



UNIVERSITY OF HAWAII SYSTEM

Legislative Testimony

Written Testimony Presented Before the
House Committee on Finance
Thursday, February 25, 2016 at 3:00pm

By
Dr. Lori Ideta
Vice Chancellor for Students
University of Hawai'i at Mānoa

HB 1703 HD1 – RELATING TO THE UNIVERSITY OF HAWAII

Chair Luke, Vice Chair Nishimoto, and members of the House Committee on Finance, thank you for this opportunity to provide comments on this measure.

The University of Hawai'i at Mānoa is in complete support of this measure that establishes three (3) full-time psychologists and one (1) full-time case manager at the University of Hawai'i at Mānoa.

As you are well aware, college students are facing greater and more complex challenges in their personal and academic lives. Presenting issues amongst our students include anxiety, stress management, and suicidal ideations. We work hard to attend to all of our students. Our current team of psychologists, psychiatrists, and interns do an amazing job with limited resources.

The University of Hawai'i at Mānoa currently has 6.5 faculty positions, 1 temporary faculty position, 3 post-doc therapists, 3 doctoral Interns, and 2 doctoral practicum trainees. As the total number of students serviced each year increases, in the 2014-15 school year, the University has serviced approximately 1,300 students for close to 8,000 hours of therapy. The number of times students have sought services range from one intake appointment to over 30 individual therapy appointments. In the Fall 2015 semester, 559 intake appointments were scheduled, 296 emergency Blue Line appointments were scheduled, and 2591 therapy appointments were scheduled. On average, there are 32 hours each week dedicated to intakes, 40 hours of emergency Blue Line, and over 160 psychotherapy appointments available to undergraduate and graduate students.

However, the waitlist, which is for non-urgent clients, had 67 students on the list as of November 12, 2015, with an average number of days on the list being 7.17 days. As of February 01, 2016, 33 students are on the waitlist with an average numbers of days on the list is 16.06 days.

The demand for mental health services have increased across the country. According to data from the American College Health Association National College Health Assessment Fall 2014 Reference Group with in the last 12 months, 54% felt

overwhelming anxiety, 32.6% felt so depressed that it was difficult to function, and 8.1% seriously considered suicide. This data increased in the Spring 2015 Reference Group, with 56.9% felt overwhelming anxiety, 34.5% felt so depressed it was difficult to function, and 8.9% seriously considered suicide.

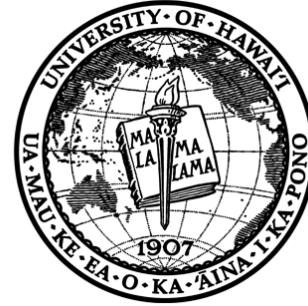
Any efforts to increase services to our students would be very much appreciated. These new positions will help to alleviate the current heavy workload on our therapists and increase our abilities to reach out to the campus through proactive educational efforts. Your investment in the University of Hawai'i at Mānoa will have a long lasting impact and will create a legacy of those who supported the students of higher education in our state.

We support the intent of this legislation provided that its passage does not replace or adversely impact priorities as indicated in the University's Board of Regents Approved Budget.

Thank you for your consideration.

To: House Committee on Finance
Representative Sylvia Luke, Chair
Representative Scott Nishimoto, Vice Chair

Date: Tuesday, February 25, 2016
Time: 3:00 PM
Place: Conference Room 308



Re: IN SUPPORT OF HB 1703 – RELATING TO THE UNIVERSITY OF HAWAI‘I

Aloha Chair Luke, Vice Chair Nishimoto, and Members of the Committee on Finance:

As the University of Hawai‘i Student Caucus – comprised of two delegates from each campus’ student government – we represent the more than 60,000 students in the University of Hawai‘i System, the only public institution of higher education in the state. The Caucus submits its testimony in strong support of HB 1703, which provides appropriated funds for three psychologists and one case manager to provide student mental health services.

As HB 1703 states, mental health is a growing national concern. According to the Center for Collegiate Mental Health 2015 Annual Report, college students are reporting increasing levels of distress and in particular, three types of self-reported distress have demonstrated consistent growth over the past five years: depression, anxiety, and social anxiety. This increase in self-reported distress parallels the increase in students requesting counseling services across the U.S. In Hawai‘i, this rings true as well. Many are waitlisted because our campus counseling centers are not able to meet the increasing demand of services. This is potentially dangerous for those waitlisted individuals and for those around them, as the same 2015 Report suggests that students seeking services are more likely to endorse “threat to self” indicators. More direct and timely assistance is pivotal.

