



Dear Parents/Guardians,

We hope this letter finds you well. In the Washington County School District (WCSD), we are committed to the well-being and academic success of our students. Mental health is an essential aspect of a student's overall development and success in school and beyond. We know there are pressures and challenges our students face that can sometimes feel overwhelming. It is crucial for adults to provide them with the support they need to navigate these difficulties effectively.

This year, all families in WCSD have access to a voluntary and anonymous mental health screener to identify symptoms of anxiety and/or depression in their child. The purpose of the screener is to identify symptoms early so we can intervene quickly for those who need it (it is NOT to provide a diagnosis). The screening process is designed to be discreet and the individual results will not be shared with anyone, unless you actively give your consent to share the results with designated school professionals who will ensure confidentiality at all times. Our privacy statement is included with this information.

It's important to note that mental health exists on a continuum and feelings of anxiety and sadness are normal. However, the intensity and duration of experiencing intense emotions can negatively impact quality of life. We hope the option for early screening will foster a more caring and supportive environment for our students. We aim to create a safe space where students can express their emotions and concerns without fear of judgment.

Included with this letter, you will find copies of the screening forms that will be used. We kindly request that you review these forms and discuss them with your child if you deem it appropriate. Please note, the screener is completely *voluntary* and *anonymous*. You DO NOT have to complete the screener. You may choose to share the results with your student's School Counselor, if desired.

If you have any questions or concerns about the Mental Health Screener, please do not hesitate to reach out to your school's counseling department. We value your feedback and partnership in creating a nurturing environment for all of our students.

Thank you for your continued support in helping us prioritize the mental health and well-being of our school community. Together, we can make a positive difference in the lives of our students and build a foundation for their future success.

Sincerely,

Washington County School District
Student Services Department