

SB-161

Submitted on: 1/31/2023 12:39:04 PM

Testimony for HHS on 2/1/2023 1:00:00 PM

Submitted By	Organization	Testifier Position	Testify
Renee Nahina	Testifying for YMCA of Honolulu	Support	Written Testimony Only

Comments:

YMCA Testimonials from Teen Participants:

I started cutting my wrist to deal with emotional pain of feeling ignored and abandon. When I was little my dad passed away and my mom gave me to my aunty to live with. I was told my mom couldn't raise me. I am not close with my mother. I came to school to see my friends. I think my classes are boring.. When I cut my wrist I felt better and less stress. I had to come to the YMCA program because my school's principal send me there. I got caught for having marijuana in my bag in school. I use marijuana to help deal with my emotional pain or because I'm bored. The YMCA counselor helped me to understand that they're healthier ways to deal with depression, anger and stress. I felt supportive from the YMCA counselor because she would listen to me and help me think of healthier ways to deal with my inner pain. I learned coping skills like getting daily exercise, spending time with my dog, journaling my feelings and making new friends by joining the AllStar program. It helped to know other students was dealing with emotional pain and to hear how they deal with it in group counseling session. I completed the YMCA program and know the counselor is always here whenever I need her. I stopped cutting and will follow my Recovery Plan of calling my support system before cutting my wrist.

T.B. 8 th grade, Waianae Intermediate School

I thought about suicide when I was young because my mom left my dad for drugs. I feel my mom abandoned me and saw how stress my dad was to take care of me and my older sister. It hurts me to know my mom broke into my dad's house and stole our things. I feel like my mom chooses ice over me. I feel hurt. Now me and my dad loss our home because my dad cannot pay the rent. We now live on the beach. I was referred into the YMCA program by the school principal for smoking weed in the bathroom at school. The counselor helped me to feel understood and I learned there are healthier ways to deal with my pain and helped me to think more positive about my situation to heal. The counselor helped me to understand my mom addiction in educating me about drugs. I learned to deal with my emotional pain and stress by going to church that the counselor said I might like. The YMCA counselor helps me to think positive and figure out what I think is best for me by making a pros and cons list of how to better deal with problems. This is my second time in program and I am still attending counseling sessions.

J.N. 8 th grade, Waianae Intermediate School

I was in the YMCA program when I was 8 th grade. I volunteered in the program because the counselor was talking about it to me at morning recess. I was interested in joining. I saw the counselor every Mondays and she asked me questions about suicide. I told her I thought about it because my adopted parents treated me unfair than their real kids. I didn't like living with my aunty and uncle. The counselor taught me about drugs and I

understood why my real mom can't quit ice. The counselor helped me to think of my short-term and long-term goals and encourage me to join the school's volleyball team. The counselor was good because I had someone to talk to about my problems at home and at school. The counselor taught me about coping skills and helped me to find couple of them that works for me.

M.A. 8 th grade, Waianae Intermediate School

I learned a lot of things from YMCA that helped me get through school and personal things as well. I was going through bad days and attending YMCA group put me in a better mood. I appreciate YMCA for giving their time and effort to us and for teaching me new things like how to share my feelings with others and how to cope with the negative feelings that I do get sometimes. I am also grateful that YMCA always feeds me because there are days I don't eat and am grumpy and my YMCA counselor gives me snacks. I also enjoyed learning how to work out in the gym and why it's important to exercise too and live a healthy lifestyle.

J.M. 10 th grade, Farrington High School

I like everything about YMCA. I like the things we learn and the activities we do. I like that we do group with our friends because it helps us get closer and make better decisions with our friends too. I learned how I can stay sober and other things I can apply to my life too like respecting others and how to cope with my emotions. I learned how to use my family and friends to do better in life and to let them help me when I am down. There is too much things we still learning and I am ready to learn more. I really appreciate YMCA because they helped me share how I feel. I appreciate it because YMCA has been there for me and talk it out during my downs when I needed it. I did a lot of group and outside activities with YMCA during the summer too. We went Water Park and played volleyball at the park and they helped me to find things that make me happy like that. I trust YMCA and when i tell them my personal things i know they can help me.

