

Submitter: Julia Neace
On Behalf Of:
Committee: House Committee On Behavioral Health and Health Care
Measure, Appointment or Topic: HB2143

January 30, 2025
Written Testimony
Prepared by Julia Neace
HB 2143

Chair Nosse, Vice Chairs Nelson and Javadi, and Members of the Committee:

My name is Julia Neace, and I am a Portland native. I have spent years working for non-profits that serve Medicaid and Medicare members. A recurring issue I see in my work is the difficulty that people in our state have with accessing treatment for addiction and mental health struggles. Many people struggle to find treatment and may face perilously long wait times to receive care or a bed in a facility, while at the same time surviving acutely painful situations such as houselessness, food insecurity, and violence. The amount of stress our neighbors in this position bear is extreme.

I am asking for your support for HB 2143 so that we can put medicine into the hands of the people, so that neighbors can help each other with immediacy. Let's give community members tools to support those around them who trust them, who are suffering and waiting for access to social services, who are in crisis and cannot access care quickly enough, who live in regions where help is sparse or unavailable and who have no means to travel, or who have been traumatized by past experiences with the healthcare system. Let's give community members a tool to support people who have exited treatment and are vulnerable to relapse. There are so many barriers to receiving healthcare, and one has to be pretty skilled even to navigate the process of making and attending appointments, especially if you live in a tent and don't have a phone or computer. We have the ability to lower those barriers by placing an emotional and physical first aid protocol into the hands of people who can access the communities most at risk, right where they are, right when they need it, and as often as they need it.

5NP has a lengthy history of use that reveals its safety and efficacy. It is easy, quick and inexpensive to administer, provides layers of benefits instead of side effects, is minimally invasive, and can be done in any setting. It is easy to learn, and with the structured training that will be provided, anyone can learn to administer this protocol safely. 5NP saves lives, and mends communities.

Please support HB 2143

Sincerely,
Julia Neace