

Submitter: letty dogheart
On Behalf Of: Portland community
Committee: House Committee On Behavioral Health and Health Care
Measure, Appointment or Topic: HB2143

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hello my name is ketty dogheart and my people come from coahuila Mexico
i am a disabled post 9/11 disabled veteran and i live in Portland i am writing in support of h.B 2143

As a disabled, veteran struggling with PTSD. as a result of my multiple experiences of MST in my time in the u s navy. I also volunteer a community health educator. i was introduced to 5NP and experienced it for the first time at the Puyallup reservation in Washington with the canoe journey herbalists. a mobile community herbal project that trains and serves town indigenous communities in the olympia, tacoma and surrounding area reservations

5NP has been a turning point in how i treat an manage my anxiety and insomnia. i have since become a volunteer with the canoe journey herbalist and eventually earned the privilege of learning 5NP and have traveled with the canoe journey herbalists during the last canoe journey offering 5NP to canoe families and their relatives.

I have seen 5NP be effective. Also and post disaster relief support. It is well-known that 5 np has been used to support people after hurricane Katrina, 911. In new york city, earthquakes in haiti and pakistan and after hurricanes in puerto Rico

As we see more climate disasters

Increasing in frequency.

And see more unhoused relatives on our streets, providing 5NP training, 2 community members to serve their specific communities.

Is imperative for Oregon to maintain its resilience.Especially during these times.

I ask you to vote yes on h. B

2143

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letty dogheart, UN Navy veteran