P.J. 11 th grade, Farrington High School

I learned from the activities a lot of things to be happy. I was depressed and YMCA helped me understand my feelings and learn how to cope. YMCA did an activity of positive affirmations and that helped me be happy and focus on staying happy.

A.W. 9 th grade, Farrington High School

I like that YMCA is helping kids like us who struggles with drugs and addiction to the

drugs, and also that they are very supportive in things we enjoy and like doing, lastly they are very good people who spreads the positive into those people who need it even when they are going through something the YMCA is a good helping hand to people

who are on drugs and people that is down, and that is 3 things I like about YMCA. For me the things I learned from YMCA is staying sober being supportive and education but the one thing that stood out to me is the words that goes, your circle affects you so I took that too heart and I changed my group of friends which helped me quit vaping and also focus in school. YMCA helped me by introducing other ways to quit drugs and also it helped me stay sober. I appreciate that we are able to tell the truth to our leaders, and understanding our struggles I like that they get us meaning understand us. I like that YMCA was there for me when I had drama with my friends. They helped me figure out those things with friends and fix the problem.

J.L. 11 th grade, Farrington High School

I like how helpful YMCA is. I learned a lot about life and they give me advice about life that I can apply. I appreciate their time, effort, and comfort. They helped me when my boyfriend cheated on me and they helped me with my emotions. YMCA helped me focus on my family and friends that love me by doing an activity called Aloha on the Spot. This is where everyone in the group says nice things about the person on the spot so when I was on the spot I felt cared for by my friends.

T.S. 10 th grade, Farrington High School

YMCA is fun and nice to chill with. I learned a lot of things from YMCA. I am usually shy but YMCA helped me be more out there with group activities. My favorite activity I did with YMCA was when our counselor took us outside and we played the human knot activity. I thought it was going to be impossible for us to get out but i learned to work with my team and we got our human knot done first. I learned that even though life is hard or it looks hard I can get out of it something good just like the game.

W.F. 10 th grade, Farrington High School

What I like about YMCA is that I could share my thoughts I bottle up and also I like how they always check up on us. I learn a lot from YMCA but mostly we learn a lot about cooperation and communication, how? Well because we use those two in activity's we play in a group. It helped me open a new chapter in my life and to do better than my last year. I appreciate everybody and everything YMCA staffs do for us. We did a lot and there are many more memories to make.

A.E. 11 th grade, Farrington High School

I like that I have people to go to when I need help and it is very fun. I learned about respect and how in order to get it you must give it. I learned how to be a stronger person and I appreciate the fact that they always come when I need them. YMCA gave me

therapy when I found out my boyfriend cheated on me and I broke up with him. They helped me with my emotions and helped me to focus on what I can control.

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I like how we can workout at YMCA. I also like how we can play 8 ball and ping pong downstairs. This makes me really happy. I appreciate how they help anybody in need and I also appreciate how they let us use their workout room. I was able to talk about my problems with YMCA and do field trips during the summer that help me get away from the problems.

K.K. 11 th grade, Farrington High School



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

January 30, 2023

TO: Senator Joy A. San Buenaventura, Chair
Committee on Health and Human Services

Senator Henry J.C. Aquino, Vice Chair
Committee on Health and Human Services

FR: Greg Waibel
President and CEO
YMCA of Honolulu

RE: **TESTIMONY-SB161, RELATING TO MENTAL HEALTH – SUPPORT**

In a recent study conducted as part of the Global Burden of Disease¹, mental health experts from across the country expressed a very high level of concern that we are in a second pandemic of mental health problems with not enough resources and approaches to help people. The voice of people who are seeking help include feelings of being stuck, empty, uncertain, anxious, overwhelmed, burned out, stressed, isolated, done, and depressed. The surveyed mental health professionals think the state and federal government must provide more resources.

