

House Health & Human Services

05/02/2024 Upon Adjournment

SB24-007 Behavioral Health First Aid Training Program

Typed Text of Testimony Submitted

Name, Position, Representing	Typed Text of Testimony
Avery Leonard For themselves	<p>My name is Avery and I'm in 6th grade at Southern Hills Middle School in Boulder and part of Girl Scout Troop 67358. I am in support of Senate bill 24, zero, zero, seven to provide behavioral health first aid training.</p> <p>Did you know that according to the World Health Organization, "Depression, anxiety and behavioral disorders are among the leading causes of illness and disability among adolescents." This fact is very concerning to me because this is happening in kids my age and I dont want that to happen to me.</p> <p>In 2019, Centers for Disease control and Prevention National Youth Risk did a Behavior Survey on Adolescents between 12-17 and the results were:</p> <p>37% feelings of sad/hopeless</p> <p>19% seriously considered attempting suicide</p> <p>16% made suicide plan</p> <p>9% attempted suicide</p> <p>Passing this bill is important to me because as a middle school student, I want my teachers and staff to have this training so they can recognize behavioral health changes.</p> <p>Please vote yes on Senate Bill 24, zero, zero, seven, thank you!"</p>
Avery Mason For	<p>My name is Avery and I'm in 6th grade at Bradford Middle School in Littleton and part of Girl Scout Troop 67358. I am in support of Senate bill 24 dash zero, zero, seven to provide behavioral health first aid training.</p>

<p>themselves</p>	<p>Did you know that according to Mental Health First Aid.org after mental health first aid training adolescents received, “knowledge of signs, symptoms, and risk factors of mental health and substance use challenges.”</p> <p>Centers for Disease Control and Prevention states that “adolescents between the ages of 12 and 17 have statistics of depression, anxiety, and behavior disorders as high as 6% depression, more than 10% anxiety, and around 8% behavioral disorders.”</p> <p>“Notable changes in sleep, weight, eating habits, and other everyday patterns.” Healthy Children.org. Not everyone would notice these symptoms without proper training because they could be small changes.</p> <p>Passing this bill is important to me because there are so many mental health challenges among other kids, and everyone should know how to help.</p> <p>Please vote YES on Senate Bill 24 dash zero, zero, seven, thank you!”</p>
<p>Vivian Anderson For themselves</p>	<p>My name is Vivian and I'm in 6th grade at Bradford Middle School in Littleton and part of Girl Scout Troop 67358. I am in support of Senate bill 24 dash zero, zero, seven to provide behavioral health first aid training.</p> <p>Did you know that according to the World Health Organization, The consequences of failing to address adolescent mental health conditions extend to adulthood, impairing both physical and mental health and limiting opportunities to lead fulfilling lives as adults." This shows that if children don't receive help then the affects can be temporary or last longer when they could be receiving help from teachers, coaches and other adults in their lives.</p> <p>Are you aware that according to the National Council For Wellbeing, “Studies were held to understand peoples thoughts after taking a Mental health First Aid Class. These were the results: people had Increased confidence/self-efficacy and likelihood to help a young person in distress</p>

