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On Behalf Of:

Committee: House Committee On Behavioral Health and Health Care

Measure: HB2458

As a mother of a teenage detransitioner, I've been on both sides of the movement: affirming vs. traditional mental health treatment. When pursuing the affirmative treatment, my daughter grew MORE depressed and suicidal the more she took steps to become transgender (e.g. social transition w/ names and pronouns, cut her hair short and crossed dressed, wore a chest compressor or binder, took puberty blockers). I had to quit my job at the height of my career because her depression became very dangerous. We were living in crisis management everyday. I was fearful to sleep and would check on her several times at night, as I didn't know if I would have to call an ambulance to rush her to the hospital after a suicide attempt or find her dead! It's no joke. The definition of insanity is to do the same thing but expect a different outcome. Therefore, I dedicated my time out of the workforce to exhaustively research the industry to find a traditional therapist and try the opposite approach of the affirmative model. Over 18 months with a highly credentialed and experienced psychiatrist, my daughter found that she had several underlying causes and comorbidities (that the affirmative model swept under the rug in the name of diversity, equity, and inclusion) that were causing her distress. Being suicidal and depressed, cutting herself, having eating irregularity, and having sleep irregularity were classic traits driven by anxiety! After understanding this distinction, my daughter detransitioned on her own accord and has been the happiest I've ever seen her. She's soared academically and has been accepted to a very elite college on early decision with a huge scholarship in fall 2023. As a result of this experience, she wants to become a psychiatrist to make the world a better place. But more importantly, she's happy and thriving as a person. She's been in a stable, healthy, relationship with a boy for over a year. Her story is not unique. There are more and more people detransitioning, as seen by the 10's of thousands of people on Reddit and rise in grassroots organizations for detransitioners over the past few years. This has nothing to do with being a Democrat or a Republican. I'm a life long Democrat who left the party as a result of my family's experience. To drive the point home, I leave you with a recent article that came out from the medical community by a lesbian doctor who also once subscribed to the transgender movement.

[https://www.thefp.com/p/i-thought-i-was-saving-trans-kids?utm\\_source=substack&publication\\_id=260347&post\\_id=101682797&utm\\_medium=email&utm\\_content=share&action=share&triggerShare=true&isFreemail=true](https://www.thefp.com/p/i-thought-i-was-saving-trans-kids?utm_source=substack&publication_id=260347&post_id=101682797&utm_medium=email&utm_content=share&action=share&triggerShare=true&isFreemail=true)

Thanks for your thought and consideration.