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**From:** Zoe Kaplan <zkaplan@gm.slc.edu>  
**Sent:** Wednesday, March 16, 2022 11:11 AM  
**To:** House Finance  
**Cc:** Emma Potter; Rep. Matt Claman  
**Subject:** 3/17/2022 Submission for HB60 Hearing  
**Attachments:** HB 60 Youth Support.pdf; Youth Letter Of Support For HB60 (Responses).pdf

Hello,

Please find attached a youth letter of support for HB60 as well as a list of signatures from Alaskan youth to be included in the materials for tomorrow's committee meeting.

Thank you,  
Zoe Kaplan

February 6th, 2022

Representative Matt Claman  
Alaska State Legislature,  
Alaska State Capital Building,  
Juneau, AK 99801

Re: HB 60 “An Act relating to mental health education.”

Dear Representative Claman,

We, the attached signatories, are writing in the utmost support of the passage of HB 60, “An Act relating to mental health education.” as well as its counterpart, SB 80.

Alaska’s rates of mental illness are staggering. The most recent Alaska Youth Risk Behavior Survey reported that in 2019 38% of Alaska youth experienced a depressive episode, 21% made a suicide plan, and 19.7% attempted suicide. These statistics, while already terrifying, climb higher every year, exacerbated even further by COVID. Our current school health standards do not reflect these numbers—they were last updated over 20 years ago and lack critical mental health information that’s become commonplace in recent years

Standardizing mental health education across the state and through the school districts is a step towards comprehensive mental health care for all Alaskans. As the National Alliance on Mental Illness reports, half of all lifetime mental illnesses begin by age 14, making school a crucial time for education surrounding mental health. Accurate, informative, and non-stigmatizing education is imperative for all youth, especially those experiencing symptoms of mental health conditions for the first time. Being able to identify and seek help for these symptoms is one major way standardized mental health education could support Alaskan youth.

HB 60 aligns with our beliefs of destigmatizing mental health conditions, increasing access to mental health care, and opening up conversations surrounding mental illness. We support the passage and implementation of HB 60 and mental health education standards.

