

Dear Members of the House Health Care and Housing Committee,

Hello! My name is Beth Newman. In February 2011 I was emergency hospitalized and diagnosed with paranoid schizophrenia. Having my own apartment means freedom from triggers, fear and torment.

After receiving treatment for mental illness I was eligible for applying for an apartment through Yamhill Mental Health. I had an evaluation and I applied and my therapist helped me in the process. I can't say how grateful and blessed I feel to have Section 8 housing and to live independently. I live in a one bedroom apartment at Deskin Commons in Newberg. I tell people it's more like a cottage than an apartment with its vaulted ceilings, tons of windows letting in natural light and my own washer and dryer. When they did the landscaping they planted strawberries and blueberries by my back patio. The strawberries last from spring to early fall. That's more than ten strawberry shortcakes, smoothies and jam! I have two huge patios where I planted roses, fuchsias, pansies among other flowers in pots. I have the most wonderful neighbors. One of whom also has a mental illness. We had a joint project of taming two stray cats. I think Deskin Commons Apartments are the best apartments in Newberg, if not the whole area.

Last year I did training to become a mental health Peer Support Specialist. I am now a QMHA (Qualified Mental Health Associate). I've gone from dealing with mental health symptoms to helping others with mental illness on their journey to recovery.

Having my own apartment helped made this possible.

I would like you to please support HB 3063 so others like me could have this same opportunity.

Thank you for your kind consideration of this request!

Beth Newman

Newberg, Oregon