Additionally, according to an article by Civil Beat² on youth mental health, “depression and anxiety have doubled during the pandemic... while negative emotions and behaviors, such as impulsivity and irritability associated with ADHD, have moderately increased. In early 2021, emergency room visits for suicide attempts shot up 51% for adolescent girls and 4% for adolescent boys compared to the same time period in early 2019.”

The need is NOW and if it continues unaddressed will cause permanent damage to youth mental health.

Currently, medically diagnosed patients can receive care through Medicare/Medicaid/insurance and schools are limited in the support they can offer, especially while trying to regain academic ground that was lost to the pandemic. The need is so great and the current resources leave a

¹ [https://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(21\)02143-7/fulltext](https://www.thelancet.com/journals/lancet/article/PIIS0140-6736(21)02143-7/fulltext)

² <https://www.civilbeat.org/2021/12/anxiety-and-depression-youth-mental-health-got-worse-during-the-pandemic/>

gap for so many youth who need help with their mental wellness. The mental health crisis is not one that can be solved by one organization and one strategy alone. Just as the COVID-19 pandemic impacted many aspects of our community, the solution to this crisis will also need to be multifaceted, collaborative, and innovative.

As a community-based organization that provides critical services to thousands of keiki on Oahu, we are well positioned to meet youth “where they are” in ways that are comfortable and are relevant to the unique cultural identities of those who will be served. We will approach this work with trained professionals and evidence-based practices to support the mental wellness support that our youth need.

The YMCA has a track record of success in working with youth and can offer a community-based approach, providing programs to help youth at various points in their mental wellness pathway. We see our role in the mental wellness pathway as prevention and intervention.

The YMCA Youth Wellness Program for Mental Health will engage 4,500 youth, 9 to 18 years of age, in a variety of experiential and therapeutic activities to help participants develop self-awareness, self-esteem, social skills, appropriate coping mechanisms and stress management tools to address their mental health and wellness needs. All program activities will be conducted in person at YMCA locations, Department of Education Schools, and other community based locations where services are easily accessible and take place outside normal school hours. The program curriculum will include 13 sessions, with each session lasting approximately 1 to 1.5 hours for a total of 19.5 hours maximum per participant. Program staff will conduct pre- and post-program surveys to measure participant outcomes and help them develop strategies and start habit formation for managing their mental health after completing the program. Participants also receive a membership to health and wellness facilities and online content to help them with their physical health along with socialization opportunities outside of the program. Participants will be referred to clinically appropriate care and resources if determined necessary.

The YMCA of Honolulu has been successfully implementing mental health and substance abuse after-care programming for a number of years, most recently with funds from SAMHSA. We have an established protocol for data collections, confidentiality, conducting evaluations (pre- and post-) and monitoring progress throughout the sessions. We will track the data in our database and be able to generate confidential reports correlating participation levels with outcomes. We will use pre- and post-evaluation data, participation data, along with feedback from participants and those making referrals or working with the youth in the schools, homes, and other programs to help inform improvements to the program. We have developed this curriculum and outcome measures in conjunction with mental health experts for age appropriate delivery.

The Y began to deliver specific mental wellness programming in the prevention space islandwide this fall during the intersession periods with nearly 150 kids and very good results.

This program was developed with the help of qualified mental health professionals and has been iterated to improve program quality and outcomes. Outcomes thus far were as follows:

1. 90% of youth became more aware of their mental health condition
2. 97% of youth gained knowledge and information through activities
3. 93% of youth gained a new coping skill
4. 97% of youth increased their positive support system/network

For decades, the Y has been providing supportive services to thousands of youth who have been dealing with substance abuse as well as keiki in every situation in our community. We understand assessment and treatment models, and we are partnering with licensed clinicians to guide our approach, tools, and curriculum.

