

ARIZONA HOUSE OF REPRESENTATIVES
Fifty-fifth Legislature - Second Regular Session

TEEN MENTAL HEALTH HOUSE AD HOC COMMITTEE

Report of Interim Meeting
Thursday, December 8, 2022
House Hearing Room 1 (58) -- 9:00 A.M.

Convened 9:12 A.M.
Recessed
Reconvened
Adjourned 10:15 A.M.

MINUTES RECEIVED
CHIEF CLERK'S OFFICE

12-8-22

Members Present

Representative Osborne, Chairman
Representative Grantham
Representative Blackwater-Nygren
Ms. Blalock
Ms. Breitwieser Cutshall
Ms. Coggins
Ms. Godbehere
Ms. Guy
Representative Hernandez
Ms. Jones Mellon
Dr. Kirkilas
Ms. McPherson
Ms. McWilliams
Pastor Nunez
Mr. Sampson
Sergeant Tyler

Members Absent

Dr. Chhatwal
Ms. Corieri
Ms. Espino
Mrs. Harrison
Mr. z-13 Other

Agenda

Original Agenda – Attachment 1

Request to Speak

Report – Attachment 2

Committee Attendance

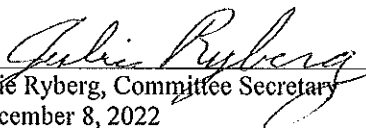
Report – Attachment 3

Presentations

<u>Name</u>	<u>Organization</u>	<u>Attachments (Handouts)</u>
Sheila Hedstrom-Pelger (statement read by Rep. Osborne; w/photo)	n/a	4
Randy Spencer	Alice Cooper's Teen Rock Centers	5

Committee Recommendations

<u>Action</u>	<u>Attachment</u>
Adopt Committee Recommendations	6


Julie Ryberg, Committee Secretary
December 8, 2022

(Original attachments on file in the Office of the Chief Clerk; video archives available at <http://www.azleg.gov>)

ARIZONA HOUSE OF REPRESENTATIVES

INTERIM MEETING NOTICE OPEN TO THE PUBLIC

Convened 9:12am
Adjourned 10:15am

TEEN MENTAL HEALTH HOUSE AD HOC COMMITTEE

Date: Thursday, December 8, 2022

Time: 9:00 A.M.

Place: HHR 1

Members of the public may access a livestream of the meeting here:
<https://www.azleg.gov/videoplayer/?clientID=6361162879&eventID=2022121005>

AGENDA

1. Call to Order
2. Minute for Good
3. Public Testimony
4. Speakers:
 - Sheila Pelger, Mother of Tyler Hedstrom, Registered Nurse
 - Alice Cooper's Solid Rock Teen Centers
5. Discuss, Review and Adopt Committee Recommendations
6. Final Comments from Committee Members
7. Adjournment

Members:

Representative Joanne Osborne, Chair
Representative Travis W. Grantham, Co-Chair
Representative Jasmine Blackwater-Nygren
Representative Alma Hernandez
Jennifer Blalock
Lisa Breitwieser Cutshall
Dr. Jasleen Chhatwal
Bernadette Coggins
Christina Corieri
Candy Espino

Gina Godbehere
Kristina Guy
Sally Harrison
Shelley Jones Mellon
Dr. Gary Kirkilas
Katey McPherson
Kimberly McWilliams
Pastor Ryan Nunez
Solomon Sampson
Sergeant Sean Tyler

12/02/2022
RA

People with disabilities may request reasonable accommodations such as interpreters, alternative formats, or assistance with physical accessibility. If you require accommodations, please contact the Chief Clerk's Office at (602) 926-3032 or through Arizona Relay Service 7-1-1.

Committee Agenda

Committee Name: Teen Mental Health House Ad Hoc Committee

Agenda Date: 12/8/2022

Agenda Time: 9:00 A.M.

Agenda Room: HHR 1

Show All Show Bills Show Executive Nominees Show Discussion Items

Discussion Item		Public Testimony			
Spk	Position	Name	Representing	Comments	Status
If Necessary	For	Patti Serrano	Self	As a proud public school Mom to a ...	

