

Submitter: Jamie Cook

On Behalf Of:

Committee: Joint Committee On Addiction and Community Safety
Response

Measure, Appointment or Topic: HB3197

Dear Chair Prosanski, Chair Kropf, Co-Chair Manning, and members of the Joint Committee on Addiction and Community Safety Response,

My name is Jamie Cook, and I work at 4DRecovery as a recovery prime mentor. I urge you to support HB 3197 to increase revenue for the prevention and treatment of youth substance use.

At 4D Recovery, our mission is to provide— in partnership with systems, communities, and individuals—comprehensive services that help adolescents, young adults, and families recover from substance use disorders. Our vision is a future where systems, communities, and individuals work together to ensure that all people receive the support needed to find and sustain recovery from substances. HB 3197 is a crucial step toward making this vision a reality by ensuring that Oregon's youth have access to the necessary prevention and treatment services to support long-term recovery.

Oregon lacks adequate resources to address our alcohol and drug crisis, especially for youth—untreated substance use results in harm to individuals, families, communities, and businesses. Additionally:

Most people who develop a substance use disorder begin using alcohol or drugs before the age of 18.

In Oregon, youth are more likely than the national average to start drinking or using substances early in their lives.

Oregon ranks among the worst states for youth access to addiction and mental health services.

Schools, families, and communities are struggling to manage rising mental health needs, while waitlists for youth treatment programs are long or nonexistent in rural areas.

Research shows that for every \$1 invested in prevention, up to \$10 is saved in healthcare, criminal justice, and lost productivity.

Youth who get help early are less likely to experience homelessness, incarceration, or overdose later in life.

The Alcohol and Drug Policy Commission is finalizing a Youth Strategic Plan that will have options for immediate and long-term strategic impacts to address the growing crisis.

I started off drinking alcohol at an early age of 14, which later on, led me into using harder forms of drugs that took me down a very dark road where I eventually ended up losing my kids, and ending up in prison. I didn't have support from home, because both of my parents, and most of my family in fact suffer from addiction.. I believe that if I would have had more access to recovery help and support it would have helped save me from a lot of the negative impacts in my life. Today I'm grateful to be able to give support and guidance to young people in addiction. I know personally how hopeless it is on your own.

As a recovery prime mentor at 4DRecovery, I see firsthand the transformative impact of access to recovery support. By investing in prevention and treatment, we not only save lives but also build stronger, healthier communities where young people have the opportunity to thrive.

Thank you for your time and consideration.

Respectfully,

Jamie Cook