



Sutton Memorial High School

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<http://www.suttonschools.net>

Ted McCarthy, *Principal* / Daniel G. Delongchamp, *Asst. Principal*
Lindsey Baiocchi, *Guidance Counselor* / Erin Miller, *Guidance Counselor*

Break Free from Depression Parent Information Letter

January 20, 2016

Dear Parent/Guardian:

As you are aware, over the past two years our school has been focused on improving and developing the mental health of our students. Sutton, like numerous schools throughout the country is working on improving the mental health services and supports we can provide our students. Nearly one million American adolescents suffer from depression each year, and more than three quarters of these individuals will not be diagnosed and will not receive treatment. Left untreated, depression can lead to deteriorating school performance, strained relationships with peers and adults, high rates of absenteeism, school dropouts, and substance abuse.

In order to better serve this need, all students taking Health this semester are invited to participate in 'Break Free from Depression', a program created by Children's Hospital in Boston. 'Break Free' is a curriculum that educates teens about stress and depression. The program consists of four classroom lessons, a brief film, and guided group discussions. It is not a treatment or counseling program, rather an education program to increase students' knowledge of depression, their confidence in identifying signs and symptoms related to depression, and their ability to access resources. Our goal is for students to have accurate information on depression, be equipped with tools to readily identify signs and symptoms of depression in adolescents, as well as have the skills to access resources and supports in the school and community.

'Break Free from Depression' will take place during Health class on the following dates February 5, 8, 9, 10, and 11. This program will be facilitated by Donna Rezuke, William Gillin and Erin Christiano. If a student needs immediate assistance while participating in this curriculum, school counselors will be available throughout the school day.

We encourage you to contact us with any questions you may have around this program. If you do not want your child to participate, please contact us before we begin the program.

Thank you,

Ted McCarthy
Principal
Sutton High School
mccarthyt@suttonschools.net
(508) 581-1640 x. 1103

Break Free from Depression Passive Consent Form

If you do NOT want your child to participate, please complete the form below and return this form to the High School Guidance Department.

If you have any questions, please feel free to contact any one of the facilitators:

Donna Rezuke
508-581- 1640 x. 4424
rezuked@suttonschools.net

William Gillin
508-581- 1640 x. 4272
gillinw@suttonschools.net

Erin Christiano
508-581- 1640 x. 3578
christie@suttonschools.net

I **do not** wish for my child to participate in Break Free from Depression.

Student

Parent/Guardian

Date

Phone