

Jody Simpson

From: Dixie D. Banner [REDACTED]
Sent: Thursday, April 08, 2021 8:54 AM
To: Sen. David Wilson; Senate Health and Social Services; Senator.Click.bushop@akleg.gov;
Senate Finance
Subject: Concerns for HB80

Our children is our future and they are not up for negotiations! Their welfare is vital and these concerns are in alignment with protection of Parental Right, which is destroyed in the Family Court System!

Think twice and strategize for Parental involvement and accountability will creat a social order that will support family values and significantly reduce crime! Rather spending money on jails and security you can minimize your involvement and overreach! The government needs to back off and quit interfering in our personal lives(yes it is a known fact interference creates gov dependency which allows you all to manipulate us in order access federal funding)! All parents need to held accountable and required to own up to their responsibilities (financial and wellbeing of their child)!

All kids must be required to attend up grade 12 and pass an exam! While the parents should be required their child attend school and pay vs living off state aid!

Thank you
Dixie

Jody Simpson

From: Alaska Parents' Rights in Education <[REDACTED]>
Sent: Thursday, April 08, 2021 9:03 AM
To: Senate Finance; Sen. Click Bishop; Senate.Health.And.Social.Services; Sen. David Wilson
Subject: Concerns with SB80

Dear legislators,

My name is Annie Massey. I'm a parent of 3 children, 2 in the Anchorage School District.

I'm writing with many concerns over the senate bill 80 mental health.

From our personal experience as a family, The schools are not a institution for mental health. The schools assist parents with their child's mental health- by staying open.

All too often I see the educational institution is crossing the domain of the family boundaries. School exist to assist parents in educating their children not replace them in that role.

It's a catch 22: I believe simply opening schools is the solution to assist in the mental health for children just via social interaction with peers instead of lockdowns! However, having schools open today is exposing our youth to new vulnerabilities.

Those are:

•Vulnerabilities to our children during school hours created by COVID "safety" protocols. The schools have implemented barriers for involvement or engagement in their child's education-Parents are not permitted on PUBLIC school campuses or are asked to digitally sign in- not every person has a cellular phone. This sign in process used to always occur on paper. We are being told we cannot enter our child's public school building unless we temperature scan, cover our faces with a cloth and digitally sign in or we are asked to leave the building. Get that-Parents NOT permitted or heavily restricted.

• During school closures the content of curriculum has increasingly been infiltrated with social, sexual and political agendas that harm our children and distract heavily from the goal of academic education. Parents don't feel school is a safe place for their children to be that is why families are removing our children from public education.

•All of the sudden our family and our child's private medical records are being shared with the schools and becoming apart of their permanent educational record. This is corrupt, unnecessary, infringes on health privacy and immoral.

I ask you to please consider the following concerns....

With these values in mind:

- Education needs to focus on education
- Parents' will focus on their child's mental capacities, health and sexuality
- Protect Parents' Rights in Education
- Health curriculum OPT-IN/Elective ONLY with Parent's Permission

1. Keeping our public schools OPEN is the solution for the additional suicidal ideation and attempts of our youngest youth in Alaska health NOT a added Mental Health budget tacked onto Education spending. Some districts IGNORED sound data, research on opening schools/ Depression, anxiety, suicidal ideation and attempt is the consequence- This isn't rocket science: OPEN SCHOOLS and offer OPTIONAL MASKING for improved mental health due to lockdowns

2. When there is a private health need, we must redirect families to the multitude of programs and opportunities in cities across our state to address those in need of mental health services- the service must not be offered in the school – only private medical providers Example: Carry the Cure <http://carrythecure.org/>
3. This respects the primacy and privacy of families to direct the upbringing of their child not the government intruding into their child's thoughts, feelings, behaviors
4. Schools are not trained professional institutions for any mental health and education needs to stay in its lane- EDUCATION
5. This is why education is failing- because of the non-academic distractions that the districts attend to other than academics
6. When this occurs- it's called dysfunction. The district's job is NOT to rescue those in need of mental health, but to recognize and redirect to private professionals
7. There needs to be ZERO record added to a child's educational record other than a redirection to services
8. Restriction on Use and Disclosure information and form given to each family regarding the mental health records being shared without parental consent
9. OPT-IN/elective only with parent's consent ONLY (We don't want AUTOMATIC OPT-IN's where parents then have to OPT-OUT of because very often the parent is not made aware that controversial subject content is occurring before damage is done)
10. Parent's must have access to and review ALL curriculum content prior to learning whether it's opt-in, out-out/elective
11. If this gets passed, there should be a limit on this funding in the form of an end date

I'm happy to speak with any of you regarding our recent personal experiences. Because of what's happening and the Anchorage School District I am seeking legal counsel for the protection of our families health privacy and the fundamental rights of parents to direct the upbringing of their child.

