

# Center for Collegiate Mental Health (CCMH)

## CCAPS-Screen

The CCAPS-Screen is a 36-item mental health screener designed for college students/college athletes and meets the requirements of the 2024 NCAA Best Practice #2. Results reflect the level of distress (low, moderate, elevated) on 8 areas of concern (Depression, Generalized Anxiety, Social Anxiety, Academic Distress, Eating Concerns, Frustration, Family Distress, Alcohol Use) as well as “Thoughts of Ending My Life”. The results are not a clinical diagnosis. An example results report is available to review on page 2. Methods of administration outlined on page 3.

### **Current CCMH Members**

- **ALL** current CCMH members have access to the CCAPS-Screen via their Clinical Membership.
- The CCAPS-Screen is managed/scored/stored in the [CCAPS-Web](#). If your director/primary administrator does not have a login, please contact [ccmh@psu.edu](mailto:ccmh@psu.edu) to activate your account. *These credentials are different than the CCMH website where you login to renew your membership.*
- The CCAPS-Screen is **not linked/integrated** to your EMR because students/athletes being screened are not a part of the clinical system.
- Please reference the CCAPS-Training folder in the [Clinical Member Information Folder](#) using the universal member password. In this folder you will find demo videos, step by step instructions, an athlete screening webinar, and the CCAPS-Screen Manual.

### **Prospective CCMH Members**

- CCMH offers two different membership models and both grant access to the CCAPS-Screen. Please read the descriptions below to determine which model is appropriate for you.

**Clinical Membership:** CCMH offers a wide array of clinical tools that mental health professionals use while treating college students. Clinical membership is for centers with mental health professionals that use the CCAPS 62 and CCAPS 34 with clients during therapy. Within this model, centers have access to the CCAPS-Screen to use with the general student body. Clinical members are typically college counseling centers or athletic departments *with* in-house mental health professionals who clinically treat athletes *and* want to use CCMH clinical instruments during treatment.

**Non-Clinical Membership:** Centers and departments in higher education that do not offer clinical services to students are eligible for this model. This model gives access to the CCAPS-Screen. Non-Clinical members are typically athletic departments, assessment offices, academic advisors.

**Prospective members can register here:** <https://ccmh.psu.edu/join>

Each report is assigned a unique CCAPS Screen ID. The CCAPS-Web does not collect/retain any identifying information. This ID acts as an identifier that you can locally record to match a student to their results report.

Sample #1 Profile Report

CCAPS — Screen	
v 7/2021	CCAPS Screen ID: 723344 Date: 6/18/2021
Area of Distress	Level of Distress
<b>Depression</b> <i>(Feelings of isolation, apathy, worthlessness, sadness)</i>	Elevated
<b>Generalized Anxiety</b> <i>(Racing thoughts, tension, possible panic attacks)</i>	Moderate
<b>Social Anxiety</b> <i>(Feelings of shyness, self-consciousness, and social discomfort)</i>	Moderate
<b>Academic Distress</b> <i>(Lack of confidence in academics, concentration difficulties, problems completing school-work)</i>	Elevated
<b>Eating Concerns</b> <i>(Preoccupation with food, concern about overeating)</i>	Moderate
<b>Frustration</b> <i>(Problems with temper, anger, irritability)</i>	Elevated
<b>Family Distress</b> <i>(Stress in family relationships)</i>	Low
<b>Alcohol Use</b> <i>(Overuse of alcohol, negative consequences from drinking)</i>	Moderate
<b>Thoughts of Ending My Life</b> <i>(Ranges from benign passing thoughts to serious suicidal thoughts with intentions to act)</i>	Yes
Interpretive Guide	
Based on your responses: <ul style="list-style-type: none"> <li><b>Elevated:</b> further evaluation is recommended.</li> <li><b>Moderate:</b> if these concerns are problematic, consider further evaluation.</li> <li><b>Low:</b> no action is needed at this time.</li> </ul> <p><b>You reported thoughts of ending your life in the last two weeks:</b> Further evaluation by a mental health professional is recommended unless the item was endorsed accidentally, OR you misunderstood the time-frame of the question (last two weeks).</p> <p><i>This report is not a clinical diagnosis. Please contact a health professional for a complete assessment.</i></p>	
Local Resources	
Counseling and Psychological Services: 1-555-555-5555 National Suicide Prevention Lifeline: 1-800-273-8255 Crisis Text Line: Text CONNECT to 741741PS	

Students respond to all items on a scale of 0-4 based on their experience in the past two weeks. If a student responds greater than 0 on this critical item, it is marked as a Yes, and the ID in the system is marked with an \* for quick identification. Raw responses (0-4) can be reviewed in the CCAPS-Web.

The text in the “Local Resources” section is customized by you and unique for each group of screenings. We refer to groups of screenings as “portals” and suggest that each team/group of screenings has its own portal.

### **Anonymous Portal**

Each member is granted one unique link to post on their center/department website to make general student body mental health screenings available to all students. These reports do not contain a CCAPS Screen ID to ensure they remain completely anonymous. Centers often create QR codes to this unique link to include on student resources and/or posters around campus to promote the free, anonymous mental health check-in available.

### **Supervised (In Person) Portal**

Supervised (In Person) portals are for centers that want to screen students in person and on a university device. CCAPS-Web administrators launch a secure webpage on a university device and one by one, students complete the screenings. A staff person should be present to review results with the student and/or record the CCAPS Screen ID.

Administrators can review the reports and raw responses in the CCAPS-Web.

### **Supervised (Remote) Portal**

Supervised (Remote) portals are for centers that want to send unique links to students to complete on their own personal device. CCAPS-Web administrators pre-generate CCAPS Screen ID's with corresponding unique links which are exported from the CCAPS-Web as a csv file. Administrators are then responsible for assigning the ID's to students and emailing the unique links to each student. Most centers automate this process by using Mail Merge. Administrators can set expiration dates for the links.

Administrators can review the reports and raw responses in the CCAPS-Web.

\*\*Centers can create unlimited Supervised Portals. It is recommended to create a separate portal for each team.

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## **REPORTING**

Administrators can export aggregate reports from the CCAPS-Web. The report can summarize one portal, a combination, or all. The report will share average subscale responses and a summary of the Thoughts of Ending My Life item.

Administrators can export all raw data in a csv file.

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Additional questions can be directed to CCMH Project Manager, Alaina Cummins at [ccmh@psu.edu](mailto:ccmh@psu.edu).