

## House Bill 2980 – Peer Respite in Oregon

February 17, 2021

To: Oregon House of Representatives

From: Danielle Grondin, Independent Consultant and Trainer

Subject: House Bill 2980

Dear Madam Chair Sanchez and House Members. My name is Danielle Grondin and I'd like to thank you for this opportunity to share my support of HB 2980. I am very proud to have had the honor of serving on the Governor's Behavioral Health Advisory Council, as well as the Oregon Consumer Advisory Council, which both formally recommended this bill's creation. Thanks to COVID-19 and Zoom, I am currently training the Intentional Peer Support (IPS) curriculum internationally and educating individuals and organizations about mental health challenges through the lens of lived experience.

As someone who was forcefully hospitalized, I want to be vulnerable with you and share how humiliating and demoralizing that experience was, reactivating immense pains and traumas of having my power taken away and no-say in decision making. After limited observation and interactions, I was put on very serious antipsychotic medicine while still in the holding room; This started me on a path of many years of medication management that lasted long after my discharge. Many months later, I had confirmation that I was suffering from complications due to traumatic brain injuries and the medications I was on actually exacerbated my condition.

If a peer respite had been available at the time, I am confident my recovery would have looked significantly different. Most peer respite staff in the United States are trained in IPS, the curriculum I teach, where the staff use a non-clinical approach informed by their own lived experience with crisis. It gives me great hope that this bill is up for consideration and I am confident if passed, peer respites will move us towards healthier, more connected communities.

Please see the peer respite brief that was shared via email on 2/16 for more reasons why peer respites are worth your consideration.

Thank you,

Danielle Grondin