

## **Mental Health Screening Assessment**

THE FOLLOWING GUIDELINES ARE MEANT TO BE USED FOR DISASTER MENTAL HEALTH SCREENING- for those going on a disaster assignment:

- 1.) How do your family members, or those close to you, feel about you wanting to go on this assignment? And how are you feeling about their response?
- 2.) Please tell me a bit about why you want to go on this assignment, and what some of your expectations are.
- 3.) In general, how would you rate yourself in terms of dealing with stress and challenges?
  - a. Very well, well, fair, not so well.
- 4.) Are there past experiences that you would draw from that perhaps can prepare you for this type of assignment, and if so, in what ways?
- 5.) Have you experienced a recent loss, and if so, when and whom? How well are you doing at this time in coping with your loss?
- 6.) Do you have a close friend or relative directly affected by this Hurricane or another a recent disaster?
- 7.) Do you have a preference for working individually, in a team, or both? Why?
- 8.) As you may have just learned, there are specific ARC guidelines we all have to follow. Do you feel that you can reasonably do so?

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