Attachment 2

ARIZONA STATE LEGISLATURE
 Fifty-fifth Legislature - Second Regular Session
COMMITTEE ATTENDANCE RECORD

COMMITTEE ON AD HOC COMMITTEE ON TEEN MENTAL HEALTH

CO-CHAIRMAN: Joanne Osborne CO-CHAIRMAN: Travis Grantham

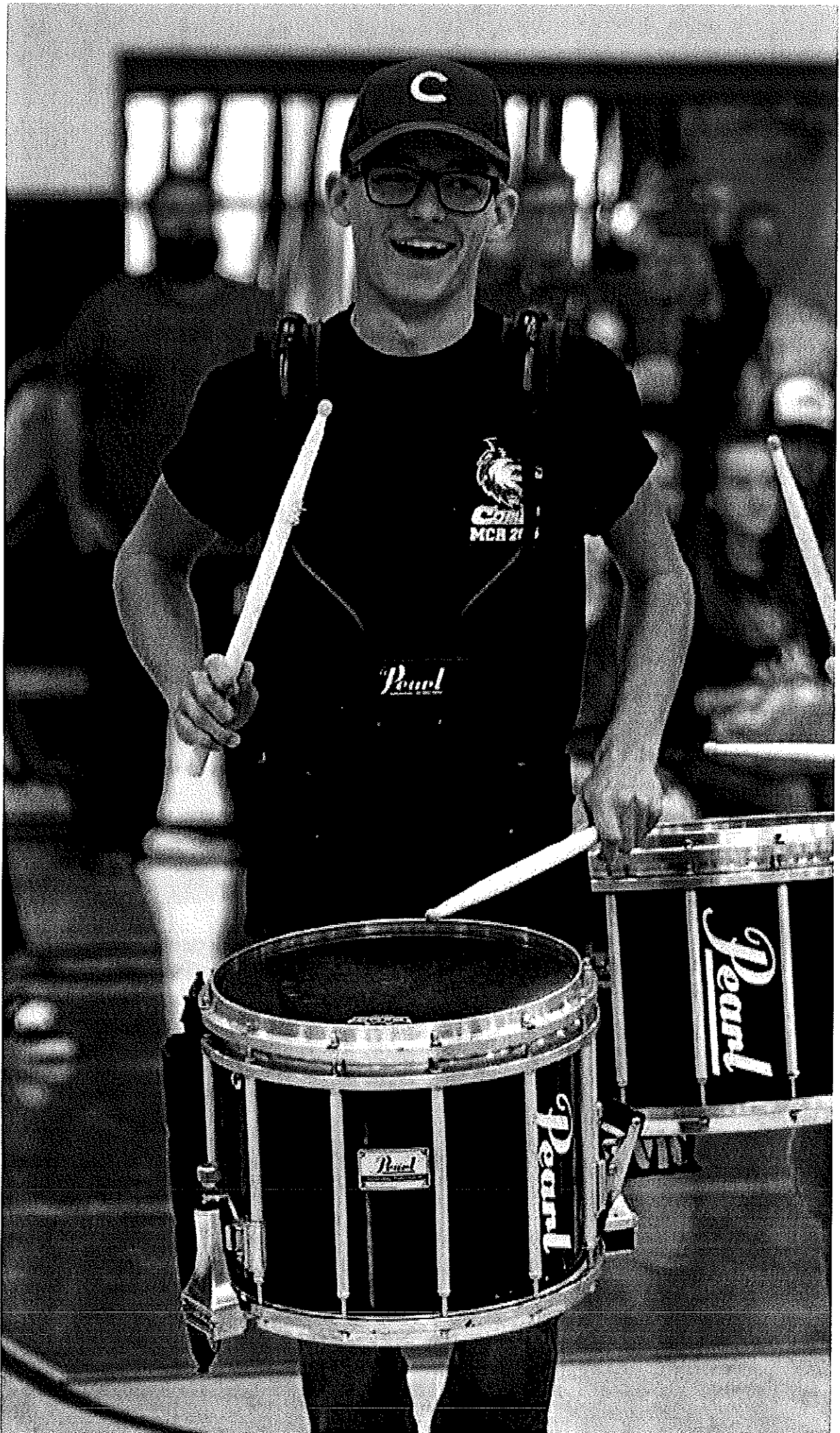
DATE	12/08/22	/22	/22	/22	/22
CONVENED	9:12 am	m	m	m	m
RECESSED					
RECONVENED					
ADJOURNED	10:15 am				
MEMBERS:					
Blackwater-Nygren, J	✓				
Hernandez, A	-				
Ms Blalock, J	✓				
Ms Breitwieser-Cutshall, L	✓				
Dr. Chhatwal, J	-				
Ms Coggins, B	✓				
Ms. Corieri, C	-				
Ms Espino, C	-				
Ms Godbehere, G	✓				
Ms Guy, K	✓				
Ms Harrison, S	-				
Ms Jones Mellon, S	✓				
Dr. Kirkilas, G	✓				
Ms McPherson, K	✓				
Ms McWilliams, K	✓				
Pastor Nunez, R	✓				
Mr Sampson, S	✓				
Sgt. Tyler, S	✓				

