

**Consumer Support for Oregon House Bill 3122**

*The following is respectfully submitted to be included in the Public Record as supplemental Public Comment to hearings held in March 2019 re HB 3122*

March 15, 2019

The Oregon Legislature, House of Representatives  
Committee of Human Services and Housing  
Representative Alissa Keny-Guyer, Chair  
900 Court St. NE Room H-272  
Salem OR 97301

Honorable Chair Kenny-Guyer and Committee Members:

As a person who experiences a disability and many barriers to living independently in the community, I am helped every day as a result of working with my peer counselor at Eastern Oregon Center for Independent Living.

I LOVE U/DIS ♡

★ Without assistance from EOCIL to get community supports, to learn new skills and enhance my independence, I would be, *in a coffin and in the ground Dead left* figuratively speaking that is - *I know it seems like a very harsh ending, but I was destitute and broken and feeling at my lowest - spiritually - mentally, physically*

There are more than 600,000+ people with disabilities in Oregon and we all can benefit from independent living services offered at Oregon CILs. Please support passage of House Bill 3122 that would require the Department of Human Services and Governor to plan for the needs of Oregon's Independent Living Program and Oregonians with disabilities the program serves.

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**PLEASE SUPPORT & CHAMPION HB 3122!**

Respectfully Submitted,

County:

Melinda Lancaster

Umatilla

emotionally and every other "ally" there is. Without having housing, stability, security, and safety, I was introduced to ~~enter~~ EOCIL through my husband, it wasn't ever a better time for me to be so desperate.

They reached out to me before I had a chance to even think. I found my tiny spot, my place to heal from my pains inside and out. They are generousities offer generosity with their time, their love and hope. The Womens Group I now attend led by my peer Lois ~~is~~ through EOCIL and its structured environment I am and was able to finally accept help from others, truthfully, honestly and all without fear of judgements, requirements, or any thing else. I am slowly beginning to learn and understand me, myself, and find out really just who I am, can become, and someday totally will be !!

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Honorable Chair Kenny-Guyer and Committee Members:

As a person who experiences a disability and many barriers to living independently in the community, I am helped every day as a result of working with my peer counselor at Eastern Oregon Center for Independent Living.

Without assistance from EOICL to get community supports, to learn new skills and enhance my independence, I would be

~~without my current job. I would not be  
as confident for my capabilities to do  
my job and handle situations that arise.~~

There are more than 600,000+ people with disabilities in Oregon and we all can benefit from independent living services offered at Oregon CILS. Please support passage of House Bill 3122 that would require the Department of Human Services and Governor to plan for the needs of Oregon's Independent Living Program and Oregonians with disabilities the program serves.

**PLEASE SUPPORT & CHAMPION HB 3122!**

Respectfully Submitted,

*Trisha Westwood*

County:

*Washoula*

House 8:11 3122

When I first entered the EOCL office I was a mess. Life had not been so kind; at least that is what I had thought. I had been told to get my affairs in order because I did not have much time left, so I went in for help of one kind and walked out with the knowledge to come to terms with myself. I didn't entertain the thought I might be depressed as I was always told depression was a state of mind and you talked yourself into being depressed. I went through the assessment process and was ask to join this women group for depression called Healing Pathways.

Not sure this is what I really needed because I had everyone, including myself, believing I was good at handling anything that came my way. After all complaining, was not my way and as long as I didn't talk (about me) then I would be liked. I am very good at listening to others but not great at all about opening up to others. So this wonderful woman that ask me to join Healing Pathways never gave up until I made the commitment to come to the class. I am forever grateful to her and Healing Pathways.

This was one of the hardest most wonderful journeys I have been on. Here I sit in a room with an amazing group of women that were going through a lot more them me, or so I thought. I was scared to say or do the wrong thing so I had made up my mind that I would just sit back and listen and when the group was done I would move on. But it did not work that way. We had a work book that we studied and skills that we learned. The more we did the more it hurt, I had my way of handling things and I thought I was getting though life very well. Boy was I wrong. I learned more about me in those few weeks, then I had in a life time. I learned I was not handling anything, but hiding. I did not have to handle life. I learned that emotions are a good thing and it is okay to have reactions, I went in to the group scared, hurt and much to my dismay an angry person. At the end of the support group, I learned to have a voice and have more confidence in myself. I have watched people come into EOCL'S office unsure, and walk out with hope. We need more programs like this, but we also: need to have knowledge on where people can go to get help they need to better themselves.

Juanita A. Nalls  
Llano County