



PATHWAYS TO POSSIBILITIES AND STUDENT SUCCESS

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North Tahoe School 5-8

**High Schools**

Cold Stream Alternative  
North Tahoe High  
Sierra High  
Tahoe Truckee High

An Equal Opportunity  
Employer

Spring 2018

Dear Parents,

Our schools are committed to working with you to not only educate your children, but also to ensure that they reach their full potential outside of the classroom living happy, rewarding lives. To that end, we are offering parents the opportunity to have their teens participate in a voluntary wellness check-up known as TeenScreen. TeenScreen is a nationally-recognized program developed by Columbia University and now managed by Stanford University to identify risk factors associated with depression, anxiety, and alcohol and substance abuse.

**I hope you will take advantage of this free, confidential check-up. Please read the information below and then sign and return the Parent Consent Form on the opposite side to indicate whether you want your teen to participate. There is an additional optional consent for allowing TeenScreen staff to work with your student’s school counselor if any follow-up is needed.**

**How Does TeenScreen Work?** What’s Up Wellness Checkups will be in charge of the screenings. It will take place during school hours in a private setting at the school. Your teen will not be screened without your permission. Screening is voluntary & your child may refuse to participate. We will notify you by letter at the end of the school year if your child chooses not to participate or is absent on the day of the screening. All screening results will be kept confidential, stored separately from academic records, and not shared with your teen’s teachers or school staff. If program staff believes that your child is in some danger or is a danger to others, they are mandated by law to notify appropriate personnel and/or necessary authorities.

**There are three steps to the screening process.**

**Step One:** Teens complete a 10-minute computerized screen about vision, hearing and dental problems, symptoms of depression and anxiety, suicidal thinking and behavior, and use of drugs and alcohol.

**Step Two:** *Teens whose answers reveal a potential problem and teens who ask for help then meet privately with a trained mental health professional to determine if further evaluation would be helpful. Teens whose answers show they probably do not need help meet briefly with staff to review coping skills & ensure access to support systems.*

**Step Three:** *You will be contacted by program staff only if further evaluation is recommended for your teen. Program staff will then share the overall results with you and discuss ways you can get help for your teen. You will not be contacted if your teen is not found to need additional support. The screen is NOT a medical diagnosis. TTUSD provides this screening at no cost, but does not provide further evaluation or treatment services. It is up to you to decide if you want to obtain any additional services for your teen.*

The program is supported by the Nevada County Behavioral Health Department’s Mental Health Services Act funding, as a not for profit public service to help provide free screening services to local communities.

Consent forms will be accepted and screenings will occur throughout the 2018-2019 school year. Please call What’s Up? Wellness Checkups staff directly at 530-268-5854, visit their website [www.whatsupwellnes.com](http://www.whatsupwellnes.com) or email [whatsupwellness@gmail.com](mailto:whatsupwellness@gmail.com) if you have any questions.

**If you would like your child to participate, please sign and return the consent form on the opposite side of this letter with your other enrollment forms.**

Sincerely,

Dr. Robert J. Leri, Ed. D.  
Superintendent Chief Learning Officer