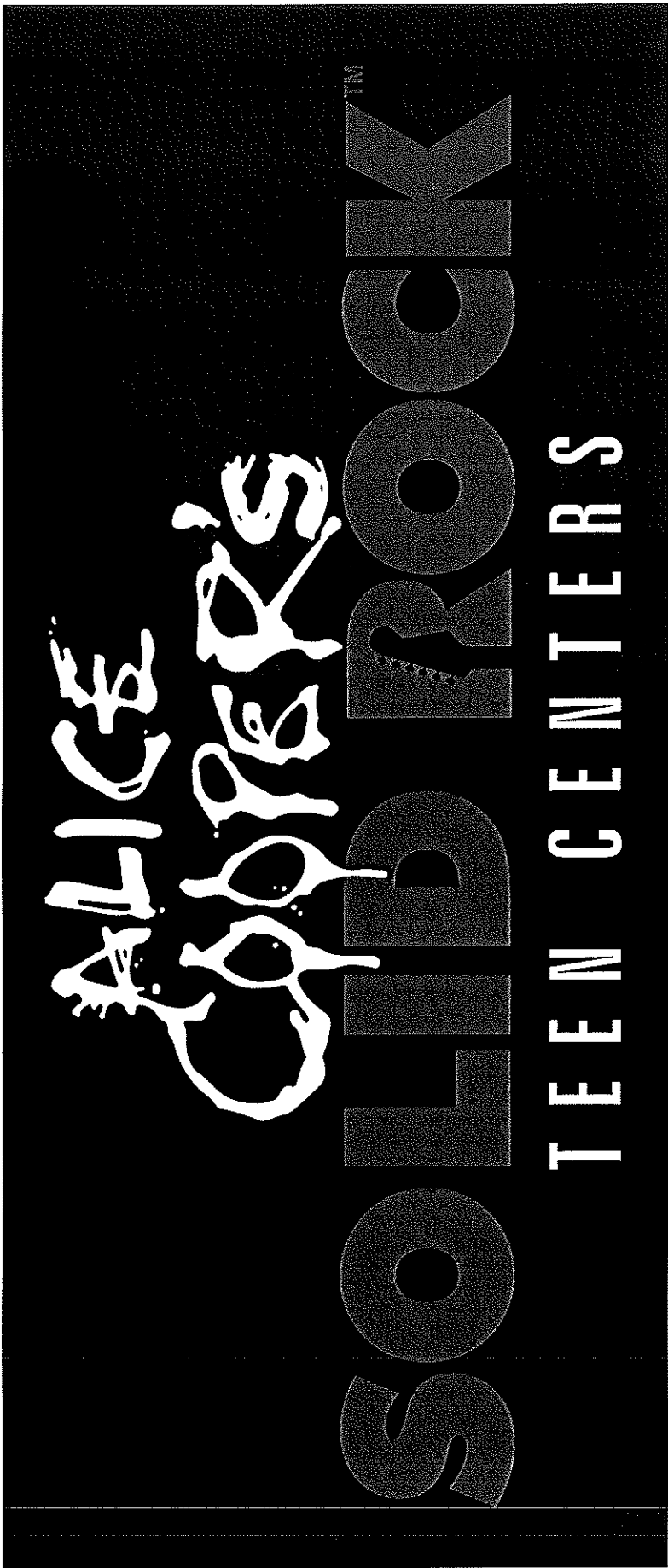
Grantham T, Co-Chairman	✓				
Osborne J, Co-Chairman	✓				
	√ Present	---	Absent	exc	Excused

