

Joint Ways and Means Subcommittee on Human Services, 2013 Legislative Session  
Attention: Senator Alan Bates, Co-Chair and Representative Nancy Nathanson, Co-Chair

My name is Rmona and I am a single parent of three girls, ages 13, 9 and 4. All three of my girls have mental health needs.

Olivia (age 13) was on the verge of going into foster care for endangering her siblings. Kelsi (age 9) had anxiety to high she was isolating herself from the family. Shae (age 4) wasn't talking at an age appropriate level. She has attended EC Cares, Relief Nursery and is currently in head start.

Through the mental health services that I was able to access in my community, my family has been able to remain together and as a single parent I just take one day at a time. I don't feel like I am the only person and that my family isn't as crazy as I thought. As a result of mental health and peer delivered services, Olivia is not physically violent any more and is learning coping skills, Kelsi has become part of our family again and doesn't isolate herself from her siblings and Shae is now very verbal and is at an age appropriate level for speech.

In addition, I have attended trainings, connected with other parents through monthly support groups and have used the OFSN family navigator as a sounding board when I am frustrated with the system.

I have also attended the Collaborative Problem Solving classes through OFSN and Lane County Mental Health. It works good!! I learned about how to process issues with my children.

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