



Senate Veterans and Emergency Preparedness Committee  
Sen. Alan Olson, Chair

Dear Chair Olson and members of the committee:

For the record my name is Robert (Bob) Lieberman.

Currently I am President of Lieberman Group, Inc., a consulting firm specializing in helping agencies, school districts, health care organizations, and businesses learn about the impact of overwhelming stress and trauma and develop strategies for navigating trauma informed practice and engineering the relevant science into action. I am certified as a Master Trainer in "Understanding ACEs/NEAR", a body of science (neuroscience, epigenetics, ACEs, and resilience) that helps provide understanding of the toxic impact of chronic and persistent stress on all people, by ACE Interface, a company headed by Dr. Robert Anda, designer and co-principal investigator of the ACEs study, of which I believe you are all aware.

Previously I was CEO of Kairos, a multiservice mental health organization serving young people 0-24 and their families. I also served 10 years on the Oregon Commission on Children and Families, and 7 years as co-chair of the Children's System Advisory Committee of OHA. I have a long resume of roles I've held nationally, trainings, consultations, and publications, all related to helping systems and communities support healthy development of their children and families.

I am writing as a member of the International Transformational Resilience Coalition. I know you have received detail from this group about its purpose and the importance of helping our communities develop resilience skills in the face of the various stressors caused by natural and human generated disasters. I know from over 40 years of working with the most traumatized young people and families of our state that treatment programs alone cannot address the rising scope of problems we are facing in our state and society, and that preventative resilience building programs are *essential* to help people respond constructively to traumatic stresses and build widespread levels of health and wellness. In this regard some of my current work is in communities in southern Oregon to increase awareness and understanding of the importance of resilience in counteract and preventing accumulation of adversities. Proactively teaching resilience information and skills will greatly reduce the demand for, and costs of, mental health and psychosocial treatments.

For these reasons I support SB 1037, and urge the committee and legislature to pass it, and to give all Oregonians the opportunity to learn psychological and psychosocial resilience information and skills that hold great potential to prevent disaster related and many other types of mental health problems.

Thank you for your attention to and consideration of this important bill.

Sincerely,

A handwritten signature in black ink, appearing to read 'Robert E. Lieberman'.

Robert E. Lieberman, President