nothing wrong				

Never (0)	Sometimes (1)	Often (2)	Score
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- 21. Has trouble sleeping _____
- 22. Worries a lot _____
- 23. Wants to be with you more than before _____
- 24. Feels he or she is bad _____
- 25. Takes unnecessary risks _____
- 26. Gets hurt frequently _____
- 27. Seems to be having less fun _____
- 28. Acts younger than children his or her age _____
- 29. Does not listen to rules _____
- 30. Does not show feelings _____
- 31. Does not understand other people's feelings _____
- 33. Blames others for his or her troubles _____
- 34. Takes things that do not belong to him or her _____
- 35. Refuses to share _____

Total Score _____

Interpreting the Score

Ages 4-5: For a score of 24 or higher, consider speaking with a qualified professional.

Ages 6-16: For a score of 28 or higher, consider speaking with a qualified professional.

Following Up

Does the child/youth have any emotional or behavioural problems for which you think she or he needs help? N / Y

If yes, are there any services that you would like the child/youth to receive for these problems? N / Y

If yes, what services? _____

Mental Health Crisis Resources

Local nursing station / health centre: _____
 Clinic Crisis Line Ph: 204-786-8686 / 1-888-322-3019
 MKO Mobile Crisis Team 1-844-927-LIFE (5433)
 Kids Help Phone Ph: 1-800-668-6868 Text: 686868



Child & Youth Mental Health Self-Quiz for use by youth ages 11 and up

Jordan's Principle aims to reduce barriers experienced by First Nations children when trying to access support and care required to maintain a safe and healthy lifestyle. Jordan's Principle in Manitoba applies to First Nations children aged 0 to 17 and can help with a wide range of health, social and educational needs. For more information and specific eligibility criteria go to www.jordansprinciplemb.com.

This quiz uses the Pediatric Symptom Checklist (brighterfutures.org) and can help you keep track of trouble you might have with thinking, emotions and behavior so that you can ask for help as early as possible. There is also a version of this quiz that can be filled in by adults for children and youth ages 4 through 16 (available at www.jordansprinciplemb.com).

Tips for filling out this quiz

Name:	Age:	Date:
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For each row, make a mark under the heading that sounds the most like you.

	Never (0)	Sometimes (1)	Often (2)	Score
1. Complain of aches and pains				
2. Spend more time alone				
3. Tire easily, have little energy				
4. Fidgety, unable to sit still				
5. Have trouble with teacher				
6. Less interested in school				
7. Act as if driven by a motor				
8. Daydream too much				
9. Get distracted easily				
10. Are afraid of new situations				
11. Feel sad, unhappy				
12. Are irritable, angry				
13. Feel hopeless				
14. Have trouble concentrating				
15. Less interested in friends				
16. Fight with other children				
17. Absent from school				

	Never (0)	Sometimes (1)	Often (2)	Score
18. School grades dropping				
19. Down on yourself				
20. Visit the doctor with doctor finding nothing wrong				
21. Have trouble sleeping				
22. Worry a lot				
23. Wants to be with a parent or caregiver more than before				
24. Feel that you are bad				
25. Take unnecessary risks				
26. Get hurt frequently				
27. Seem to be having less fun				
28. Act younger than children his or her age				
29. Do not listen to rules				
30. Do not show feelings				
31. Do not understand other people's feelings				
32. Tease others				
33. Blame others for your troubles				
34. Take things that do not belong to you				
35. Refuse to share				
Total Score				

What do I do next?

Ages 11 and up: If your score is 30 or higher, think about talking to an adult that you trust about this quiz.

Where to find help

Local nursing station / health centre: _____
 Klinik Crisis Line Ph: 204-786-8686 / 1-888-322-3019
 MKO Mobile Crisis Team 1-844-927-LIFE (5433)
 Kids Help Phone Ph: 1-800-668-6868 Text: 686868