



*A Unique Living & Educational
Experience For Young Women*

Janice Cummings
Treatment Coordinator
Academy at Sisters
PO BOX 5986
Bend, OR 97701
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To Whom it may concern:

This letter is in regards to Carlyn Yeatts and her eligibility to participate on the Bend High Track Team.

Carlyn arrived at the Academy at Sisters, in Bend, Oregon, on May 15, 2015. She came directly from a wilderness therapy program which she attended for approximately 90 days. Carlyn's family sent her to the wilderness program due to her risky behaviors at home, poor family relationships, and using unhealthy coping skills to deal with her anxiety and depression. Carlyn successfully completed and graduated from her wilderness program, and her therapists felt it was in her best interest if she attend a therapeutic boarding school, which is how she arrived at the Academy at Sisters. Carlyn was immediately enrolled in school, which is part of the J Bar J learning Center and part of the Bend-Lapine School District.

Since Carlyn's enrollment at the Academy at Sisters, she has made many positive changes in her life. She earned enough trust that she was able to attend Bend Senior High school in February 2016. Carlyn has remained sober and continues to improve her relationships with her family. Carlyn has learned and implemented healthy coping skills to help with her depression and anxiety. Carlyn felt that joining the Bend Senior High Track team would help her continue on the path of making positive choices, by getting to know other peers that have positive goals and healthy extra-curricular activities. Carlyn advocated for herself to be allowed to participate on the track team, which is not something that the Academy usually allows. To me, this shows Carlyn's motivation to continue to make positive changes in her life, and develop new, healthy interests and activities. Carlyn has truly come so far during her stay here and made so many positive changes in her life.

I'm very excited that Carlyn has the opportunity to participate in Track at Bend Senior High. I hope this letter is sufficient information to make this possible. Please feel free to contact me if you need any more information or have any questions.

Sincerely,

A handwritten signature in blue ink, appearing to read 'Janice Cummings', is written over a horizontal line.

Janice Cummings