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**From:** Kat CCHR [REDACTED]  
**Sent:** Saturday, March 19, 2022 2:48 PM  
**To:** House Finance  
**Subject:** HB 60 testimony and proposed amendments  
**Attachments:** HB 60 MH Education Finance Committee 2.pdf

Hello,

I testified last week on HB 60 and sent my testimony and proposed amendments to this email address. Resent it at Chair Foster's request after the hearing but for some reason I have received both emails back.

I am hoping the 3rd time's the charm and was wondering if you could post this under documents as soon as possible after receiving it.

Thank you so much!

Kathleen Wedemeyer  
Deputy Director  
Citizens Commission on Human Rights  
[REDACTED]

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**From:** Shoshana Kun <[REDACTED]>  
**Sent:** Saturday, March 19, 2022 12:49 PM  
**To:** House Finance; Rep. Bart LeBon  
**Subject:** HB 60 pass it please

I am writing in support of HB 60. Adding mental health education for k to 12 school curriculum would support healthier outcomes. Please pass HB60.

Thank you  
Shoshana Kun  
Fairbanks city

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**From:** Douglas Koester <[REDACTED]>  
**Sent:** Friday, March 18, 2022 4:11 PM  
**To:** House Finance; Rep. Sara Hannan  
**Subject:** Testimony for HB 60

Thank you all so much (Especially staffers!) For allowing me to testify for the house finance committee concerning HB60.

Below are my notes for the testimony although I was asked many questions and do not have that part written down.

My name is Doug Koester I live in Juneau Alaska lands of the Auk Quan and Taku Quan. I'm calling on my own behalf although I worked with youth in bystander training, sexual health violence prevention, adolescent brain education, resiliency ( yeah you can teach about that) in Alaska for many years.

This testimony if unfortunately from another adult. That's because kids are in school at this time.

The youth that I have heard from have expressed a need to understand and be aware of this aspect of wellness.

## Mental Health

It's one of the cornerstones of being human physical, emotional, spiritual and MENTAL health.

Some aspects of mental health involve learning about the adolescent brain. If your an adult most likely you have forgotten what it's like to be driving the super sports car that is the adolescent brain.

They need to know how that brain works for their own safety and well-being.

They need to know the signs and symptoms of mental illness for themselves and for their peers.

They need to know how to access supports and help.

For teachers I agree that they have a lot on their plate already. It's one more thing but for general health teaching it's a must. This bill shows the importance of the issue to the schools.

Parents/family are the number 1 resource. However, not everyone has a deep understanding of mental health.

Social media adds a mental health difficulties.

Thank you for listening to my testimony.

Doug Koester

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**From:** Kat CCHR <[REDACTED]>  
**Sent:** Friday, March 18, 2022 11:09 AM  
**To:** House Finance  
**Subject:** HB 60 Testimony and suggested amendments  
**Attachments:** HB 60 MH Education Finance Committee 2.pdf

Hello,

Yesterday I gave testimony on HB 60 and Co-Chair Foster asked me to submit suggested amendments if I hadn't already.

I did submit my testimony and amendments yesterday morning but the attached is a slightly revised version and would replace what was already sent.

Let me know if you have any questions or need additional information.

Thank you!

Sincerely,

Kathleen Wedemeyer  
Deputy Director  
Citizens Commission on Human Rights  
[REDACTED]

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**From:** btyndall [REDACTED]  
**Sent:** Friday, March 18, 2022 9:42 AM  
**Subject:** HB 60

Good Morning Senator:

I am writing today in opposition to SB 80 which adds mental health education to the Health Education program in grades K-12.

This bill authorizes "authorities" to craft mental health training full of psychiatric ideals of chemical imbalance and psychiatric labels and use these to "educate" all school aged youth of the symptoms of being mentally ill and when to seek treatment; without parental input.

The mental health children receive should include information and input from parents.

Please vote no or amend this bill to include input from parents and non-drug, non-coercive and non-drug solutions.

Thank you  
Barbara Tyndall  
North Pole

Sent with [ProtonMail](#) Secure Email.

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**From:** Charlotte Cruickshank <[REDACTED]>  
**Sent:** Thursday, March 17, 2022 2:20 PM  
**To:** House Finance  
**Subject:** HB 60 Public Testimony

Good Afternoon,

My name is Charlotte Cruickshank, and I am a Sophomore at Dimond High School in Anchorage. I am here today on behalf of my peers, friends, and all of the youth of Alaska to provide testimony in support of HB 60. This bill is especially important to me, as mental health has affected my life in a variety of ways. At my school, there has been a drastic drop in grades and attendance. Students are tired, stressed out, and have no one to turn to for information on how to fix what is wrong. We know of therapy, and support groups, but many fear being judged for participating in these groups. So, we turn to things like our friends and google, taking us down a rabbit hole of information that is often incorrect and unsafe. The passing of HB 60 will help change this and help de-stigmatize the conversation surrounding mental health.

I wanted to reach out to you today because I have seen the effects of suicide first hand. Last year, a student at my school took their own life. It affected everyone in the community, and still does to this day. I saw the effect on teachers, on friends, and on the community as a whole. The overwhelming wave of sadness struck everyone, and in order to stop suicide as a whole we need to prevent it as soon as possible. 50% of all lifetime cases begin by age 14, therefore the earlier we can inform students with safe, non stigmatizing, and effective information the better. This bill also is not mandating teaching about mental health, just having it as an option for schools who wish to implement it. Therefore, there is no reason this bill should not be passed. HB 60 will have a positive impact on the community as a whole and could very possibly save young lives. Thank you so much for this opportunity, I am extremely grateful to be here today and for your support of this important legislation.

Sincerely, Charlotte Cruickshank



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**From:** Kat CCHR <cchrkat@gmail.com>  
**Sent:** Thursday, March 17, 2022 9:23 AM  
**To:** Rep. Kelly Merrick  
**Subject:** HB 60 Testimony  
**Attachments:** HB 60 MH Education Finance Committee.pdf

Dear Representative Merrick,

Please read the attached testimony regarding HB 60.

Thank you!

Kathleen Wedemeyer  
Deputy Director  
Citizens Commission on Human Rights  
(206) 422-3191