

Submitter: Xiao H Zheng

On Behalf Of: Myself as a licensed mental health therapist

Committee: Joint Committee On Addiction and Community Safety Response

Measure: HB4002

My training in mental health and addictions treatment tells me that availability and accessibility are the main causes of increased use and abuse of substance. My daily work with clients living with addictions also show me that this is true. When addictive substances are easily accessible without supervision, accountability, and consequences, treatment professionals are fighting an uphill battle. No coping skills we can teach clients work as fast as psychoactive substances in improving moods and proving a temporary high. Therefore I'd like to see stricter control on the availability and accessibility of addictive substances, so that people suffering mental health conditions will be more likely to turn to therapy instead of substance for relief.