

My success story with mental health and addiction services

By John A. Rupp, Jr.

I live in Salem, Oregon. Back in 2008 I experienced a mental breakdown. I ended up in jail for the first time in my life and I lost everything in one day. I am not going to dwell on that story but I will focus on the very positive success story I have been for the past 8 years due to great mental health and addictions services that came to my rescue.

When I was in Marion County Oregon jail they knew I had some mental health problems and I was monitored by excellent psychiatrists. They checked in with me in my cell every day and came up with medications that would help my mental illness.

When I got out of jail they introduced me to Psychiatric Crisis Center by the Salem Health Hospital. They worked with me every day and adjusted my mental health medications to what worked very well with me. Through a special community program I was provided with 6 months of housing with all the wrap around services. It was enough to help me be safe and get my feet back on the ground. Psychiatric Crisis Center introduced me to Adult Behavioral Health of the Marion County Health Department. They continued in providing me much help and counseling on my mental health issues. I was on a 5 year probation and my probation officers were so good on understanding my mental health problems and they sent me to take classes at Intensive Treatment Recovery Services of Marion County. They worked with me on both mental health and my addiction to alcohol. I also faithfully joined AA. Intensive Treatment Recovery Services then introduced me to NAMI Oregon. NAMI has been a tremendous support to me and through NAMI I have made many good new friends. Since then I have financially supported NAMI and done volunteer work for them.

For the past 8 years I have become a productive member of society and I completed my 5 year probation in 2014. I have been clean and sober for over 8 years now. I have been able to make amends and heal my relationships with my family and friends. Those relationships have been the best they have ever been in my entire life. When I look back at my life I realize now that I had mental illness for many years and untreated. It is all thanks to the great mental health and addiction services in our community. The 6 months of housing given to me in 2009 saved my life and kept me off the streets and gave me the time to get back on my feet.

I ask of you that when any bill comes up in support of housing and services for mental health that you be in favor of any funding that can contribute for those services. There are so many people out there with mental illness that haven't been as fortunate as I have been and I am concerned for all of them. I ask for your support for HB 3063.

Sincerely By,

John A. Rupp, Jr.