



Ingraham Teen Health Center

Dear Families,

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** and **Sara Miner**, the Mental Health Counselors; and **Teresa Gallardo**, the Clinic Coordinator. All work closely with Janet Boyett and Elissa Snetsinger, the School Nurses.
- 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 accessible every day that school is in session so students can be seen at a time that is convenient for their schedule. We offer phone, telehealth, and in person visits. Students can drop in or call 206-205-0430 to schedule a visit. Due to Covid-19. The following safety measures have been implemented:
 - Prescreening for Covid19 symptoms or exposures
 - Limiting number of students in the clinic to allow for social distancing
 - Masking and good hand hygiene
 - Access to the school building is limited and extra cleaning protocols are in place
- 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. Our mailing address is 1819 N. 135th St., Seattle, WA. 98133. 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 and many of the Middle Schools. If your SPS student does not have access to a clinic, please contact us, and we will try to help.

