

Submitter: Miguel Carmona

On Behalf Of:

Committee: Senate Committee On Judiciary

Measure, Appointment or Topic: SB243

SB 243 is not the solution to the problem. The real problem is that properly trained psychologists and psychiatrists are not taking new patients. Another problem is quack counseling. Not only are these counselors unhelpful, they actually make the problem worse by prescribing drugs that cause physical harm. Quack counselors are the only option when skilled and experienced counselors won't accept new patients.

If you, the legislature, actually care about this state and want to make it better, then you need to do something to make more qualified psychiatrists available to its citizens and do something to eliminate the quack counseling that we've been exposed to. Cognitive Behavior Therapy (CBT) is one solution, especially because, unlike Ketamine treatment, it is drug free, but finding psychologists who practice this is extremely difficult.

SB 243 will not solve the problem and further proves the ignorance of this legislature. Someone with real depression won't be swayed by a 72 hour or even a 72 day waiting period, if that depression is not resolved with proper treatment. Depression doesn't go away in 72 hours. It doesn't go away, period, without proper treatment. Someone who is truly depressed can buy the gun, wait a week to receive it, then kill themselves next weekend. There are also many other ways to kill oneself and desperation can lead a depressed individual to consider ending their life in ways that can also jeopardize the public without using a firearm.

And as long as I'm here, let me tell you that suicide hotlines are useless as well. There is also a growing trend for quack counselors to encourage remote "virtual" therapy over a computer or phone. With many, virtual is the only available option. Nothing is as effective as receiving face to face treatment from a highly skilled and experienced empathic counselor.

Democrats should be ashamed of themselves. I received an email about SB 243 less than 24 hours before the deadline to submit testimony. This state is truly broken. Honestly, the only solution for a better life is to move to another state.