

March 24, 2021

Senator Michael Dembrow, Chair
Senate Committee on Education

RE: Support Senate Bill 782

Chair Dembrow and members of the committee,

For the record, my name is Sam Adamson. I'm a student at Sherwood High School in Sherwood, Oregon. I'm a member of Students for a Healthy Oregon and I'm here today to ask for your support for Senate Bill 782.

Senate Bill 782 is important because it addresses and identifies mental illness within schools for kids who are uncertain. Especially in Oregon, which ranks low in terms of mental health treatment, students need to be able to identify mental illnesses to be able to properly go about and address them. If this bill passes, students could understand more about mental health and mental illnesses, and how they affect people and their day to day lives.

I know this is how it would go down because I personally went through this. When my depression started to appear, I didn't understand why I was constantly depressed and I didn't know how to treat my mental health- everything felt wrong and out of place. Luckily, I have parents who I could go to during that time of confusion and they understood what I was talking about; I was ultimately able to get care. However, I worry about what might have happened if I didn't have the people by my side to help me get mentally well.

I urge you to vote yes on Senate Bill 782, because then I can sleep well instead of thinking about other kids who are like me: confused and frustrated that they didn't know what was happening to them and how to get better. Thank you for listening to Students for a Healthy Oregon, and I hope you vote yes on Senate Bill 782.

Sam Adamson
Sherwood High School