This should not be happening in education today-most families are not aware of these vulnerabilities, and don't have that time to dedicate protecting their family and child's privacy. That's why we ask you to help protect them by taking the POWER of the ESSA (which puts power into the hands of legislators) and handing that power all the way down to parents who's job it is to protect our children-even from the Educators! Otherwise, our children, their health, wellness, sexuality is abused.

Sincerely,
Annie Massey

Sent from ProtonMail mobile

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- Education needs to focus on education
- Parents' will focus on their child's mental cap health and sexuality
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- OPT-IN/Elective ONLY with Parent's Permissio

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- 7. There needs to be ZERO record added to a child's educational record other than a redirection to special education
- 8. Restriction on Use and Disclosure information form given to each family regarding the mental records being shared without parental consent
- 9. OPT-IN/elective only with parent's consent (NOT AUTOMATIC OPT-IN's)
- 10. Parent's must have access to and review All curriculum content prior to learning whether it's required or elective
- 11. If this bill gets passed, there should be a limit on funding in the form of a end date

Full SB text:

<http://www.akleg.gov/basis/Bill/Text/32?Hsid=S>

FOR OUR KIDS!

[#akleg](#)



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Alaska State Legislature



Annie Massey ▶ **ALASKA Parents' Rig Education**

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ACTION: Email and Share

Alaskan parents, grandparents and guardians:

SENDS EMAILS TO SENATORS:

- Senate.Finance@akleg.gov**
- Sen.Click.Bishop@akleg.gov**
- Senate.Health.And.Social.Services@akleg.org**
- Sen.David.Wilson@akleg.gov**

In the subject line:

- We oppose SB80 Mental Health in education c**
- SB80 Testimony or**
- Concerns with SB80 or**
- Include with SB80 or**
- SB80 problems for the record**

With these values in mind:

- Education needs to focus on education**
- Parents' will focus on their child's mental cap. health and sexuality**

Sent from my iPhone



ALPHA

☆
ALASKA PUBLIC HEALTH ASSOCIATION

Committed to Advancing Alaska's Public Health Since 1978

April 5, 2021

Senator Elvi Gray-Jackson
Alaska State Senate
State Capitol
Juneau, AK 99801

Dear Senator Gray Jackson:

The Alaska Public Health Association (ALPHA) is providing this letter in support of SB 80.

ALPHA has a long history of supporting age-appropriate, medically accurate, K-12 comprehensive school health education within a coordinated school health program (now known as the Whole School, Whole Community, Whole Child (WSCC) Model).

According to the Centers for Disease Control and Prevention (CDC), a comprehensive health education curriculum includes a variety of topics including alcohol and other drugs, healthy eating, mental and emotional health, personal health and wellness, physical activity, safety, sexual health, tobacco, and violence prevention.

For your information, we are forwarding a resolution passed this year by our organization in support of *Mental and Emotional Health Education in Public Schools* (see attached).

The Alaska Public Health Association is a non-profit membership organization of over 150 health professionals, advocates, and community members dedicated to improving the quality of life for all Alaskans. ALPHA is also the state affiliate of the American Public Health Association.

Our Board of Directors, and our general membership, hold a wealth of expertise in a variety of diverse public health, social service and health care related disciplines. Please don't hesitate to reach out to your Alaska Public Health Association for consultation, information and recommendations on school-health related issues and policies.

Sincerely,

Tim Hinterberger, PhD, President
ALPHA Board



ALPHA 2021 Resolution 2021-04

Support for Mandatory Mental and Emotional Health Education in Public Schools in Alaska

WHEREAS, knowing that mental health education will include age-appropriate instructional practices aimed at reducing stigma and teaching students how to maintain mental wellness, understand various mental health disorders, recognize early symptoms in themselves and others, and encourage to seek help before a crisis develops (Hood, 2019).

WHEREAS, aware that the Child Mind Institute states that 50 percent of all mental illnesses begin before age 14 and 75% occur by age 24 making it imperative that schools are prepared to provide a learning environment that supports health and development instead of helping to contribute to the oncoming mental health crisis (Walker, 2018).

