



**Testimony Before the  
Senate Health Care Committee  
Presented by Mandi Hudson, DO  
on behalf of the Oregon Medical Association  
February 11, 2025**

Chair Patterson and members of the committee, thank you for allowing me to testify today. My name is Dr. Mandi Hudson and I am a practicing psychiatrist for Trillium Family Services, an Assistant Professor of Psychiatry at COMP-Northwest and Executive Director of the Interprofessional Behavioral Health Institute at Western University of Health Sciences. I also serve as the Chairperson of the Oregon Wellness Program Board.

As a physician, I have witnessed firsthand the growing crisis of burnout, compassion fatigue, and mental health struggles among my colleagues. The OWP has proven to be a critical resource in addressing these challenges and ensuring the well-being of Oregon's healthcare workforce.

A recent study conducted by OHSU's School of Nursing highlights the program's effectiveness. This research found that nearly 40% of surveyed Oregon healthcare professionals reported high Adverse Childhood Experience (ACE) scores, a strong predictor of future emotional and psychological difficulties. The study also demonstrated that longer participation in the OWP significantly increased compassion satisfaction while reducing burnout over time. These findings are not just statistics—they represent real improvements in the mental health and resilience of the clinicians who care for our communities every day.

One of the greatest strengths of the OWP is its design, which eliminates common barriers to accessing mental health care. The program ensures confidentiality, provides appointments within three days, and offers services from mental health professionals who understand the unique pressures of frontline healthcare. The availability of free, easily accessible telehealth sessions further increases its reach and impact.

As we continue to face a growing provider shortage, it is essential that we support initiatives that improve clinician well-being and retention. The OWP is not just an investment in individual clinicians—it is an investment in the stability and effectiveness of our entire healthcare workforce and therefore, entire healthcare system. Healthier, more resilient providers lead to better patient care, improved outcomes, and stronger communities.

For these reasons, I urge you to continue supporting and expanding the Oregon Wellness Program.

Thank you for your time and consideration.