



VCU

VIRGINIA COMMONWEALTH UNIVERSITY

Dear Parent,

My name is Dr. Joshua Langberg and I am a licensed Clinical-Child Psychologist and Professor in the Department of Psychology at VCU. The Promoting Adolescent School Success (P.A.S.S.; <http://pass.vcu.edu>) group at VCU is partnering with your child's school to improve the academic and behavioral outcomes of middle students. We wanted to tell you about a new service we will be offering this fall for 8th grade students and their families.

We are interested in better understanding the importance of sleep for middle and high school students, and how sleep may impact students' academic, emotional, and behavioral functioning. In particular, *we are interested in learning about the role sleep plays in students' ability to concentrate and pay attention during the school day.* In order to accomplish this, we will be following students and their families from 8th grade through 10th grade, and asking them to complete questionnaires about sleep and academic and behavioral functioning. There are several benefits to working with us on this project.

If you participate your child will receive a comprehensive mental health evaluation and abbreviated intelligence and achievement testing at no charge. The evaluation will include assessment of ADD/ADHD, anxiety/worry, and sadness/depression. We will provide you with an evaluation report describing the findings and a face-to-face feedback session explaining the results. During the feedback meeting you will learn about your child's strengths and weaknesses and we will provide recommendations for improving your child's academic performance and ensuring that their sleep is optimal. We are also pleased to offer you access to the psychologists in the PASS group. You will be able to call or e-mail us anytime to discuss your child and any concerns or questions about their behavior or school performance that you might have. We will also be happy to help link you with community resources and services as appropriate. Finally, your family will be **compensated \$75 for completing the initial evaluation and up to \$265 for participating through 10th grade.**

If you would like to learn more about us and the work that we do, please visit pass.vcu.edu. If you would like to learn more about the study or schedule an evaluation, please call our study coordinator, Hana-May, at [804-827-1517](tel:804-827-1517)

Thank you very much for your consideration.

Sincerely,

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