Thank you for your sponsorship of this important bill,

Respectfully,

Alaskan Youth, signatures attached

Timestamp	First and Last Name	Age	School	Email	Is there any comments you would like to add? We may choose to include your statement in addition to the list of signatures.
2/16/2022 23:21:39	Ivy Marshall	16	West High School	cutiemarshall@gmail.com	
2/16/2022 23:52:14	Isabel Marshall	18	Steller Secondary	akizze@gmail.com	
2/16/2022 23:52:52	Rowan Cosgrove	16	West Anchorage High	23rhiannonc@gmail.com	
2/16/2022 23:53:03	Ella Blakey	17	West High School	Ellablakey05@gmail.com	
2/16/2022 23:55:18	Eva Lief	16	West Anchorage High School	evalief@icloud.com	
2/16/2022 23:57:55	Harrison Little	17	West Anchorage High	hsteeveslittle@gmail.com	
2/17/2022 0:00:13	Abigail Burke	18	West Anchorage High School	abbyburke@gmail.com	
2/17/2022 0:02:53	Jada Rivera-Whitehouse	18	Robert Service High School	jadariverawhitehouse@gmail.com	
2/17/2022 0:03:14	Ellie Shaw	16	South Anchorage High School	ellieshaw907@gmail.com	
2/17/2022 0:12:48	Maria Guerra	15	West Anchorage High School	akmashag@outlook.com	
2/17/2022 0:12:55	Irish Vioria	17	West Anchorage High School	viloriairish@yahoo.com	
2/17/2022 0:13:49	Alyssa Phillips	16	A.J. Dimond High School	Lys.200511@gmail.com	
2/17/2022 0:14:39	Iona Snyder	14	West Anchorage High School	itsnyder2007@gmail.com	
2/17/2022 0:15:07	Tara Skidmore	16	West Anchorage High School	tarable05@icloud.com	it's time we take the necessary measures to educate alaska's youth on mental health and ensure they know they are not alone and the many ways to get help.
2/17/2022 0:16:38	Alexandra Guerra	17	West Anchorage High School	aksashag@outlook.com	
2/17/2022 0:24:07	Charlotte Wagner	17	South Anchorage High School	Charlottewagner1234@gmail.com	
2/17/2022 0:28:03	Drew Smith	15	West High School	drewsmith907@icloud.com	
2/17/2022 0:34:37	Emma Yien	16	West Anchorage High School	emmayien@icloud.com	
2/17/2022 0:35:20	Sofie Chisholm	14	West High School	sofiecee@icloud.com	
2/17/2022 0:41:21	Annika Colberg	17	West Anchorage High School	annikacolberg@gmail.com	
2/17/2022 0:59:08	Nora Houston-Speckman	15	West High School	nora_houston@icloud.com	
2/17/2022 1:00:24	Antonia Yu	16	West Anchorage High School	antonia.jyu@gmail.com	
2/17/2022 1:07:36	John Paul Lavarias	18	West Anchorage High School	Chairwith3legs@gmail.com	
2/17/2022 1:14:37	Kendal Hall	16	West High School	kendalmarieh@icloud.com	Learning about mental health is so important for everyone and especially teenagers. I feel that if there is actual mental health education in schools the well beings over students over all will be better and more understood.
2/17/2022 1:15:36	Kaena Sant'Anna	16	Steller Secondary school School	kaenasantanna@gmail.com	Mental health is something so many of the students in the ASD are struggling with, especially with the burden of the pandemic. Teaching students about mental health would benefit them so much and maybe even save lives. I would love to see a more prominent discussion about the importance of mental health in schools and maybe even a full curriculum implemented into the ASD.
2/17/2022 1:25:33	Meira Williams	15	West Anchorage High School	williams.meira16@gmail.com	
2/17/2022 1:30:37	Ava Cintula	15	West Anchorage High School	Avacintula@gmail.com	
2/17/2022 1:31:26	Rebekah Loeffler	21	West Anchorage High School (alumnus)	Rebekahloeffler@brandeis.edu	
2/17/2022 1:32:19	Maria Atoigue	16	A.J Dimond High School	mariafaymeatoigue@gmail.com	
2/17/2022 1:34:39	Finn Camahan	20	West High		
2/17/2022 1:49:45	Maggie Mitchell	15	West Anchorage High School	maggiemitchellak@gmail.com	I know countless numbers of teens at school that struggle with mental health, from small to large issues. It often feels like a struggle that we have to face on our own and in-school education on how to deal with mental health would make a huge difference. Plus, improved mental health would lead to increased motivation and in turn improved grades setting us all up for a better future.
2/17/2022 2:48:04	Sophia Romick	16	West Anchorage Highschool	ssromick0619@gmail.com	
2/17/2022 3:31:13	Charlotte Cruickshank	15	A.J Dimond High School	char.cruickshank09@gmail.com	
2/17/2022 3:47:59	Aaron Seaver	17	Steller Secondary	aseaver907@gmail.com	
2/17/2022 4:18:49	Kelton Mock	19	West Anchorage HS '20/University of Was	keltonpmock@gmail.com	
2/17/2022 4:20:00	Martin Tumey	17	Steller Secondary	mtumey11@gmail.com	
2/17/2022 4:42:26	Gabriel Cosio	17	Service High School	gabrielcosio527@gmail.com	
2/17/2022 5:05:36	Bryce Hazen	17	A.J Dimond High School	hazenb@gci.net	Bills like HB60 are necessary for saving lives within the younger communities of Alaska. The stigma and misinformation surrounding mental illness only escalates the damage it inflicts.
2/17/2022 5:14:21	Taralynn Chesley	16	Steller Secondary	Whyhibye321@gmail.com	