WHEREAS, knowing that research has indicated that many young people worldwide are not well-informed about mental health and schools have great potential in the promotion and prevention practice because of the amount of time young people spend in the environment (O'Reilly et. al., 2018).

WHEREAS, believing that New York and Virginia are the only states that have required schools to add mental health education in their curriculums and Alaska does not currently have a state-wide standard for mental health education in public schools (Ross, 2018).

WHEREAS, according to the 2019 Alaska High School Youth Risk Behavior Survey, 38.1% of the students reported feeling sad or hopeless (Alaska Department of Health and Social Services).

WHEREAS, knowing that in Alaska, only 37.1% of all adults with any mental illness from 2011 to 2015 received mental health services with 62.9% who did not receive proper treatment. In addition, an annual average of about 3,000 adolescents aged 12–17 with past year major depressive episodes from 2011 to 2015 did not receive treatment for their depression (Substance Abuse and Mental Health Services Administration, 2017).

WHEREAS, in 2018 suicide was the first leading cause of death among 10-24 year olds in Alaska (Centers for Disease Control and Prevention, 2020)

WHEREAS, knowing that in 2019, 25.3% of high school students in Alaska reported that they seriously considered attempting suicide in the past year (Alaska Department of Health and Social



Services).

WHEREAS, in a study conducted, teachers reported numerous changes in student behaviors post-curricular implementation of mental health; the curriculum elicited high student participation, improved student willingness to speak about mental health, and more openness in sharing first/second-hand experiences (Yang et. al., 2018).

WHEREAS, believing that among young adults aged 18–25 in Alaska, the annual average percentage with a serious mental illness (SMI) increased between 2008–2012 and 2013–2017; during 2013–2017, the annual average was 7.5% (or 6,000) which is higher than the national average (5.5%) (Substance Abuse and Mental Health Services Administration, 2019).

WHEREAS, recalling that the Child Mind Institute reveals that more than 90% of parents think mental health should be taught in schools (Blaeser, 2018).

WHEREAS, believing that 1 in 5 youth have a mental health condition and require professional help, but fewer than half receive any mental health services (National Alliance on Mental Health, 2020).

WHEREAS, knowing that early mental health awareness and treatment can help keep youth in school and on track to achieving their life goals (National Alliance on Mental Health, 2020).

WHEREAS, childhood trauma remains a relevant issue in Alaska and in a 2013 Behavioral Risk Factor Surveillance System, Alaska has the highest percentage of reports with an Adverse Childhood Experience (ACE) of 5+ compared to the other states involved (Arkansas, Louisiana, New Mexico, Tennessee, and Washington) (Sidmore, 2013).

WHEREAS, considering that there are striking correlations between childhood trauma and a wide range of long-term health and economic outcomes as studies found that the higher the ACEs scores are, the higher the incidence of disease, risky behaviors, and negative social outcomes (State of Alaska Department of Health and Social Services ABADA/AMHB, 2015).

WHEREAS, believing that young people must be able to gain access to high-quality mental and emotional health education that is evidence-based and medically supported without being shamed and judged.

THEREFORE BE IT RESOLVED that the Alaska Public Health Association:

- Supports the State of Alaska in adopting health education standards for mental and emotional health education that align with national health education standards (Centers



for Disease Control and Prevention, 2004) and requiring public schools to implement mental health education as part of a comprehensive health education curriculum in grades K-12. (Centers for Disease Control and Prevention, 2012)

- Encourages that mental health curriculum content align with student outcomes identified by the Centers of Disease Control and Prevention, Health Education Analysis Tool: 1) Express feelings in a healthy way. 2) Engage in activities that are mentally and emotionally healthy. 3) Prevent and manage interpersonal conflict in healthy ways. 4) Prevent and manage emotional stress and anxiety in healthy ways. 5) Use self-control and impulse-control strategies to promote health. 6) Get help for troublesome thoughts, feelings, or actions for oneself and others. 7) Show tolerance and acceptance of differences in others. And 8) Establish and maintain healthy relationships (Centers for Disease Control and Prevention, 2012).
- Advocates for funding in order to support teachers with training, curricula, and materials in order to effectively instruct the importance of mental health and its various aspects to students.
- Encourages connections with various mental health programs and organizations in the state in order to provide supplemental materials and support to schools in order to improve instruction.
- Supports legislation that requires mental health education to be taught to students K-12 in public schools while ensuring that the content being presented is age and developmentally appropriate, research-based and theory driven, medically accurate, and consistent with the characteristics of an effective health education curriculum (Centers for Disease Control and Prevention, 2019).

