

From: [Jennifer Gordon](#)
To: [SVEP Exhibits](#); [Sen Olsen](#); [Sen MonnesAnderson](#); [Sen Courtney](#); [Sen Boquist](#)
Cc: [Jennifer Gordon](#)
Subject: SB 1037 Letter of Support
Date: Tuesday, April 2, 2019 12:23:38 PM

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TO: Senate Veterans and Emergency Preparedness committee members, State of Oregon

RE: SB 1037 The Resilience Education Bill

I am writing in support of SB 1037, a bill that can positively influence the mental health of Oregonians as we cultivate a 'culture of emergency preparedness'.

As a licensed psychologist in private practice for the past 20 years, I serve patients who utilize the Oregon Health Plan, private insurances and Medicare. Across all demographics, I have observed that no one is immune from the physical and psychological toll of stressful events. How stress is managed can either relieve or exacerbate its impact. SB 1037 provides essential information and life skills that can help each of us navigate natural and human-made disasters that will benefit the public health and safety of all Oregonians.

The Resilience Education Bill, if passed, establishes a task force that will investigate and propose to the Oregon legislature collaborative methods for disseminating to the public (1) how to stay calm during stressful experiences which, in turn, aids in problem-solving and (2) how to engage pro-social behaviors that restore meaning and purpose to one's life during periods of adversity.

When we feel empowered to help ourselves and each other during catastrophic events, we safeguard the mental health of our communities. Establishing resilience education within a framework of emergency preparedness gives us the best chance to get through difficult times ahead.

Thank you for considering this valuable contribution to our public health and for your interest in improving the quality of life we know we can have here in Oregon.

I urge each of you and the entire legislature to pass SB 1037 this session.

Sincerely,

Jennifer Gordon, Ph.D.

<mailto:Sen.BrianBoquist@oregonlegislature.gov>Eugene, Oregon