Requested funds would enable the YMCA to build and strengthen organizational capacity and expand outreach services to target mental health and wellness services to youth most at-risk, including Native Hawaiians and Pacific Islanders who have reported some of the highest rates of negative mental health related to the pandemic with this program focused on intervention with additional time and attention focused on those who demonstrate intervention needs. Experiences gained would also help the YMCA acquire critical accreditation as a behavioral health and substance abuse treatment organization necessary for improving operational efficiency and sustaining the program in the future through community partnerships, public or private funding sources or fee-for-service models.

We are grateful for your consideration as we all work together to ensure the mental wellness of Hawaii's youth.

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G.A. 11th grade, Farrington High School

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K.K. 11th grade, Farrington High School

Last year, I was having a hard time with my friends and I was depressed because my best friend stopped talking to me. It got so bad that I thought about hurting myself. My YMCA counselor called the hotline and someone called to talk to me. My YMCA counselor then made a safety plan with me. It helped me to come up with people I could talk to and things I could do when I felt like hurting myself. I am doing much better this year and no longer have thoughts of hurting myself.

J.V. 8th grade Kapolei Middle School

I was grounded for getting caught smoking in school and my parents didn't trust me. I was feeling down and was taking it out on my younger brother. The YMCA counselor talked to me about how I could build trust with my parents. She also helped me realize that even though I was suspended I could still do my work and show my parents that I took school seriously. I am not grounded anymore, and my parents let me go to the beach. I am also back in school.

K.H. 10th grade, Molokai High School

The YMCA helped me with my mental health by checking in with me every week by asking how I'm doing and how I feel. The YMCA has taught me how to cope with stress and my anger. I enjoyed going out to field trips that helped me and what I was going through.

K.D. 6th grade, Kalakaua Middle School

The YMCA has helped me a lot mentally as well as physically. It has opened my mind to a lot of dangers and different possible life threatening scenarios. My YMCA counselor has also helped me make really hard decisions with my social life. We also did group activities or just talk about different life problems we may be dealing with. I think the program is very helpful because it brings all kinds of people together. We can talk about situations we can relate to and work together. This program actually gave me the will and want to do better in life and quit substance abuse.

A.C. 10th grade, Kapolei High School

The YMCA program has taught me traits such as physical awareness, soberness, and self-control. This program has made me more mature in so many ways and my YMCA counselor has taught me that there isn't just one way to make me feel better, like using drugs. They also taught me that I have so much more potential and that has helped me to better myself as a person and it has helped me to change my mindset and now I feel mentally and physically better.

J.A. 10th grade, Kapolei High School

"The YMCA program has taught me to get through my life problems without the use of drugs and alcohol".

A.T. 9th grade, Kapolei High School

The YMCA program has helped me to be more calm about things. I can calmly talk to people and understand others. I am no longer smoking or drinking as a way to deal with my problems and I am more comfortable with my family.

K.D. 10th grade, Kapolei High School

The YMCA program has helped me to resist peer pressure, learn how to communicate when I need help, it has helped me to reduce my alcohol and drug use, as well as to stop my self harm problems. I now know different ways to leave a situation where I may be pressured to do things I know I will regret. I have learned different methods to deal with my addictions and how to overcome feelings when I feel like self-harming myself.

F.M., 11th grade, Kapolei High School

The YMCA program helps me feel safe, helps me feel welcomed, helps me with family issues, helps me with my mental health issues by making me feel safe and sound. We have group activities that is interesting and gives me a safe place to chill and remain safe. I am also learning on how to not use alcohol to cope with my problems.

K.A. 11th grade, Kapolei High School

The YMCA has helped me to become a better person in different ways. It has helped me learn values, to help other people's, and get sober. I've met people in the YMCA groups that want to get better and we've helped each other become better throughout time. My YMCA counselor has been there for me when I had no one not even myself to lean on. They helped me to stop using, stopped doing self harm, and learned to cope with problems in healthy ways. My mental health and physical health has gotten a lot better. My YMCA counselor also helped me create a CRISIS plan when I had personal problems going on. I was cutting myself and I went to them for help. They reached out to another counselor to talk to me and make sure I was safe. My YMCA counselor then created a plan with me that I still use today.

