

November 20, 2015

To Whom It May Concern:

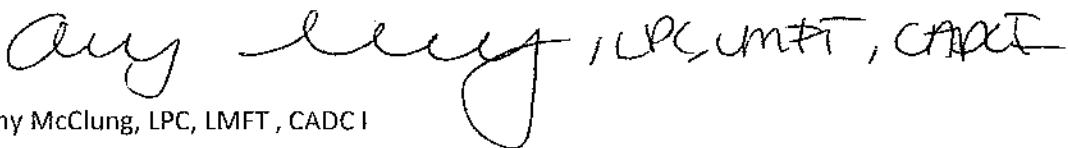
I am writing in regards to Elijah Chambers. I am his mental health therapist, and have been working with Elijah since December 12, 2015 to present. Elijah moved to Sandy with him mom and three younger brothers after the family was relocated due to domestic violence with mom's boyfriend. The move was a big transition for Elijah and he had difficulty adjusting to life in Sandy.

In many ways Elijah has had to grow up very fast as he helped care for his three younger brothers in many unstable situations. DHS has been involved with the family throughout the years and presently has an open case due to reports of abuse. Elijah has always done well in school and was in honors classes before moving to Sandy High School despite adverse living situations. Due to past trauma, relocation, and symptoms of depression and anxiety Elijah began to struggle in his daily functioning after the family's move. Symptoms of anxiety and depression escalated to the point Elijah was unable to attend school. However, because school is so important to Elijah he enrolled in online classes to finish the term. During this time he also moved out of his mother's home and with a close family friend. Since Elijah's move he has returned to school and is excelling in his classes and symptoms of anxiety and depression have decreased.

When talking with Elijah I have asked him, 'What helps you when you are feeling stressed or sad about your circumstances and family?' "When do you feel the most happy?" His answer is always the same 'When I am playing basketball.' He loves basketball and it is such a positive avenue in his life. When life has been so unstable and chaotic basketball has been a constant positive outlet for this young man.

As a mental health professional I believe it would be detrimental to this young man's being to not allow him to play basketball this season. He is more deserving, hard working, and dedicated than many of the young people I have worked with over my years as a therapist. He is such an amazing strong young man and sometimes I look at him and am just amazed at what he has gone through and how he has remained on this positive path. Many young people in similar situations would have turned to delinquency to cope with life circumstances, but not Elijah he has turned to basketball and school to cope with life. Thank you for taking my letter into consideration.

My Best,


Amy McClung, LPC, LMFT, CADC I

Sandy School Based Health Center

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