

Nicole Cates
14705 SE 117th Avenue
Clackamas, Oregon 97015

April 5, 2016

To Whom It May Concern:

I am writing to request allowance for my son, Jacob Cates, to be allowed to play sports this spring at CHS.

Jacob has been diagnosed with depression for the last year and a half or so. His grandfather had a massive heart attack 3 years ago and became bed ridden for his final year and passed at home 6 months ago. He was the main male figure in Jacob's life and this trauma added to or possibly was the beginning of his depression issues.

As his mother- I can attest to the personal difficulties and struggles he has been going through. If you have not dealt with depression personally or with a loved one- it is difficult to understand how debilitating and paralyzing true depression can actually be. I had always thought it was more psychological and if the person tried harder or had more self-discipline, he/she could come out of it. This is simply not true. Last semester, when his grandfather passed, at our home, Jacob became so depressed, that getting out of bed was a struggle. He ended up withdrawing from his classes at school for the semester.

We have done counseling to help him through, which helped marginally. He has been officially diagnosed with depression. One of the top recommendations for those with depression is exercise. A group or team to belong to and the feeling of being included, supported and valued are also extremely important and valuable for someone who is depressed (part of which involve feelings of isolation and deep loneliness).

Jacob is extremely dyslexic and mildly ADHD and finds school to often be very overwhelming and difficult. He has had private interventions to help him through. He works at least twice as hard as others just to do the basics. His outlet and saving grace have been athletic activities and belonging to a group or team, where his skills are valued and he does not have the feeling of being 'dumb' or 'less than' those around him. Needing movement and physical activity is an understatement. If he does not have these things- he does not function well in a school environment. I say this as his mother- and as a professional. I have worked with dyslexic and ADD individuals doing Dyslexia Correction and Attention Mastery Programs for the last eleven years.

I am a single mother and am accustomed to difficult life situations and navigating through them. These past couple of years have been the most difficult I have ever faced in dealing with depression in a teenager.

Thank you in advance for your time and consideration.

Sincerely,

Nicole Cates