

Submitter: Michelle Allen

On Behalf Of: MY DAUGHTER

Committee: House Committee On Behavioral Health and Health Care

Measure: HB2458

I am a lifelong left leaning democrat and am writing to you as a mother who has experienced watching my daughter suffer from extreme mental distress for the last three years. Starting with depression, self harm, anxiety, bulimia and suicidal ideation. She spent 18 months in inpatient facilities.

She was never diagnosed as having any gender dysphoria.

When she moved home she met a therapist who only affirmed her, never diving into the underlying issues. Now my daughter self harms herself by wearing a binder and by fantasizing about surgeries and hormones that are not necessary - I am terrified of the outcome.

It has been less than a year since she has decided she wants to be a boy. It has been three years of inpatient facilities with no mention of gender dysphoria.

If therapists do not get to the root causes of children's mental distress then these kids will always be ill, and will grow up to mentally unstable adults. This is therapy, not conversion therapy.

Only affirming these under developed minds of children (one can't rent a car until you're 25, one can't legally drink until 21) is not helping them get past issues that they are trying to cover up with attempting to changing gender. It's an easy way out. It is a lazy way to be a therapist.

We need to solve the reasons our children are in distress before just affirming these children. I would have my daughter back if this therapist did her job and didn't just affirm.

Respectfully,
Michelle Allen