



A Better Community...One Student at a Time

PENN MANOR HIGH SCHOOL

P.O. Box 1001 • Millersville, PA 17551-0301

Phone (717) 872-9520 • Fax (717) 872-0934

www.pennmanor.net

An Equal Opportunity Employer

Philip B. Gale, Ed.D., Principal

Dear Parents/Guardians,

Your child's mental and physical health is a key factor of how well they function in school and how well they engage in relationships with others. In addition, their happiness and self-esteem are closely related to these factors. The Penn Manor School District is fully dedicated to supporting your child in being healthy and successful in their lives inside and outside of school. For the third year, we will again be partnering with the Samaritan Counseling Center to offer the voluntary TeenHope Wellness screening. TeenHope will use a screening tool to identify risk factors related to depression, anxiety, and self-harm thoughts. The screening will be of no cost to you, is voluntary and confidential.

Not every screening will indicate a problem. In fact, it is likely that the screening will confirm that your child is experiencing normal teenage transitions. If there are problems that your child is facing that he or she needs support with, TeenHope will assist in identifying those issues. The program then works with identified teens and their parents to link them with resources in the community, including the Samaritan Counseling Center, where they can obtain a complete mental health evaluation. We strongly encourage you to take advantage of this opportunity for your child. Again, it is absolutely confidential.

The TeenHope Wellness screening will be done for students in grade 9. The Samaritan Counseling Center will be in charge of the program. It will be done in a manner that assures that only your child and the mental health professional see your child's response. All screening results will be kept confidential.

The following steps will be followed for the screening process.

1. Students will complete a 5-minute questionnaire about symptoms of depression, anxiety, and suicidal thinking and behavior.
2. Teens whose answers reveal a potential problem, or ask for help, will meet with a trained mental health professional in private to determine if further evaluation is needed.
3. Teens whose answers show further help is not needed, will meet briefly with other program staff to ask any questions they may have about the program or ask for help with any other concerns the screening did not cover.

Jason D'Amico, Ed.D.
Assistant Principal

Douglas C. Eby
Assistant Principal

Kimberly A. Marsh
Assistant Principal

Dorina O'Connor
Assistant Principal

4. Parents will be contacted by program staff only if your teen is recommended for further evaluation. If this case, Samaritan staff will 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 mental health services.

Penn Manor School District provides this screening at no cost, but does not provide further evaluation or treatment services. It your decision if you want to obtain any additional services for your teen. Samaritan Counseling Center provides referral information directly to parents. In addition, Samaritan Counseling Center is available to provide assistance and financial support to parents interested in pursuing mental health services for their child.

We believe this screening opportunity is valuable for our students, so we plan to make this available this year to all students in grade 9. However, if for any reason you do not wish your student to participate, you may opt out by completing and returning the enclosed opt out form.

Please do not hesitate to call the Penn Manor Counseling department at 717-872-9520 ext. 1820 or Samaritan Counseling Center at 717-560-9969 if you have any questions.

Sincerely,

A handwritten signature in black ink, appearing to read 'Philip B. Gale', written over a horizontal line.

Philip B. Gale, Ed.D.

Request for my student to be excused from the Parent/Guardian TeenHope Screening Program

Administered by the Samaritan Counseling Center, Lancaster, PA
Penn Manor High School, Millersville, PA

I understand that my child is invited to participate in the TeenHope Depression/Suicide and Anxiety screening as described in the letter from Penn Manor High School. However, I do not desire for my child to participate in this wellness screening. My signature below certifies that I **do not** give permission to participate in the screening.

_____ I do NOT give my child permission to participate in the TeenHope screening.

Parent/Guardian Printed Name

Parent/Guardian Signature

Student Name (please print)

Student Grade

Date

RETURN TO MELISSA OSTROWSKI, SCHOOL COUNSELOR, by _____
have your child OPT out of the mental health screening.

