



Oregon

Tina Kotek, Governor

Department of Human Services

District 3 Marion/Polk/Yamhill Counties
3420 Cherry Ave NE Suite 110
Salem, Oregon 97303
Phone: (503)373-1417
Fax: (503)378-3403



My name is Cydney Nestor and I am a resident of Albany, Oregon in Linn County. I have the privilege of working as the District Manager for Oregon Department of Human Services, (ODHS), for district 3 which serves Marion, Polk and Yamhill. I've been at ODHS and in this role for almost 3.5 years. Prior to joining ODHS I worked in the mental health field, both public and non-profit, for more than 25 years leading teams serving youth with complex needs and their families. I've worked at all levels of care within the mental health system, from outpatient to state hospital, and in these roles, I partnered with Child Welfare regularly as youth involved with the Child Welfare system are typically the most complex youth in our child-serving systems.

I may bring a unique perspective as someone who has worked both alongside Child Welfare as a mental health partner, and now as a part of Child Welfare. I completed my master's degree in 1994 from Lewis & Clark College and I have seen the needs of youth change significantly over the last 30 years – while our child-serving systems have struggled to keep pace. While needs have surged, especially since COVID, the availability of providers at various levels of the service continuum have decreased, with the largest impact on the highest-levels of care – Residential, Subacute and Acute care. Consequently, the population of youth with the highest level of need – youth in the Child Welfare system – are not able to get their needs met at the appropriate levels.

HB 3835A focuses on 2 critical areas of care for youth: 1) Clarifying standards related to child abuse, restraint, and seclusion and 2) Increasing fair access to treatment. Topics like child abuse, restraint and seclusion are hard to discuss – and these words can often prompt strong feelings, especially from individuals who have been abused, restrained, or secluded. HB 3835A doesn't remove or decrease the

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DHS 0198 (01/2023)

standards but instead seeks to clarify statutes, improve oversight and remove unnecessary barriers to care. The bill also doesn't advocate for a system that sends youth out of Oregon without thought or consideration for medical necessity. All youth in Oregon deserve to live safely and to have access to high-quality care that meets their individualized needs. HB 3835A helps us move in that direction.

Every day, youth with very high-needs sit in our offices because the therapeutic, medically-necessary treatment they require to grow their resilience and well-being are not available. Confusing and conflicting statutes and rules that impair our ability to care for the youth in our care have no place in Oregon.

We need clarity. We need compassion. We need action.

Support **HB 3835A and the -5 Amendment** today.

Thank you for standing up for Oregon's children,

Cydney Nestor, MA
District Manager – Marion/Polk & Yamhill
Oregon Department of Human Services