Timestamp	First and Last Name	Age	School	Email	Is there any comments you would like to add? We may choose to include your statement in addition to the list of signatures.
2/17/2022 8:07:39	Ana Hokenson	18	West Anchorage High School	aohokenson@yahoo.com	
2/17/2022 10:42:14	Riley Maves	17	Service High School	rileymaves@gmail.com	
2/17/2022 10:47:33	Areli Olivares	18	West High School	Olivaresareli@icloud.com	
2/17/2022 10:49:06	Kikken Schleusner	18	West Anchorage High School	kikkenski@icloud.com	
2/17/2022 11:41:43	Dulcinea Grande	16	Sourh Anchorage High School	angelg22305@gmail.com	
2/17/2022 11:50:38	Sophia Wilcox	16	West Anchorage High School	Arcticprincess325@gmail.com	
2/17/2022 13:09:04	Alana Rose Parent	18	Steller Secondary	Alanarose4848@gmail.com	
2/17/2022 13:24:07	Chloe Larson	18	West High	Chloelarene@gmail.com	
2/17/2022 13:24:09	Abby Laufer	18	West High School	lauferabby@gmail.com	
2/17/2022 13:49:01	Talia Williams	18	West Anchorage High School	Talianw112@gmail.com	
2/17/2022 14:51:52	Meshach Gleason	16	South Anchorage High School	slackshach007@gmail.com	
2/17/2022 15:01:25	Lauren Masley	15	A.J Dimond High School	Laurenmasley@gmail.com	
2/17/2022 15:38:35	Emma Heffernan	17	Susitna Valley High	emmalicious.907@gmail.com	
2/17/2022 16:22:31	eloise ruhlin-hicks	16	West Anchorage High	eruhlinhicks@gmail.com	
2/17/2022 17:16:22	Alyssa Duerr	17	West Anchorage High School	Duerr.alysa@yahoo.com	
2/17/2022 18:03:45	Sofie Swift	16	South Anchorage High	swift.sofie2406@gmail.com	
2/17/2022 18:37:37	Maria Nedom	17	West high	907marianedom@gmail.com	
2/17/2022 19:15:34	Mckayla lockhart	17	A.J Dimond High School	Mckayla.Lockhart@icloud.com	
2/17/2022 19:40:30	Grayson conti	17	West Anchorage High School	Graysonconti@gmail.com	
2/17/2022 21:23:07	Sophia Green	18	West High School	sophiaagreen@icloud.com	
2/17/2022 22:03:39	Gabrielle Laipeniaks	20	Western Washington University	gabbyjean7@outlook.com	Mental health education saves lives.
2/17/2022 22:22:45	Shonti Elder	25	UAA	Shontielder@gmail.com	
2/18/2022 1:28:04	Adeara Sullivan	18	South	akbred908@gmail.com	
2/18/2022 2:19:39	madyson bockhorst	17	A.J Dimond High School	madyson.bockhorst@gmail.com	
2/18/2022 11:24:24	Simon Spohnholz-Lessard	14	Steller Secondary	Simonaugustus.ak@gmail.com	
2/18/2022 13:55:45	Dakoma Epperly-May	18	Denali PEAK Correspondence/Homescho	depperlymay@hotmail.com	Thank you so much for doing this, the schools really need it.
2/18/2022 14:18:25	Sycely Wheelles	16	A.J Dimond High School	miss.sycelywheelles@gmail.com	
2/18/2022 14:46:56	colton button	18	West Anchorage High School	ctbutton03@gmail.com	
2/18/2022 15:32:45	Anna Kaplan	16	West High School	akkaplan05@gmail.com	
2/18/2022 16:20:40	Amelia Brooks	15	Steller Secondary	amelia.charlotte@icloud.com	
2/18/2022 16:42:45	Evan Sidoti	15	Steller Secondary	donaldcrentist@gmail.com	I feel as if I would have had more support from school and more coverage of mental health topics, my depression would not have spiraled out of control as much and I would have had an easier time talking about my emotions and getting help.
2/18/2022 18:20:37	Amy boling	16	Steller Secondary	kakeoflove@gmail.com	its super frustrating that the only way you can get mental health support is by reaching out. there was only a brief mention of mental health in my 8th grade health class. i wish there was a "class" maybe 3 or 4 days that would go over healthy coping mechanisms and other ways besides talking to someone in person to get help.
2/18/2022 21:31:03	Taylor Stewart	15	Steller Secondary	tsalaska@gmail.com	
2/18/2022 21:54:41	Alexa Blakey	17	West	alexablakey@gmail.com	
2/18/2022 23:36:58	Drew Cochran	22	University of Alaska Anchorage	dhc.cochran@gmail.com	
2/18/2022 23:46:54	Jade Phillips	20	Robert Service Alumni and Western Wash	45.ocean@gmail.com	There had never and will never be a time where mental health won't be a part of our lives. now is the time to help the youth of Alaska to join this conversation with accurate, compassionate education that can equip them with the tools to cope and thrive with their mental hardships.
2/18/2022 23:59:51	Bennett Pearce	19	Graduated from West High	bennettinak@gmail.com	
2/19/2022 0:00:28	Savannah Paull	21	Cal Poly San Luis Obispo	Savannah.npaull@gmail.com	
2/19/2022 0:50:53	Sebastian Reed	20	University of Alaska Anchorage	24sebas68@gmail.com	I've struggled enormously with my mental health the past few years and I wish help was more easily accessible and destigmatized. I think HB 60 will help others get the help they need in the future, and that's why I am supporting this act.
2/19/2022 2:30:01	Piper Hartlieb	20	UAA	phartlieb@gmail.com	
2/19/2022 4:16:57	riley conti	15	west anchorage high	Akrileyconti@gmail.com	
2/19/2022 6:06:31	Savannah Moore	21	Graduated: Dimond High School; Current	skoore1025@outlook.com	