C.M. 10th grade, Kapolei High School

The YMCA program has helped me because it has cut me down from drug abuse. It has also helped me with my mental health. Making sure I am health and making sure that I am not hurting myself or others. It had helped me with my family problems because it let me talk about it openly.

G.B. 11th grade, Kapolei High School

The YMCA has taught me the negative of drugs. I learned to be sober, and to work on my physical health. YMCA helped me with my mental health. This program helped me to be me and be myself. I wish the program was longer and could remain in the YMCA.

L.K. 10th grade, Kapolei High School

I am a 7th grade student at Ke'elikolani middle school. The YMCA has helped me deal with my problems and gave me a safe place to talk about it. It helped me deal with issues about my personal life, such as my parents giving me a hard time at home. By talking with the YMCA counselor, it helped me deal with it and not stress about it. The YMCA counselor is a person who I can really trust. YMCA showed me how to deal with my anger and how not to take it out on others.

N.K. 7th grade, Ke'elikolani Middle School

I am a 7th grade student at Ke'elikolani middle school. The YMCA has helped me deal with my problems and gave me a safe place to talk about it. They helped me deal with

issues at home, school and with my parents. By talking with the YMCA, it helped me deal with my mental health. YMCA taught me how to be calm and to be a better person and how to deal with my mental health.

E.E. 7th grade, Ke'elikolani Middle School

I am a 7th grade student at Ke'elikolani middle school. The YMCA has helped me deal with my problems and gave me a safe place to talk about it. They helped me deal with my family issues. Talking with the YMCA has me deal with my issues positively and not stress out about it. YMCA has taught me how to control my anger and not lash out at people.

I.J. 7th grade, Ke'elikolani Middle School

"The YMCA provided a safe environment for me to talk about relationship problems and learn and practice ways to cope".

J.C. 12th grade, Waianae High School

"The YMCA counselor helped me to find resources through my homelessness. They provided group sessions to help me learn life skills".

M.B. 12th grade, Waianae High School

"The YMCA helped me to learn and practice life skills like communication building trust, asking for support, problem solving and making healthy decisions making".

I.T. 10th grade, Waianae High School

"The YMCA helped me by letting me talk about personal problems, setting life goals, and build healthy relationships".

C.N. 11th grade, Waianae High School

"My YMCA counselor helped me by learning and practicing how to cope with life challenges without the use of drugs or alcohol."

L.P. 11th grade, Waianae High School

"I abused drugs because of poor relationships at home and with peers. I worked with a YMCA counselor to learn to live a drug free lifestyle and ways to improve my relationships."

G.R. 12th grade, Waianae High School

SB-161

Submitted on: 1/31/2023 1:20:10 PM

Testimony for HHS on 2/1/2023 1:00:00 PM

Submitted By	Organization	Testifier Position	Testify
Chris Dumlao	Testifying for YMCA Honolulu	Support	Written Testimony Only

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The YMCA program helps me feel safe, helps me feel welcomed, helps me with family issues, helps me with my mental health issues by making me feel safe and sound. We have group activities that is interesting and gives me a safe place to chill and remain safe. I am also learning on how to not use alcohol to cope with my problems.

K.A. 11th grade, Kapolei High School

The YMCA has helped me to become a better person in different ways. It has helped me learn values, to help other people's, and get sober. I've met people in the YMCA groups that want to get better and we've helped each other become better throughout time. My YMCA counselor has been there for me when I had no one not even myself to lean on. They helped me to stop using, stopped doing self harm, and learned to cope with problems in healthy ways. My mental health and physical health has gotten a lot better. My YMCA counselor also helped me create a CRISIS plan when I had personal problems going on. I was cutting myself and I went to them for help. They reached out to another counselor to talk to me and make sure I was safe. My YMCA counselor then created a plan with me that I still use today.

