

**From:** Mark Gilbert  
**To:** [JWMED Exhibits](#)  
**Subject:** Opposing psychologist prescribing bill House Bill 3355A  
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I am writing to oppose the expansion of the use of prescriptions and pills to treat mental health issues. This expansion is being sought by psychologists.

The British (National Health Services) found and supports prescribing of exercise and dietary changes as equivalent in efficacy to first line antidepressant therapies available by prescription. Primary care doctors there can actually prescribe diet and exercise changes as a part of their patient's health care treatment for mental health issues, and are compensated for it.

In an era of increasing obesity and increasing medical care costs, and with many legislators wanting the benefits of single payer healthcare, I do not understand why the Oregon legislature would advocate for an expansion of prescribing rather than advocating life style changes which can also treat mental health issues. Why not look to successful examples from other health systems they admire (single payer like NHS) for answers about delivering high quality, lower cost health benefits.

If a citizen of Oregon needs to begin a complex mental health care treatment requiring many medications, leave that to the psychiatrists who are trained to assess the medication interactions with all the other prescriptions and medical diagnoses for that patient. I am concerned that opening up prescribing to more providers with lesser understanding of medication interactions will fill hospitals and morgues with more examples of why this legislation is a bad idea.

Thank you.

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