

May 15, 2023

Dear Parent / Guardian,

It's time again for annual sports physicals! We will be conducting Impact (Concussion) baseline testing this year, in conjunction with the sport's physical component. We ask that your child arrives on time for their appointment and leaves the building following their exam. This helps to facilitate a considerate environment for all during the medical exam process.

Please call our office at 538-4110 to schedule your child's appointment.

This year's screening will focus on heart, bone and joint health and the Adolescent Depression Screening will be offered again this year as well. It is not mandatory, and you / your child may opt out if so desired.

The American Academy of Pediatrics (AAP) encourages depression screening at younger ages, allowing for early detection and intervention, as well as opening the lines of conversation around depression. Approximately 17% of high school students reported suicidal ideation in the past year, and 7.4% of high school students reported a suicide attempt in the same period. We strongly feel that offering these depression screenings will help to capture our teens who may be struggling.

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

Again, this depression screening is optional. Please check mark the box below whether you consent, or do not consent, to your child receiving this screening.

Please return this page with your child to their Sports Physical appointment.

Thank you for allowing us the opportunity to care for your family.

I DO consent to my child being screened for depression

I DO NOT consent to my child being screened for depression

Child's Name

Parent/Guardian Signature

Date