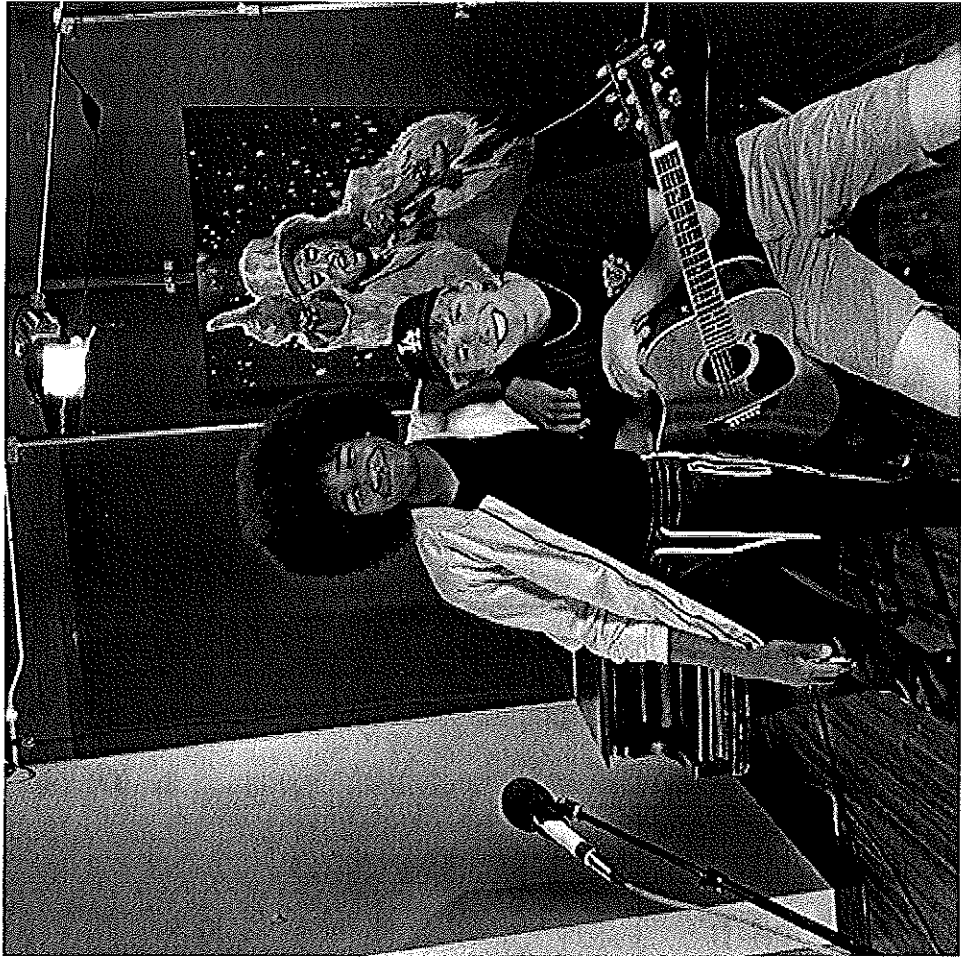
From: Sheila Hedstrom-Pelger
Date: December 7, 2022 at 8:14:26 PM MST
Subject: Teen Mental Health Committee

