

Submitter: Ashlie Kangas  
On Behalf Of: 4th Dimension  
Committee: Joint Committee On Addiction and Community Safety Response  
Measure, Appointment or Topic: HB2502

My name is Ashlie Kangas, and I am from Tigard, Oregon. I am a client at 4th Dimension recovery and a student at Harmony Academy recovery High school. As someone affected by both mental illness and substance use disorder, I have faced numerous challenges in my journey towards recovery, these issues have significantly impacted my daily life, making it difficult to maintain stability and focus on my education and personal growth. I come from a family of addiction and never had a stable foundation in my life. I was always in and out of homes and went through immense trauma. This affected my mental health and soon became substance use. Despite these challenges I'm determined to work through these challenges with the support of my community and the resources available to me.

Over the past few years now I face significant challenges due to mental illness and substance use disorder. The struggles have caused some issues in my life, affecting my ability to focus on school and maintain a stable routine. However, with the help of fourth dimension recovery and Harmony Academy recovery High school, I started to find my footing. These organizations have offered me the support and resources I need to begin healing. It's been a difficult journey but without 4D and harmony I don't think I would be the same person as I am today and standing with a year and 3 months sober.

What has really helped in my recovery is a support and understanding from fourth dimension recovery and Harmony Academy recovery High School. The guidance, resources, and sense of community they provide have been really available yet the support and love I get when walking into each building. Having a strong support system and a structured environment has made a huge difference in my journey.

I'm starting to feel more hopeful and motivated each day, thanks to the incredible support I've been given. Recovery is a challenging journey, but I'm seeing progress and gaining confidence in my ability to create a better future.

While I'm making progress in my recovery, I know many others facing similar challenges with substance use and mental health illness still need support. It's crucial to address the stigma and lack of resources that often obstruct their path to recovery.

Increased funding towards recovery programs, high schools, and adolescents

services will create more resources to support teens in need. By investing in these areas, we can provide the necessary help and reduce the stigma surrounding mental health and substance use

Thank you for listening. will you commit to advocating for increased funding towards recovery and Adolescent programs to help provide essential resources for teens in need