C.M. 10th grade, Kapolei High School

The YMCA program has helped me because it has cut me down from drug abuse. It has also helped me with my mental health. Making sure I am health and making sure that I am not hurting myself or others. It had helped me with my family problems because it let me talk about it openly.

G.B. 11th grade, Kapolei High School

The YMCA has taught me the negative of drugs. I learned to be sober, and to work on my physical health. YMCA helped me with my mental health. This program helped me to be me and be myself. I wish the program was longer and could remain in the YMCA.

L.K. 10th grade, Kapolei High School

“The YMCA provided a safe environment for me to talk about relationship problems and learn and practice ways to cope”.

J.C. 12th grade, Waianae High School

“The YMCA counselor helped me to find resources through my homelessness. They provided group sessions to help me learn life skills”.

M.B. 12th grade, Waianae High School

“The YMCA helped me to learn and practice life skills like communication building trust, asking for support, problem solving and making healthy decisions making”.

I.T. 10th grade, Waianae High School

“The YMCA helped me by letting me talk about personal problems, setting life goals, and build healthy relationships”.

C.N. 11th grade, Waianae High School

"My YMCA counselor helped me by learning and practicing how to cope with life challenges without the use of drugs or alcohol."

L.P. 11th grade, Waianae High School

SB-161

Submitted on: 1/31/2023 1:25:52 PM

Testimony for HHS on 2/1/2023 1:00:00 PM

Submitted By	Organization	Testifier Position	Testify
Jessa Visaya	Testifying for YMCA of Honolulu	Support	Written Testimony Only

Comments:

Last year, I was having a hard time with my friends and I was depressed because my best friend stopped talking to me. It got so bad that I thought about hurting myself. My YMCA counselor called the hotline and someone called to talk to me. My YMCA counselor then made a safety plan with me. It helped me to come up with people I could talk to and things I could do when I felt like hurting myself. I am doing much better this year and no longer have thoughts of hurting myself.

J.V. 8 th grade Kapolei Middle School

I was grounded for getting caught smoking in school and my parents didn't trust me. I was feeling down and was taking it out on my younger brother. The YMCA counselor talked to me about how I could build trust with my parents. She also helped me realize that even though I was suspended I could still do my work and show my parents that I took school seriously. I am not grounded anymore, and my parents let me go to the beach. I am also back in school.

K.H. 10 th grade, Molokai High School

The YMCA helped me with my mental health by checking in with me every week by asking how I'm doing and how I feel. The YMCA has taught me how to cope with stress and my anger. I enjoyed going out to field trips that helped me and what I was going through.

K.D. 6 th grade, Kalakaua Middle School

I am a 7th grade student at Ke'elikolani middle school. The YMCA has helped me deal with my problems and gave me a safe place to talk about it. It helped me deal with issues about my personal life, such as my parents giving me a hard time at home. By talking with the YMCA counselor, it helped me deal with it and not stress about it. The YMCA counselor is a person who I can really trust. YMCA showed me how to deal with my anger and how not to take it out on others.

N.K. 7 th grade, Ke'elikolani Middle School

I am a 7th grade student at Ke'elikolani middle school. The YMCA has helped me deal with my problems and gave me a safe place to talk about it. They helped me deal with

issues at home, school and with my parents. By talking with the YMCA, it helped me deal with my mental health. YMCA taught me how to be calm and to be a better person and how to deal with my mental health.

E.E. 7 th grade, Ke'elikolani Middle School

I am a 7th grade student at Ke'elikolani middle school. The YMCA has helped me deal with my problems and gave me a safe place to talk about it. They helped me deal with my family issues. Talking with the YMCA has me deal with my issues positively and not stress out about it. YMCA has taught me how to control my anger and not lash out at people.