	<p>also they had noticed increased empathy/acceptance toward youth with mental health</p> <p>challenges. Though some may believe that there is no solid evidence that mental health first aid works, this shows that people actually feel more confident in helping those who are struggling. If it's effective then why not make it easier to access?</p> <p>Sadly, according to the CDC, in 2021, more than 42% of students felt persistently sad or hopeless and nearly 29% experienced poor mental health. It is clear to see that mental health issues exist and us kids need help!</p> <p>Passing this bill is important to me because I want to make sure students are feeling comfortable at school and can have a good childhood and adulthood. I have noticed this on a daily basis. For example, at an elementary school in my area, a first grade student was struggling from anxiety. The student got upset about something that another student did in class that to most of us would not be a very big deal. The teacher sent the student out into the hallway with no idea how to handle the situation. This is unreasonable because people are suffering from mental health disorders without receiving the correct help.</p> <p>I am here testifieing so that children can have a chance at receiving help. Please vote YES on senate bill 24-007 and help children suffering from mental health disorders. Thank you for listening!</p>
<p>Jenna Tedesco For themselves</p>	<p>My name is Jenna Tedesco and I'm in 6th grade at Bradford Middle School in Littleton and part of Girl Scout Troop 67358. I am in support of Senate bill 24 dash zero, zero, seven to provide behavioral health first aid training.</p> <p>Did you know that according to the Centers of Disease Control and Prevention, "Mental Health can impact many areas of a teens life. Youth with poor mental health may struggle with school and grades, decision making, and their health." This is important to note because teens are struggling with mental health for many different reasons and it is affecting them in multiple ways." Another important fact about mental health is that adolescence is an important, formative time for social and emotional health.</p> <p>Passing this bill is important to me because although I personally have never experienced mental health issues or dealt with people that may have</p>

	<p>them it is still important to me that people know how to deal with mental health crises.</p> <p>Please vote yes on Senate Bill 24 dash zero zero seven Thank you</p>
<p>Mia Sisneros For themselves</p>	<p>My name is Mia Sisneros, and I am in 6th grade at Bradford Middle School in Littleton and part of Girl Scout Troop 67358. I am in support of Senate bill 24 dash zero, zero, seven to provide behavioral health first aid training.</p> <p>Did you know according to the 2021 healthy kids colorado survey only 57% of middle school kids agreed that their stress level is manageable most days</p> <p>In the same survey, 67% of boys said their stress is manageable, but only 52% of girls said their stress was manageable.</p> <p>As a girl in middle school this is concerning to me. girls worry more about their grades and what people might think about them.</p> <p>If teachers and staff had training in this it would help more and more girls who struggle with stress.</p> <p>Please vote YES on Senate Bill 24-007, thank you!</p>
<p>Simone Oese For themselves</p>	<p>My name is Simone Oese and i'm in 6th grade at Bradford Intermediate in Littleton and part of Girl Scout Troup 67358. I am in support of Senate Bill 24-007 to provide behavioral health first aid training for teachers and people in contact with youth.</p> <p>According to cdc.gov "before the pandemic, mental health was getting worse among high school students."</p>

	<p>Also from cdc.gov, “youth who felt connected to adults and peers at school were significantly less likely to report persistent feelings of sadness and hopelessness and they were less likely to seriously consider attempting suicide and less likely to attempt suicide.”</p> <p>Passing this bill is important to me because, if someone was having mental health issues i would want them to get the help they need. This would make me feel safer and better at school if teachers and staff knew how to deal with mental health issues. Please vote YES on Senate Bill 24-007, Thank You!</p>
<p>Dawn Fritz</p> <p>For</p> <p>Colorado Parent Teacher Association</p>	<p>Colorado PTA supports SB 007. Improving access to behavioral health services for children and youth is one of Colorado PTA’s highest priorities. The prevalence of mental health illness, trauma, suicide, and other social and emotional distresses among children is a critical issue. We know that early detection and treatment of mental disorders are imperative for student success. We are particularly concerned about the high rate of youth suicide in Colorado, which is one of the highest in the nation.</p> <p>PTA believes that this program is vital to help parents, educators, and youth workers who on the front lines dealing with youth with behavioral and mental problems, who often lack training to deal with the serious problems that cause young people to be suicidal. Budget cuts have forced schools to cut back on the number of psychologists, social workers, mental health workers, and counselors. There has been a severe reduction in the number of day treatment and residential treatment facilities over the past decade.</p> <p>We support the development of more resources at the Office of Suicide Prevention for suicide prevention and awareness of suicide risk factors and warning signs. PTA believes that this bill will be very helpful in preventing youth suicide and stemming the rising tide of youth suicide.</p> <p>We believe that this program can mean the difference between life and death.</p>