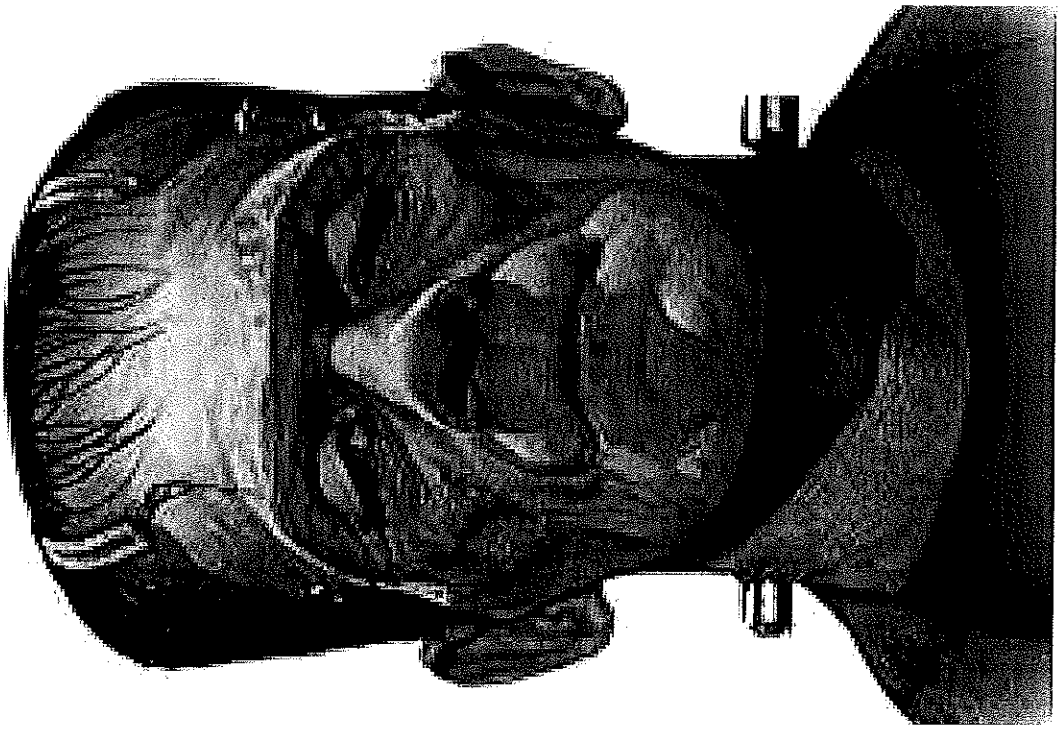
My son Tyler died at 17 by suicide. He was a happy and popular kid on the outside but I found out after he died that he was suffering from anxiety and depression for quite some time. He cried at school several times and his friends even went to a teacher about it but it never got back to me. After he died, a lot of work was done in Arizona by parents like me, legislators, educators and community parents who were shocked by the increase of child suicides and wanted to try to do something, anything to stop the epidemic. Because of Jake's law and the Mitch Warnock act, there is more access to care and Arizona school employees are required to be educated on the signs of kids who may be suicidal. For my son, I found out too late that he was self medicating with substances to numb his pain. One major symptom of depression and anxiety is substance abuse and it's not always addressed in a way that focuses on helping the child but more like punishing them. More education for parents and those who work with kids on the warning signs of substance abuse can help identify these at risk kids. Substance use is not just the "bad Kids" or kids just experimenting. I don't know what the answer is in regards to kids using drugs and alcohol, but if the experts could have more resources to educate parents and kids and teachers, progress could be made. There has to be something more than "kids don't do drugs" preached in middle school and then never mentioned again unless you get caught. I urge your committee to fight for more access to support and education for substance abuse and mental health education. I'm sorry I couldn't be there in person to share Tyler's story, but I'll help however I can. I do know that at least

15 kids in the last few years have reached out to me, some I knew, some I never met, to tell me that losing Tyler made them fight harder and get help when their depression and drug use was hurting them. Somehow sharing these stories with kids and getting on their level helps and that's the best advice I can give because I wish I would have done that for Tyler when he was here. Thank you for your time.









TEEN MENTAL HEALTH AD HOC COMMITTEE FINAL RECOMMENDATIONS

In Arizona, youth suicide is the leading cause of death for ages 10 to 14 and ages 15-24. This Teen Mental Health Ad Hoc Committee (Committee) was established to be a solutions-based team to make recommendations to solve this growing problem. Three working groups were established to hone in on the following issues: bullying and social media, family support and substance abuse, and access to care, depression and mental illness. For months the Committee has heard from nonprofits, state agencies, students, and others on what they are doing and what should be done to address teen mental health issues and gaps in access to care. We as members of the Committee are making a Call to Action to our State, our communities, our schools and our families, and these are our recommendations.

GENERAL

1. That legislation be drafted to establish a Teen Mental Health Grant Program to be administered by the Arizona Department of Health Services to:
 - Provide funding to school districts or nonprofit organizations for mental health first aid training, youth resiliency training, substance misuse awareness training or peer to peer education to youth, staff, and parents.
 - Support school districts to develop/obtain an app for students to report safety issues as well as gain clinical support that is 24/7 and anonymous.
 - Provide supplemental funding to school districts/rural regions to have a primary prevention specialist.
 - Provide funding for children mental health service providers.
 - Support digital wellness marketing campaigns.
 - Collect data on outcomes and expenditures.
2. That the Legislature consider the following resources to fund the Teen Mental Health Grant Program:
 - Legislative appropriations, including the Consumer Remediation Subaccount (Opioid Settlement), Substance Use Disorder Fund, marijuana revenues, tobacco settlement funds, tobacco tax revenues, American Rescue Plan Act, or state General Fund monies (state insurance premium tax collections).
 - Private donations.
 - Grants.
 - Federal monies.
3. The Legislature should work with the Attorney General to ensure opioid settlement monies are utilized appropriately for these specified purposes.
4. Establish a community hub (Hub) of information and support on the following areas: 1) access to care, depression, and mental illness; 2) bullying and social media; and 3) family support and substance abuse. The Arizona Department of