Timestamp	First and Last Name	Age	School	Email	Is there any comments you would like to add? We may choose to include your statement in addition to the list of signatures.
2/19/2022 9:55:38	Hannah Haghighi	21	Rutgers University	hannahhaghighi@gmail.com	
2/19/2022 11:11:26	Lily SlatonBarker	20	University of Oregon	lilycloverrose@mtaonline.net	
2/19/2022 11:37:01	Larry Dunn	18	Homer High School	larry.dunn@yale.edu	
2/19/2022 13:42:41	Caitlin Omev	18	Fordham University	Caitlinnv@icloud.com	
2/19/2022 14:09:02	Frida Vargas	17	West Anchorage High School	vfrida727@gmail.com	
2/19/2022 14:57:42	Jess Malouf	19	Graduated from Service High School	wrenmalouf@gmail.com	
2/19/2022 14:58:10	Juliet Eklund	18	University of Denver	julietkekklund@gmail.com	
2/19/2022 17:01:06	Chelsea Bruce	20	GCU	Cbgrace260@gmail.com	
2/19/2022 17:15:52	Margo Gillis	19	Alaska Pacific University	Pigletloverak@gmail.com	
2/19/2022 17:49:13	mesa rock	18	UAA	mesarock2003@gmail.com	
2/19/2022 19:24:21	Owen Mozen	18	Stellar	Mozen.Owen@gmail.com	
2/19/2022 20:00:04	Isabelle LaDue	17	Stellar Secondary	ladueisabelle62@gmail.com	
2/19/2022 21:18:09	Hannah	19	Swarthmore College	hl3@swarthmore.edu	
2/20/2022 7:08:13	Anthony Schofield	15	Stellar Secondary	carvekidsak@gmail.com	
2/24/2022 16:41:40	Polly-Faye Andrews	16	SAVE High School	Pollyfaye.andrews@gmail.com	
2/24/2022 20:21:48	Mariana Low	15	West valley high school	Low.mariana7@gmail.com	
2/25/2022 21:56:42	Faith	14	West Anchorage	hatwri907@gmail.com	
3/4/2022 20:35:49	Ava Earl	19	Northwestern University	avaearlak@gmail.com	
3/6/2022 2:09:34	Edison Wallace Moyer	14	West Anchorage High School	edisonmae@icloud.com	I've had to watch my friends go through depression and suicidal periods, and it's pure torture. I've known when they've hurt themselves, but they're still afraid to get help. I report them, but there's only so much I, and my school can do. Destigmatizing mental health issues would make it easier for them to reach out. It would make it so their other friends don't say they're just trying to get attention when they ask for help.
3/10/2022 0:14:13	Sharon Kim	19	Swarthmore College	Skim10@swarthmore.edu	
3/11/2022 14:10:47	Kassandra Eunice Doroteo	17	Dimond High School	kassdoroteo@gmail.com	Please consider this bill because there are a lot of conflicts that involve mental health problems. Let us learn and break the stigma.
3/11/2022 14:12:13	Ronald Bares	16	Alaska Middle College School	ronalddbbares@gmail.com	
3/11/2022 14:14:09	ireneline uhrle	14	Barlett High School	uhrle.ireneeee@outlook.com	
3/13/2022 3:49:33	Brick MacClarence	14	Polaris K-12	elmurmoog@gmail.com	Early intervention and support is the key to healing trauma. Schools are an ideal place to provide access to services.
3/13/2022 3:58:54	Scarlet MacClarence	13	Polaris K-12	scarletquinn1111@gmail.com	Students need mental health education and help because they have a wide range of stresses with the dysfunctional climate in our communities.
3/14/2022 14:50:02	Riley Lancaster	16	AJ Dimond High School	Rileylancaster907@gmail.com	
3/14/2022 14:50:06	Malia Iloilo	17	Dimond High School	maliailoilo907@gmail.com	
3/14/2022 14:50:49	Grace Yackel	14	Dimond	yackel907@icloud.com	
3/14/2022 15:00:51	Alexis Kindred	16	Dimond high school	alexiskindred826@yahoo.com	
3/14/2022 15:52:33	Mason Oney	15	Dimond	mason.oney.ak@gmail.com	
3/14/2022 16:18:30	Audrey Leonetti	17	Dimond high school	leonetti_a_alaska@icloud.com	
3/14/2022 17:01:01	Lauren Masley	15	Dimond high school	Laurenmasley@gmail.com	
3/14/2022 17:04:03	Emma Polsky	17	Dimond High School	soccerkidak05@gmail.com	It is so important that kids are aware of mental health and the signs that come along with it. I was always so unsure of what I was feeling growing up and put aside until I couldn't any longer. I want kids to have the opportunity that I didn't have in school to familiarize mental health and where you can go for help.
3/14/2022 17:04:51	Juniper Billingslea	15	A.J. Dimond High School	Juniperjb@icloud.com	
3/14/2022 17:09:33	jolie graham	18	Dimond	akjolie@gmail.com	
3/14/2022 17:18:54	Avalia Sila	15	AJ Dimond High School	avalia.sila@icloud.com	
3/14/2022 18:17:06	Rachel Cho	16	A.J. Dimond High School	rachelart210@gmail.com	
3/14/2022 21:36:54	Makaila Amundson	17	Dimond High School	makailaa.611@gmail.com	
3/15/2022 14:10:30	Lilah Johnson	16	Dimond	lilahgrace907@gmail.com	
3/15/2022 17:43:29	Burke Croft	21	University of Chicago	boyocroft@gmail.com	
3/16/2022 5:15:08	Cyla reynolds	10	Connections	Bliss81@icloud.com	
3/16/2022 14:56:19	Zoe Kaplan	20	Sarah Lawrence College, Graduate West	zoeicloud907@gmail.com	
2/17/2022 2:48:44	Maxine Fekete	26	Graduate from UAA	Maxine.Fekete@gmail.com	

