



GRANT HIGH SCHOOL

Portland Public Schools

Megan Schlicker

Counselor

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To Whom It May Concern:

I have worked closely with Shane Bryan and his parents this last year. It was late in first semester that Shane started to suffer from depression. The episode was serious and resulted in Shane remaining in bed for days/weeks and unable to attend school. His family sought medical and mental health attention almost immediately. Shane was put on medication, but it takes up to three weeks to show any results. Prior to this episode Shane had been diagnosed with ADHD in elementary school and this had always been managed without medication and with parent support around organization. Despite the interventions, which included a 504 Plan, Shane's depression increased and we received administrative permission to drop Shane from all of his classes so that he would not be academically penalized for his medical diagnosis. This allowed for Shane to focus on getting better and not catching up on his classwork. Over the summer Shane increased his medication and therapy and we are happy to see that he is back to his old self. Shane has a plan for on time graduation. He is taking an online class to make up his Chemistry 2 credit and he will either retake English 4 and Geometry 2 this summer or during the second semester of this year through our online learning program.

During Shane's initial deteriorating situation his mom reached out to football coaches to call Shane and encourage him. It is clear that Shane has a strong interest in football, he enjoys staying active and his football coaches have been important supports in his journey to feel better. I strongly recommend that Shane be allowed to participate in athletics this year despite his lack of second semester grades.

If you need any further information, please feel free to contact me at (503) 916-5160, extension 75687.

Sincerely,

Megan Schlicker
School counselor