



Ingraham Teen Health Center

Dear Parents,

Did you know that your son or daughter can get health care at the Ingraham Teen Health Center? The health center, which is located in the school, is open during the school year to provide health care and mental health counseling. The health center is available to all Ingraham students.

- Our services include immunizations, routine physicals, sports physicals, treatment for acute and chronic illness, asthma management, reproductive health care, and mental health counseling and referral.
- The staff is trained to understand and treat the special health care needs of teens. Our team includes **Teri Ginster**, the Nurse Practitioner; **Elenora Von** the Mental Health Counselor; and **Christy An**, the Clinic Coordinator. All work closely with the school nurse.
- Our goals are to provide early detection and treatment of illness, to encourage teens to live positive lives, to teach teens how to use health care systems effectively, and to encourage family communication around health issues. We work in partnership with teens, their families, and the school to support the academic success of the students at Ingraham.
- We are open every day that school is in session so students can be seen at a time that is convenient for their schedule.
- The Teen Health Center is a partnership between Ingraham High School, Public Health Seattle & King County, and Group Health Cooperative. The program is funded in part the voters of Seattle through the Families & Education Levy.

To use these services you must enroll your son/daughter in the health center by completing and signing the enclosed registration forms and returning them to the Teen Health Center. Completed forms can be dropped off at the front office or the Teen Health Center. If your teen has enrolled previously, there is no need to sign up again.

Seattle is fortunate to have teen health centers located in all of the high schools. We hope you take advantage of this resource for your son or daughter. For more information contact the health center at 206-205-0430. Stop by any time. We're located just down the hall from the main office.