Timestamp	First and Last Name	Age	School	Email	Is there any comments you would like to add? We may choose to include your statement in addition to the list of signatures.
2/17/2022 10:05:54	Elizabeth Hersh	49	Service High School	hershfamily6@gmail.com	Mental health should be as commonly addressed as immunizations and eye exams! It should be able to be discussed easily
2/17/2022 17:46:32	Kluonie Frey	32	RJS	kluonie.frey@gmail.com	This is so important and necessary as students continue to struggle through normal (and abnormal) teenage issues compounded by a global pandemic.
2/19/2022 13:14:29	Kelsey Anderson	28	A.J Dimond High School	Kelsey@cpsalaska.com	
2/22/2022 17:48:09	Gretchen Kriegmont	51	TMHS	gretchen.kriegmont@juneauschools.org	
2/22/2022 18:32:00	Jessy Goodman	38	UAS	jrgoodman2@alaska.edu	I work with students regularly who are struggling with their mental health, especially with the pandemic and readjusting to "normal" life. This bill would be a step in helping them know they aren't alone and that the help they need is available and not something to be ashamed of. I want students to be proud of overcoming their struggles, but they need legitimate, accessible support to do that.
2/22/2022 19:42:03	Gabby Anderson	25	College	gabriellemay907@gmail.com	
2/25/2022 11:04:04	Christina Stowell	39	None	Christinanaomi.s@gmail.com	
2/26/2022 13:17:29	Misty Ott	43	Pioneer Peak Elementary, Colony High	Mistychott@gmail.com	
2/26/2022 14:24:14	Melissa Zatica	27	Fairbanks North Star Borough School Dis	Mdzatica94@gmail.com	

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**From:** Karen Zeman [REDACTED]  
**Sent:** Tuesday, March 15, 2022 4:18 PM  
**To:** House Finance  
**Subject:** Written Testimony HB 60

HB 60 aims to decrease the stigma surrounding mental illness and increase students' knowledge of mental health, encouraging understanding of the issue. It is a simple bill in that it only adds two words to health education curriculum statute: "mental health".