I.J. 7 th grade, Ke'elikolani Middle School

**THE THIRTY-SECOND LEGISLATURE
REGULAR SESSION OF 2023**

SENATE COMMITTEE ON HEALTH AND HUMAN SERVICES

Senator Joy A. San Buenaventura, Chair

Senator Henry J.C. Aquino, Vice Chair

NOTICE OF HEARING

Wednesday, February 1, 2023 at 1:00 PM

Conference Room 225

State Capitol

415 South Beretania Street

TESTIMONY IN SUPPORT OF SB 161

RELATING TO PRESCRIPTIVE AUTHORITY FOR CERTAIN PSYCHOLOGISTS

Honorable Chair San Buenaventura, Vice-Chair Aquino and members of the Committee, I am Robin Miyamoto, a Clinical Psychologist with over 25 years of service to the State of Hawai'i and I wish to submit this testimony in strong support of SB 161. This bill would allocate funding to the YMCA of Honolulu to develop and provide a wellness program to reduce mental health problems in the wake of the COVID-19 pandemic.

I support this bill for numerous reasons:

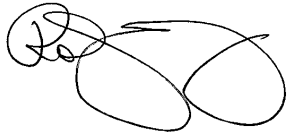
- The adverse effects of the ongoing COVID-19 pandemic are reaching further into the community with youth and their families facing increasingly difficult medical, emotional, financial, and academic challenges. Since the start of the COVID-19 pandemic, over half (53%) of the State's residents have experienced household income decline. According to the 2020 state-wide study by the Hawai'i Emergency Management Agency, almost half of survey respondents reported COVID-19-related feelings of mental stress (e.g., nervous, worried, feeling down) and 25% reported feeling mental stress every day during the reporting period.
- As the effects of the pandemic linger, these numbers are getting increasingly worse. A 2021 Center for Disease Control and Prevention analysis demonstrated that nearly 40% of high school students reported experiencing poor mental health during the COVID-19 pandemic and 44% reported persistent feelings of sadness or hopelessness in the last year.
- In Hawai'i, there is a substantial gap between the number of youth and families requiring mental health care and the number of available providers.
- As a state, we need to invest more money into programs promoting resilience, coping, and prevention of mental health issues to address the long tail of behavioral health issues related to the financial and social isolation implications of COVID-19.

Any investment in prevention has the potential to reach many more youth and families. The costs of preventive programs pale in comparison to the cost of outpatient or intensive in-home treatment as well as in-patient hospitalizations.

Thank you for your consideration.

Respectfully submitted by,

**THE THIRTY-SECOND LEGISLATURE
REGULAR SESSION OF 2023**

A handwritten signature in black ink, appearing to read 'Robin E. S. Miyamoto', with a large, stylized flourish at the end.

Robin E. S. Miyamoto, Psy.D.
677 Ala Moana Blvd. 1016
Honolulu, Hawaii 96813
Office: 808-692-1012
Fax: 8880248-6762
robinemi@hawaii.edu

SB-161

Submitted on: 1/31/2023 9:35:37 AM

Testimony for HHS on 2/1/2023 1:00:00 PM

Submitted By	Organization	Testifier Position	Testify
Aimee Grace	Individual	Support	Written Testimony Only

Comments:

Aloha,

My name is Aimee Grace, MD, MPH, FAAP, and I am writing in my personal capacity. As a pediatrician and member of the YMCA Camp Erdman Board, I strongly believe in the YMCA's work to improve the lives of our keiki and improve mental health.

I strongly support this legislation.

Mahalo,

Aimee

SB-161

Submitted on: 1/27/2023 11:41:06 AM

Testimony for HHS on 2/1/2023 1:00:00 PM

Submitted By	Organization	Testifier Position	Testify
Michael EKM Olderr	Individual	Support	Written Testimony Only

Comments:

The mental health decline of our youth from and not limited to the covid pandemic is a severe problem that, left unchecked, will haunt them for the rest of their life. Doing anything to help kids get through their day-to-day lives with mental ease is appreciated.

I support this bill.