

September 22, 2015

Mr. Brian Samore  
Athletic Director  
Grant High School  
2245 NE 36th Ave  
Portland, OR 97212

Re. Shane Bryan DOB 6-30-1999, credit eligibility for athletics

Dear Mr. Samore,

Our son Shane is currently an 11<sup>th</sup> grade student at Grant High on the varsity football team. In the spring of 2014 Shane was placed on a 504 education plan during his sophomore year on the basis of Major Depressive Disorder and Attention Deficit/Hyperactivity Disorder (ADHD). These diagnoses were established by adolescent psychiatrist Dr. Jeffrey Carlson and by our family physician Dr. Joseph Sullivan. He underwent a neuropsychological evaluation in June, 2014 with Dr. Michael Fulop that confirmed the diagnoses.

Shane's mental health condition deteriorated through April and May of 2014 and led to his falling further and further behind in homework. Despite having had good grades during his freshman year and good PSAT scores, he was achieving far below his abilities because of depression and ADHD. He isolated in his room and stayed home from school. We received precautions from the doctors for risk of self-harm, and located a mental health counselor. He has been prescribed psychiatric medications. Ultimately with agreement from his school counselor and teachers we withdrew him from the spring term to prevent damage to his grade point average, and to allow him to re-do the courses once his condition had improved.

Shane is now enrolled full-time in the 2015-2016 academic year. He has arranged credit recovery with school counselor Ms. Megan Schlicker that includes current enrollment in an on-line course to make up one that had been dropped last year. He is continuing in the 504 plan and is on schedule for graduation at the end of the 2016-2017 year.

His doctors will endorse Shane's participation in athletics as an essential piece of his school program for self-esteem and mental health. Team-based regular exercise improves his sleep pattern and mood. Without athletics it is likely that his grades and mental health would soon drop. Meeting grade eligibility standards is a strong motivator. Please contact us if needing any other information that we can provide.

Sincerely Yours,



Jim and Sheli Bryan, parents  
503-233-1282 [bryans@spiritone.com](mailto:bryans@spiritone.com)