I have provided services for young people in Alaska for over a decade. During this time I have seen two teens I worked with take their lives. These young people may still be here today if they had sought help for their mental illness. Education is key to removing the stigma behind mental illness. By including mental health information in health classes, Alaska can make progress in addressing the staggering rate of suicide in this state. I support HB 60.

Thank you for considering my remarks.

Sincerely,  
Karen Zeman



# ALASKA REPUBLICANS DISTRICT 3

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## Resolution Rejecting House Bill 60 and Senate Bill 80 March 30, 2021

Whereas this body has passed prior resolutions rejecting embedding mental health workers and resources into Alaskan Schools

Whereas HB 60 is the companion bill to the placement of Alaska Mental Health Trust in the schools and the \$9M grant.

Whereas HB 60 violates Alaskans right to privacy in the Alaska Constitution when it adds language to Sec. 2. AS 14.30.360(a) defining mental health in a program of physical instruction

Whereas HB 60 adds language to Sec. 3. AS 14.30.360(b) adds language, "Health guidelines must provide standards for instruction in mental health and shall be developed in consultation with the Department of Health and Social Services and representatives of national and state mental health organizations."

Whereas health guidelines are made into standards and placed in statute sight unseen; standards are different from guidelines in that they require compliance, and dedicated personnel and budget,

Whereas these standards are not written yet, by entities not yet named, so Alaskans are being asked to adopt unknown standards by unnamed health organizations regarding the mental health of their children,

Whereas these standards may or may not be funded, but will require district time and resources away from academic instruction in material required for an adequate education in Alaskan schools,

Whereas any given district may pursue such standards through their local school boards if they choose, but state mandates erodes local control over education,

Furthermore, the continued pursuit of Mental Health and Social and Emotional standards by violates the constitutionally protected guarantee of privacy of Alaskans enshrined in the Alaska Constitution and goes well beyond anything envisioned as the legislative charge as "adequate" education in the Alaska Constitution,

Be it Resolved that House District 3 urges the Alaska Legislature to reject House Bill 60





# ALASKA REPUBLICANS DISTRICT 3

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## Resolution Rejecting House Bill 60 and Senate Bill 80 March 30, 2021

Whereas this body has passed prior resolutions rejecting embedding mental health workers and resources into Alaskan Schools

Whereas HB 60 is the companion bill to the placement of Alaska Mental Health Trust in the schools and the \$9M grant.

Whereas HB 60 violates Alaskans right to privacy in the Alaska Constitution when it adds language to Sec. 2. AS 14.30.360(a) defining mental health in a program of physical instruction

Whereas HB 60 adds language to Sec. 3. AS 14.30.360(b) adds language, "Health guidelines must provide standards for instruction in mental health and shall be developed in consultation with the Department of Health and Social Services and representatives of national and state mental health organizations."

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Whereas any given district may pursue such standards through their local school boards if they choose, but state mandates erodes local control over education,

Furthermore, the continued pursuit of Mental Health and Social and Emotional standards by violates the constitutionally protected guarantee of privacy of Alaskans enshrined in the Alaska Constitution and goes well beyond anything envisioned as the legislative charge as "adequate" education in the Alaska Constitution,

Be it Resolved that House District 3 urges the Alaska Legislature to reject House Bill 60

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**From:** Karen Zeman <ms.karenzeman@gmail.com>  
**Sent:** Tuesday, March 15, 2022 4:18 PM  
**To:** House Finance  
**Subject:** Written Testimony HB 60

HB 60 aims to decrease the stigma surrounding mental illness and increase students' knowledge of mental health, encouraging understanding of the issue. It is a simple bill in that it only adds two words to health education curriculum statute: "mental health".

I have provided services for young people in Alaska for over a decade. During this time I have seen two teens I worked with take their lives. These young people may still be here today if they had sought help for their mental illness. Education is key to removing the stigma behind mental illness. By including mental health information in health classes, Alaska can make progress in addressing the staggering rate of suicide in this state. I support HB 60.

Thank you for considering my remarks.

Sincerely,  
Karen Zeman