

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

My name is Emma Sornson, and I work at 4D Recovery as an adolescent outpatient addiction counselor. 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 using drugs and alcohol at a young age; to me, there wasn't a safe space for a lot of kids in my grade and town, and some resulted in coping with substances. I struggled with addiction for years, until entering recovery at the age of 24; not after creating a path of wreckage for me to recover from entering into treatment. I feel if there were more resources for me, and others, my path wouldn't have had to be so rough. I now have the chance to create that safe space for kids within my career. I give my all to make sure the youth of our communities don't have to have the same experience I did; to give them the hope I wish someone would have instilled in me. It is imperative that we set up the new generation for success- they are our future.

As an adolescent outpatient counselor at 4D Recovery, 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,

Emma Sornson CADC-I