From: Pam Moore
To: <u>JWMTR Exhibits</u>

Subject: Support SB 860 comment

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Suicide is among the 10 leading causes of death in the U.S. And, unlike the other 9 causes, it is, essentially, contagious. Acquaintances and family members are 7 times more likely to commit suicide after another personally-known individual does so.

Example. True story. One patient came to a provider feeling suicidal. It was found that no one in her family had committed suicide until 10 months before this meeting. Since then, five other family/close acquaintances had also done so.

This is called a suicide chain. Another example: <a href="https://www.theglobeandmail.com/opinion/breaking-the-suicide-chain/article627114/">https://www.theglobeandmail.com/opinion/breaking-the-suicide-chain/article627114/</a>

Suicide is the third leading cause of death for young people ages 15 to 24. It is also the second leading cause for those ages 15–34. And it is very high among elderly men.

And it is VERY under-reported. So the true incidence is higher than I'm reporting here.

And there are an (under-estimated) 11 attempts for every successful suicide. Think of the suffering that this implies.

Mental health providers are the only people in the medical field who are trained to deal with this devastating illness. And it is a very tough job.

It is also a job that is terribly underserved and under paid. Skilled providers are dropping out of the field because of excessive paperwork and poor pay.

I, myself, have terminated hundreds of patients because of their switching to insurance for which I am not a provider because the insurance company pays too little to support my practice. OHP, UHC, and Value Options are among these popular, absurdly poor paying insurance plans. If I do business with them, I actually LOSE money for every hour I see one of their clients.

Please pass SB 860 and help me save lives.

Pam Moore PMHNP MN MS