Health Services, in collaboration with the Arizona Health Care Cost Containment System, Arizona Department of Education and the Governor's Office of Youth Faith and Family must gather all available resources and work with coalitions, non-profit organizations, and other community groups to provide information to the Hub. All resources must be included on each agencies/office website. (See more under Bullying and Social Media/Family Support and Substance Abuse)

5. The Child Fatality Review Team must work with the Suicide Mortality Review Team to obtain 18-year-old suicide data to include in their annual statistical report.

ACCESS TO CARE, DEPRESSION & MENTAL ILLNESS

6. The Teen Mental Health Grant Program may provide funding to school districts to offer mental health first aid training, substance misuse awareness training, peer to peer education and other direct services to youth, staff, and parents. Collect data on outcomes and expenditures.
7. The Teen Mental Health Grant Program may provide funding for Children's Mental Health Service Providers including but not limited to Center's for Excellence, crisis services, respite services, and in-patient services. All these different levels of care take specialized staff and training.
8. Children's Mental Health Providers need increased reimbursement rates from insurance companies (private commercial and Arizona Health Care Cost Containment System) due to their specialized training related to their areas of practice. Additional time is required for children's appointments including session time and consultation with parents.
9. Increasing incentive for mental health professionals in schools and communities by assisting with student loans or years of service awards in underserved communities at the new graduate level and a focus on certification and degree programs that serve children.
10. That the Legislature fully fund on an ongoing basis the Children's Behavioral Health Fund and consider non-General Fund sources such as the state insurance premium tax collections.
11. Amend A.R.S. § 20-2322 to require all private health insurers provide reimbursement for services delivered through the psychiatric Collaborative Care Model, which shall include the following current procedural terminology (CPT) billing codes established by the American Medical Association (AMA):
 - o 99492
 - o 99493
 - o 99494

BULLYING & SOCIAL MEDIA

12. School districts obtain or create an app that would assist with threat assessments and allow students to report safety issues as well as gain clinical support that is 24/7 and anonymous. The app must include resources for students and parents regarding mental health, bullying, and substance misuse. This will improve school violence and student mental health supports. HB 2862 (Laws 2022, Chapter 313) funds a part of this through the Arizona Department of Education but needs to be amplified through the Teen Mental Health Grant to provide a robust tool for students, parents, and educators to access.
13. Support or create social media marketing campaigns on digital wellness geared to parents that include small clips from documentaries such as Childhood 2.0 and other public service announcements shown statewide on an ongoing basis.
14. Funding of White Ribbon Week — a week dedicated to digital wellness for students that will raise awareness and education for K-12 students and families.
15. Provide information to the Hub focused on different types of bullying, cyberbullying, social media impact, and bullying behaviors for parents and students. As well as strategies for students to mitigate incidents and timely reporting to school officials.
16. Increase the number of certified school counselors at every school level to improve caseloads.

FAMILY SUPPORT & SUBSTANCE ABUSE

17. Provide information to the Hub focused on prevention, education, crisis management and treatment, post treatment and support.
18. The Teen Mental Health Grant Program may provide funding to school districts and nonprofit organizations to offer mental health first aid training, youth resiliency training, and substance misuse awareness training to youth, staff, parents, and community stakeholders.
19. That legislation be drafted to develop tax credit deductions for substance misuse inpatient and outpatient treatment to relieve financial burden for families.
20. Utilize monies from the Opioid Settlement (Consumer Remediation Subaccount) to fund the Substance Use Disorder Services Fund to provide substance use disorder treatment services to underinsured or uninsured individuals.
21. The Teen Mental Health Grant Program may provide supplemental funding to school districts to have one or more primary prevention specialist on staff whose sole purpose is to work with local coalitions and nonprofits, to coordinate youth resiliency and primary prevention lessons/training.
22. More access to substance misuse inpatient and rehabilitation facilities for children/adolescents across the state, specifically in rural areas.

23. That legislation be drafted to permit 16-year-olds in crisis that lack a parent or legal guardian to consent for mental health treatment for stabilization only for a maximum of 4 months and to include talk therapy (no prescription medications).

December 8, 2022, Adopted at 9:50 A.M.