

Dear members of the Oregon legislature,

I am not from your state, but I feel very passionately about Bill 2567 and I hope you will allow me to express my view.

As a mother whose daughter had a psychotic episode and was diagnosed with serious mental illness six years ago, I know how scary it can be for a parent to see their child being delusional and behaving in a weird way like talking to somebody who is not there. However, I learned from first-hand experience that locking them up in a hospital and hoping for the better is a form of delusional belief in itself. My daughter's condition only became worse as a result of her involuntary treatment.

Moreover, before she was taken to the hospital, her delusions were harmless. In the hospital, they took a dark turn – she started talking about her own and other people's death more and more. Later, I learned about research showing that, in the rare cases when mentally ill people become aggressive, their [aggression may be a response to hostility](#) and [coercion](#). In other words, involuntary commitment is likely to create aggression in somebody who was not aggressive before.

My daughter's story has a happy ending. Contrary to the predictions of her hospital psychiatrist, who claimed that she would need to take psychiatric medications and to be on disability for life, she recovered completely. She will soon graduate from a Master's program and has already received a teaching job offer. This happy outcome occurred only because we, her parents, were able to find a clinician trained in non-coercive, cooperative treatment modality that includes all the family and helps the patient and the family members work together towards the goal of recovery. This experience made me a mental health advocate, and I have since learned about various evidence-based non-coercive approaches to mental health crises. They are [promoted by the World Health Organization](#), but, unfortunately, have not yet been widely adopted in the US.

To my knowledge, Oregon used to be one of the few states embracing voluntary services, such as peer support, [Open Dialogue](#) (this is what helped my daughter) and [CBT for psychosis](#). In this sense, your state has been a beacon of hope. Bill 2467 represents a tremendous step back. Please oppose HB 2467 and expand voluntary services instead of useless and expensive involuntary commitment.

Sincerely,

Yulia Mikhailova