

February 6, 2019

Oregon State Legislature  
House Committee on Education  
900 Court St. NE  
Salem Oregon 97301

***Re: House Bill 2191 – Excused absence for mental health in Oregon schools***

Dear Chair Margaret Doherty and Members of the House Committee on Education:

My name is Sam Adamson and I am a freshman at Sherwood High School in Sherwood. I support House Bill 2191 which would require that all Oregon schools recognize mental health as an excused absence, the same as they do for a physical illness.

This issue is important to me, and all Oregon students, because I have met many people with mental illness. Some of them have told me that they weren't getting treatment because their parents or guardians were preventing them from it. This further increases their problem, and can cause many rash decisions such as physical harm or dropping out of school or other activities.

House Bill 2191 would allow students, and their parents, to be more honest about the mental issues they are facing and schools to be more aware of how to support them. This change would mean children can get the help without some individual blocking it. From here, the success of students and their potential would increase. If students had the power to get the help they deserve, they would be better educated, since they could be able to focus on their work rather than be in a state of dread..

Thank you for the opportunity to provide feedback. I hope you will join me and Students for a Healthy Oregon in support of House Bill 2191.

Respectfully,

Sam Richard Adamson  
9th Grade  
Sherwood High School