

Chair Nosse and Members of the Committee:

My name is Katie Gragg, and I am a student at Catlin Gabel High School.

I'm writing in support of HB 4070, which provides critical resources that youth and families across Oregon need now. Oregon is ranked last in the nation for youth mental health, and it's showing in our schools through rampant behavior issues and high rates of chronic absenteeism. HB 4070 provides evidence-based resources that will be quickly available for schools to support youth mental and physical health. A study conducted in Oregon found that youth are 10-21x more likely to seek mental health support at a school-based health center (SBHC) and that SBHCs that increased mental health capacity were 12% less likely to report a depressive episode; 16% less likely to report suicidal ideation; and **18% less likely to report a suicide attempt**.

I support this bill because I believe everyone deserves access to quality mental health resources and support. Returning back to school after years of isolation highlighted the critical need for such support. In the past three years, I've noticed a significant increase in stress within my school environment. During this time, I have supported friends experiencing mental health challenges and encountered difficulties in assisting them with scheduling appointments, all while navigating my own struggles with anxiety. Students across Oregon often experience mental health challenges without clear guidance on what to do or where to seek help. School health resources are essential in bridging this gap and ensuring a comprehensive approach to mental health care for all. Supporting HB 4070 is an investment in supporting youth and fostering the safe, supportive, and inclusive spaces many desperately need.

Youth need this **now** and these resources will allow for an immediate increase in our capacity to support them. I urge you to vote yes on HB 4070.

Thank you,  
Katie