

COJAC SCREENING TOOL

#1 Just Ask The Primary Screening Questions . . .

3 Questions for Mental Health

- Have you ever been worried about how you are thinking, feeling or acting?
- Has anyone ever expressed concerns about how you were thinking, feeling, or acting?
- Have you ever harmed yourself or thought about harming yourself?

3 Questions for Alcohol & Drug Use (Health Canada Best Practice Report):

- Have you ever had any problem related to your use of alcohol or other drugs?
- Has a relative, friend, doctor, or other health worker been concerned about your drinking or other drug use or suggested cutting down?
- Have you ever said to another person, "No, I don't have an alcohol or drug problem," when around the same time you questioned yourself and felt, maybe I do have a problem?

3 Questions for Trauma/Domestic Violence:

- Have you ever been in a relationship where your partner has pushed or slapped you?
- Before you were 13, was there any time when you were punched, kicked, choked, or received a more serious physical punishment from a parent or other adult?
- Before you were 13, did anyone ever touch you in a sexual way or make you touch them when you did not want to?

#2 If index of suspicion is high for mental health, substance abuse, and/or trauma, then complete either:

- GAIN Short Screener (SS)
- OR**
- Modified MINI

Adapted from Collaborative Care Project, Canada and Co-Morbidity Screen, Boston Consortium.