Be it further resolved that ALPHA supports:

- Training for school districts on Trauma-informed Schools
- School-based or school-linked mental health services for students
- Positive school climate and social and emotional learning
- School-based suicide prevention programs
- The hiring of more school mental health counselors

BE IT FURTHER RESOLVED that the Alaska Public Health Association stands by this position to support mandatory mental health education and seeks for opportunities to let it be discussed and considered until abolished or modified by a subsequent resolution.

FISCAL AND PUBLIC HEALTH IMPACT STATEMENT:

It will take minor costs to fulfill the positive, life-changing aims of this resolution that encourage young people to advocate for their well-being and goals in life. Sending this



resolution to key political leaders, the State Departments of Health and Education, the State Board of Education, the Association of Alaska School Boards, and ALPHA's federal, state, tribal, and local partners will tremendously help in requiring mental health education as part of the curriculum in public schools in Alaska.

References

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Jody Simpson

From: DuncanAandS <[REDACTED]>
Sent: Wednesday, April 07, 2021 3:16 PM
To: Senate Health and Social Services
Subject: SB80

Please be advised that I totally disapprove of and object to this bill! Health and Social Services has NO business putting "mental health" anything in our schools. If the parent guardian, relative, school counselor sees that the child needs help, that person shall, in coordination with the parent(s), seek the professional help that is needed for the child. If you really want to help the community, put the "mental health" personnel in the youth detaining facilities. Provide REAL help and not just obtaining control over the lives of Alaskans who do not want to give you that control!

Sent with [ProtonMail](#) Secure Email.

Jody Simpson

From: Katie Botz <[REDACTED]>
Sent: Tuesday, April 06, 2021 3:36 PM
To: Senate Health and Social Services
Cc: Sen. Lora Reinbold; Sen. Shelley Hughes; Sen. Tom Begich; Sen. David Wilson; Sen. Mia Costello
Subject: Written Testimony for SB80

Good afternoon Mr Chair and members of the committee, thank you for reading this written testimony. My name is Katie Botz and I am representing myself.

I would like thank Senator Jackson for bringing this forth, because it is crucially important to address mental health especially when all students has been suffering with the social distancing, not being able to be with their friends, not being able to socialize with their friends on the school bus, and when they had a traumatic experience at their home environment.

I am a bus driver for Juneau, Alaska and has been known to travel around the state. During the pandemic, there has been less and less students wanting to speak up for their issues and problems because they don't know how to speak up. Students don't even know that it's okay ask for help when they are having a difficult time.

Mental health is health. You cannot have physical health without mental health.

I ask that you are in support of SB80 because I too am a constituent who has a Major Depression Disorder. During this pandemic, about 4 times I struggled fighting off suicide ideation, and I know first hand that it is very difficult to deal with depression especially when there's a stigma. I just ask that you are in full support to help our students.

Thank you,
Katie Botz
Juneau

Sent from my iPhone

Through the Chair to the Senate Health & Social Services Committee considering SB 80: I am Stuart Thompson, a District 10 Citizen, testifying on behalf of myself. Start of my prepared 2 and a half minute testimony.

I can understand that this bill attempts to improve mental health in Alaskans under AK Constitution Article 7. However, being blindly influenced by so-called experts in developing guidelines for “appropriate instruction in mental health” is a dangerous misuse of constitutional power. The Legislature should not allow our youth to be indoctrinated unsupervised by the latest mental health fads (i.e. critical race theory, gender identity protest resolution guesses, sloppy diagnosis of ADHD, popularizing psychotropic drugging to suppress still incomprehensible mental conditions, mind control-driven teaching of ethics, etc.). Remember! An educated person can reason. An indoctrinated person cannot. Indeed, indoctrinated people are often mistaken for being mentally in trouble.

Using James Madison’s assertion that factions are necessary for rational representative government over large areas (ref Federalist Papers #10), your selection of consultants for the development of guidelines should also include philosophers—secular and religious, parent groups, long experienced teachers, historians, scientific method professionals, etc. Checks and balances theory is the proven road to rational government and effective education.

The test of workable science and technology are results that are openly verifiable. Guidelines proposed must be challenged for proof of workability before acceptance. The Legislature should even periodically hold open public hearings about promulgated guidelines and confirm them for continued use. Why? Scientific dissent is the lifeblood of scientific advancement. A consensus of “accredited” experts and lobbyists insisting on something is a sign of prostituted science. So is the goal of a tractable population—another name for a slave society.

Thankyou.

Sincerely,

Stuart Thompson

