

Dear Legislators,

My name is Regina Skaržinskas, and I am a Life Coach. I live in Beaverton, Oregon. In addition to working with clients, I have also personally experienced some of these complementary and alternative modalities with highly successful results.

In my own practice I have served as a complementary modality in an overall health and wellness plan. As a Life Coach, I assist folks in identifying their interests and passions, help write resumes and conduct mock interviews to prepare for that process. I provide support when confidence ebbs (have you heard of the superman pose – see TED TALK) , teach things like time management, provide boosts in confidence, and address issues such as procrastination and smoothly handling life's unexpected circumstances. How this can be classified as "medical care" is beyond me. The definitions used in HB 2493 are so all encompassing, that getting guidance and advice from my pastor, my next-door neighbor or a well-qualified friend, could easily fall under the auspices of this regulation.

Like you, I'm very concerned about the welfare of Oregonians and their free choice in selecting what is best for them, as well as the practices of alternative and commentary modalities and practices.

While I applaud the Oregon legislature for working hard during these difficult times, I have the following serious concerns about HB 2394:

1. A similar bill was introduced in 2017 and was tabled because there was a huge outcry against the wisdom of enacting such regulations.
2. The bill labels the current situation as an emergency situation and threat to public safety. But there has been no documentation that there has been a public safety threat.
3. Complementary and alternative healers don't practice medicine or mental health counseling and should not be regulated in the same way as medical and mental health counseling. These services are regulated by professional boards. Most of us spend a great deal of time training initially and also spend a lot of time in continuing education.
4. It is not in an alternative healthcare provider's job description to assess, diagnose or treat a mental, emotional, or behavioral disorder.
5. This bill takes away the right of Oregonians to choose what is in their best interest and how best to address questions and concerns about life choices.
6. The definition of alternative well-being provider is incredibly vague. Care givers, certain types of ministries, your best friend, your next-door experienced neighbor, and other professions can easily fall under the given definition.
7. Too many professions that have no relationship with each other have been lumped together into one category. The attempt to provide on set of legislation to cover all of these ill-defined disparate modalities and perhaps even unintended individuals will only lead to confusion,

obfuscation and negatively impact your constituents' ability to manage their life and circumstances with success.

8. Alternative health care providers will have no say as to who is to govern them.

9. There is no provision to put alternative healthcare providers on the governing boards.

10. The passage of this bill would put many Oregon complementary and alternative practitioners out of work during difficult times.

11. We don't want to face this every few years – and have a better approach that 11 other states use as their model of legislation. Its formal name is the Oregon Consumer Access and right to Practice Complementary and Alternative Health Care Act. (Working name: Safe Harbor Exemption for short) Many other states are introducing or preparing to introduce. It has guardrails that practitioners need to stay within and includes disclosed about what training and experience a practitioner has. If a practice violates these, then there is legal recourse with laws that already in place.

Thank you,
Regina Skaržinskas
Beaverton, Oregon