The Counseling and Student Development Center (CSDC) at UH Mānoa is severely understaffed, with the number of specialists being significantly less than the national guidelines. However, this understaffing is not solely a detriment for Mānoa students, but for students across the UH System as well. When needed, the CSDC lends its specialists and services to other campuses. As the Student Caucus representing students across all ten campuses, we respectfully request that the three new psychologists and one case manager also extend their help to other campuses when necessary. Thus, passing HB 1703 will provide more sufficient resources for students beyond the Mānoa campus.

Thank you for your consideration of our testimony. Once again, the University of Hawai‘i Student Caucus strongly supports HB 1703.

Sincerely,
Melinda “Mindy” Alles
UH Student Caucus Chair



**Graduate Student Organization
University of Hawai'i at Mānoa**

Hemenway Hall 212 • 2445 Campus Road • Honolulu, HI 96822

Date: February 25, 2016
Time: 3:00 p.m.
Place: Conference Room 308

To: House Committee on Finance
Representative Sylvia Luke, Chair
Representative Scott Nishimoto, Vice Chair

Re: Support for HB 1703 – Relating to the University of Hawaii

Dear Chair Luke, Vice Chair Nishimoto, and Members of the House Committee on Finance:

Thank you for this opportunity to provide testimony. My name is Jonathan Dial, and I am writing on behalf and as the President of the University of Hawai'i at Mānoa (UHM) Graduate Student Organization (GSO), which represents the approximately 5,000 graduate students at the UHM campus.

I am writing in strong support of HB 1703, which appropriates moneys for UHM to hire three psychologists and one case manager to provide student mental health services.

Whether as an undergraduate or graduate student, the pursuit of higher education is a demanding and highly stressful endeavour. As in any organization, it is vital that the psychological and emotional needs of the individuals within it are met in order for maximum productivity to be achieved. Students especially are in a vulnerable situation, as they may be far from support networks, away from home for the first time, and subject to strong social, financial, and academic pressures. As such, it is imperative that the University be able to provide adequate mental and psychological support services to all its students. Currently, the Counseling and Student Development Center at UHM is understaffed and unable to meet the needs of those who need help. For these reasons, we strongly support HB 1703.

If you have any questions, I am able to provide further clarification on our stance on this matter. Thank you for your time and consideration.

Respectfully submitted,

Jonathan Dial
UH Mānoa Graduate Student Organization, President

To: House Committee on Finance
Representative Sylvia Luke, Chair
Representative Scott Y. Nishimoto, Vice Chair

Date: Thursday, February 25, 2016

Time: 3:00 PM

Place: Conference Room 308

Re: Support of HB 1703 Relating to the University of Hawai'i

My name is Todd Simeroth and I am an undergraduate student at the University of Hawai'i at Mānoa. I am writing in strong support of HB 1703, which appropriates funding for three psychologists and one case manager to provide student mental health services.

Over the last three years that I have studied here, I have encountered among many of my peers a common state of struggle with the various difficulties brought on by our often-confining environment. I have unfortunately seen this culminate into experiences of seclusion, overwhelming, and desperation. It is not an element unique to those residing in student housing, nor to those without family nearby, nor to those of any particular study or demographic.

I have had friends leave the university because they could not overcome these feelings. I have seen several peers in student leadership positions resign because they could not manage the growing stresses of the expectations put upon us. I have personally met individuals adversely affected by the incidents of our peers resorting to gruesome self-harm, as recently as within the past few weeks.

It is clear that there is an ongoing and pressing need for additional mental health services at our campus. Students who need professional psychological help should not have to wait days or weeks to receive counseling, or simply be left to manage their own conflicts to detrimental ends. The funding for the positions sought by HB 1703 can help resolve these hardships and protect the integrity of our community, and that is why I strongly support HB 1703.

Respectfully submitted,

Todd Simeroth
simeroth@hawaii.edu
808.366.5469

To: Finance Committee
Representative Sylvia Luke, Chair
Representative Scott Nishimoto, Vice Chair

Date: Wednesday, February 24, 2016

Time: 3:00 PM

Place: Conference Room 308

Re: Support of HB 1703 Relating to the University of Hawai'i

My name is Jessica Chen and I am an undergraduate student at the University of Hawai'i at Manoa. I am writing in strong support of HB 1703, which appropriates funds for three psychologists and one case manager to provide student mental health services.

As a pre-medical student, I have seen many of my peers overstressed and tired due to hours of studying and panicking. As you well know, getting into medical school is no easy task. Many of my friends panic over whether or not to pursue medicine. I have seen students who ultimately give up after failing an exam. I have seen friends who resort to poor life choices to relieve the stress.

