

Dear Parent / Guardian(s),

It's time again for annual sports physicals! In the past these have been completed to fulfill MHSAs' requirement for a pre-participation sports screening. The main focus of the sports physical has been on heart, bone and joint health. We would like to expand these physicals and offer additional preventative services, which many adolescents obtaining sports physicals may not receive otherwise. This year, in lieu of the nation-wide measles outbreak and Whooping cough outbreak in Montana, we will be reviewing student immunization records and letting students/parents know if there are any immunizations their child may be lacking. You can then choose to receive any of those vaccinations at your Primary Care Provider or the County Nurses' office.

We will also be offering an Adolescent Depression Screening. The American Academy of Pediatrics (AAP) has begun to encourage depression screening at younger ages. This allows for early detection and intervention as well as opening the lines of conversation around depression. In 2016, The U.S. Preventative Service Task Force found that 8% of teens reported a depressive episode within the last year. We strongly feel that offering these depression screenings will help to capture our teens who may be struggling.

Your child's confidential depression screening will be reviewed by the Nurse Practitioner completing the Sports Physical. If follow-up is needed, you will be contacted and the screening will be sent onto your child's Primary Care Provider.

***This depression screening is optional.*** Please check mark the box below whether you consent, or do not consent, for your child to receive this screening. **Please make sure to send this letter and the completed Sports Physical form, with your child to their Sports Physical appointment.**

I consent to my child being screened for depression

I do not consent to my child being screened for depression

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Child's Name

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Parent /Guardian Name

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Parent/Guardian Signature

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Date