

Consumer Support for Oregon House Bill 3122

The following is respectfully submitted to be included in the Public Record as supplemental Public Comment to hearings held in March 2019 re HB 3122

March 14, 2019

The Oregon Legislature, House of Representatives
Committee of Human Services and Housing
Representative Alissa Keny-Guyer, Chair
900 Court St. NE Room H-272

Honorable Chair Keny-Guyer and Committee Members:

As a person who experiences disabilities and barriers to living independently in the community, I am helped every day as a result of working with my peer counselor at Eastern Oregon Center for Independent Living.

Without assistance from EOCIL, (specifically the Healing Pathways for Women group and it's leaders) to learn new skills and enhance my independence, I would be unable to have:

- Weekly and emotionally safe and supportive environment for me to deal with my disabilities. This is so important because currently I am unable to receive private therapy due to my limited resources and I am only able to see my OHP therapist every 2-3 weeks.
- A high-quality workbook which along with the group itself (and the homework the workbook recommends) encourages me to learn and practice mental health skills that improve my quality of life – such as goal setting, learning how to regulate my emotions and how to respond to negative thoughts
- A place to be held accountable for the goals I have set. The goals I am learning to set will help me towards my hope for independence and having accountability is key for me to accomplish the goals.

There are more than 600,000+ people with disabilities in Oregon and we all can benefit from the independent living services offered at Oregon CILs. Please support passage of House Bill 3122 that would require the Department of Human Services and Governor to plan for the needs of Oregon's Independent Living Program and Oregonians with disabilities the program serves.

PLEASE SUPPORT & CHAMPION HB 3122!

Respectfully Submitted,

Alicia Pearson
County: Umatilla