

Step One for Parents™

www.InCrisis.org

MENTOR
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Help at the Speed of Thought

We live in a fast paced world where business and daily life are moving at the speed of thought. The emotional and mental toll this takes on young people, parents, families and their health care providers is tremendous. Startling evidence of this stress is reflected everyday as we see problems surface due to a lack of early detection and intervention. With the release of *StepOne for Parents™* we now have a tool for parents created for parents by parents with health care professionals and computer programmers. The Result: Parents now have "Help at the Speed of Thought" available online 24/7.

What is StepOne?

StepOne for Parents™ is a questionnaire and computer program that operates on the web. The program can be used by parents to screen their children for mental, behavioral and emotional problems including the risk of self-harming, suicidal and violent behavior. The website automatically creates a report that parents can read and print. Parents can give the results to their doctor or a qualified counselor or mental health professional.

StepOne was created for the following reasons:

- There is a scarcity of qualified professionals to screen children for behavioral and mental health concerns.
- Parents should not have to wait for a screening appointment if the need is urgent.
- Parents can provide reliable and useful information about their child.
- Parents should be involved, educated and empowered to find help for their children.
- Parents should be in control of the information about their children's lives.
- Parents need referral information and interim guidance when they are seeking help.

The Reason for StepOne

According to the U.S. Health Department, nearly 21 percent of children ages 11 to 17 have a diagnosable behavioral and/or mental health problem that significantly interferes with school, peer or family functioning. There is also a serious lack of funding, programs and community services available to help these children. Likewise, there is a shortage of health care and mental health care professionals who can properly screen and work with such a high number of children. Without early detection and intervention our children can experience severe and even lasting medical, behavioral and mental health problems as well as an increased risk of violent and suicidal behavior.

StepOne is Useful and Trustworthy

StepOne for Parents™ is a highly effective and desperately needed screening tool that opens doors of possibilities for solutions once only found after confused searching with no place to start. *StepOne for Parents™* was designed, reviewed, tested and endorsed by leading experts in mental health and online technologies based on the highest standards of care and professional ethics. Mentor Research Institute is proud to endorse and sponsor this screening, education, intervention, referral and monitoring program.

A New Approach to Screening, Education, Intervention, Referral and Monitoring





Do You Know Where To Find Help And What To Say?

Unlock the meaning of Adolescent Behavior with www.StepOneForParents.org

- What if there was a comprehensive screening process available for mental health and behavioral problems?
- What if you could access it at any time, right in the privacy of your own home?
- What if this process gave you the keys to unlocking your child's behavior as well as other valuable resources and guidance?
- You don't have to imagine it, because it already exists.

Donations and Support

StepOne for Parents is sponsored by Mentor Research Institute, a 501c3 charitable non-profit organization. Donations are tax deductible and are used to support screening services for parents. For more information about upcoming events and pilot programs please contact Mentor Research Institute at (503) 227-2027 ext. 16 or go to www.MentorResearch.org.

Endorsements and Sponsors

Along with a long list of individual endorsements and sponsors we have the following list of organizations that we wish to thank and honor for their support:

- The Jeld-Wen Foundation
- National Coalition of Mental Health Professionals and Consumers
- The Oregon Foster Parent Association
- City of Bend Police Department, Oregon
- Combined Communications, Inc.



The First Comprehensive Book Written to Help Parents Deal with Adolescents in Crisis

This combined book and software system is a **ground breaking** approach to children's mental health. Together, they can support parents who do not have quick access to qualified consultation, education, and intervention services. Parents are encouraged to screen their child using *StepOne for Parents*™, use the results with this book and seek appropriate medical and mental health care.

By the Numbers

1 out of 5 highschool students have a diagnosable mental, emotional, or behavioral disorder having at least mild impairment

Only 1 out of 5 children with a diagnosable and treatable condition will be identified and get help if we rely on conventional screening and referral methods

1 out of 10 children are severely impaired by a mental health condition

The most effective age to intervene is between **11 and 14** years old

1 out of 5 high school students in the U.S. will drop out before finishing high school

1 out of 16 Children between the ages of 11 and 17 will attempt suicide

Six Steps To Help Our Children



Outreach

Concerned parents, mental health professionals, physicians, media groups and organizations educate their community about the importance of screening. Information about professionals who are serving youth and families is gathered online using *StepOne for Parents*[™].

StepOne is a valuable community service.

1

Screening by Parent

StepOne for Parents[™] is designed to screen children 11 to 17 years old. A comprehensive screening report can be displayed, printed and saved by parents. The screening covers behavioral, mental health and addictive disorders as well as the risk of school dropout, self-injuring, violent and suicidal behavior. Parents learn about parenting and behavioral, mental health and addictive issues.

StepOne can be completed online in a parent's home with immediate results.

2

Referral

StepOne for Parents[™] can automatically provide appropriate and location specific referral information based on a given profile. StepOne provides a range of resources including routine, urgent and emergency services.

Parents are involved, educated and empowered to find the care they feel is appropriate and necessary.

3

Make an Appointment

With StepOne, parents can provide useful information to counselors, physicians and mental health professionals. This can not only save time, money and effort but it enables professionals to intervene in a timely manner.

Professionals and parents can review StepOne's screening report before the first appointment.

4

Examination and Treatment

StepOne for Parents[™] can help professionals conduct a more thorough, effective and efficient interview or examination. The screening report can be reviewed quickly by most professionals.

Screening results support further evaluation and treatment.

5

Monitoring

StepOne for Parents[™] can help parents, physicians and mental health professionals monitor a child's response to medications, therapy, parent training and other interventions.

Parents can re-screen their child and StepOne will automatically compare the first and most recent screening.

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In The News...

The Jeld-Wen Foundation
awards grant to Mentor Research Institute to support
Youth Screening and Intervention program



At Eagle Crest: Left to right (Jerry Andres, Bill Lyche, Kevin Rea)

We at Mentor are very grateful to the Jeld-Wen Foundation for this grant. It will allow us to provide “real time” services and research that will benefit Oregonians. The grant will allow us to purchase a new web server, research software and to upgrade the security of our screening program.

What's Inside:

- **StepOne:** Giving you the keys to unlocking your child's behavior.
- **Resources:** Where to find the help you want and the information you need.
- **Six Stages to Successful Treatment:**
A walkthrough for parents and professionals of the treatment process.