I have been in those shoes. I have panicked after getting a C on my math exam. I have cried because I felt like I wasn't good enough. I have stressed because I know that grades are important when applying to medical school. Regardless of the major, I firmly believe that students should have the opportunity to speak to someone in a comfortable environment. It is not easy dealing with these struggles alone.

I strongly support HB 1703 for the students who need professional psychological help. The bill's funding for positions to provide mental health services can resolve mental health issues on campus. No student should have to resort to dealing with mental health problems on their own.

Respectfully submitted,

Jessica Chen
jwchen@hawaii.edu
808-541-7234

SYLVIA LUKE
COMMITTEE ON FINANCE
HB1703 RELATING TO THE UNIVERSITY OF HAWAII
Thursday February 25, 2016
3:00pm Room 308

Dear Members of the Committee,

My name is Genine Marie Tacadena. I am currently a junior at the Myron B. Thompson School of Social Work located on campus at the University of Hawaii at Manoa and I am testifying in support of House Bill 1703.

I recently sat in on the hearing for this bill when it was being heard by the Committee on Education - I was on a field trip for one of my social work classes - and this bill really stood out to me, therefore I did some research of my own and here I am today; writing this testimony.

I'm sure the distinguished members of this committee have heard of the incident in which a UH Manoa student tried to kill himself on campus at our dorms but a man saved this student's life and unfortunately it was at the expense of his.

The reason that I bring this up in my testimony is because according to a UHM English professor, there was another student who was a bystander during the time of this tragic incident, who witnessed this. When this student went looking for help at our University's Counseling Center - as I imagine anyone who had seen someone fall to their death would - they were told to come back for an appointment four days later, because apparently, said student did not indicate that they were traumatized.

As an aspiring social worker, I believe that speaking about one's emotional turmoil is very important and crucial to an individual's well being, so the fact that my campus' Counseling Center is not up to par and not offering enough counseling is something that naturally upsets me.

We need to have people - trained professionals at that - to be there for our students. And not just during times of tragedy like the mentioned incident- but all throughout the school year. College can be very stressful for some people, and sometimes students don't know who to turn to. I would think that the word/title "Counseling Center" would be one of the first resorts for a student but it would be of no use if we don't have the appropriate means and trained staff to deliver the services that students need.

We NEED this bill to be passed. It'll promote safety and well-being for students like myself who might need a place to get away and relieve our stress. Let's not let our students undergo silent suffering any longer. I fully support House Bill 1703.

Thank you for your time,

Genine Marie Tacadena
gmpt@hawaii.edu

From: mailinglist@capitol.hawaii.gov
Sent: Tuesday, February 23, 2016 11:21 PM
To: FINTestimony
Cc: joaquin.cedric@gmail.com
Subject: *Submitted testimony for HB1703 on Feb 25, 2016 15:00PM*

HB1703

Submitted on: 2/23/2016

Testimony for FIN on Feb 25, 2016 15:00PM in Conference Room 308

Submitted By	Organization	Testifier Position	Present at Hearing
Cedric Joaquin	Individual	Support	No

Comments:

Please note that testimony submitted less than 24 hours prior to the hearing, improperly identified, or directed to the incorrect office, may not be posted online or distributed to the committee prior to the convening of the public hearing.

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From: mailinglist@capitol.hawaii.gov
Sent: Tuesday, February 23, 2016 10:54 PM
To: FINTestimony
Cc: kcn7@hawaii.edu
Subject: *Submitted testimony for HB1703 on Feb 25, 2016 15:00PM*

HB1703

Submitted on: 2/23/2016

Testimony for FIN on Feb 25, 2016 15:00PM in Conference Room 308

Submitted By	Organization	Testifier Position	Present at Hearing
Keri Nagaishi	Individual	Support	No

Comments:

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From: mailinglist@capitol.hawaii.gov
Sent: Tuesday, February 23, 2016 10:45 PM
To: FINTestimony
Cc: janal94@hawaii.rr.com
Subject: *Submitted testimony for HB1703 on Feb 25, 2016 15:00PM*

HB1703

Submitted on: 2/23/2016

Testimony for FIN on Feb 25, 2016 15:00PM in Conference Room 308

Submitted By	Organization	Testifier Position	Present at Hearing
Janal	Individual	Support	No

Comments:

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From: mailinglist@capitol.hawaii.gov
Sent: Tuesday, February 23, 2016 10:32 PM
To: FINTestimony
Cc: snagaji@hawaii.edu
Subject: *Submitted testimony for HB1703 on Feb 25, 2016 15:00PM*

HB1703

Submitted on: 2/23/2016

Testimony for FIN on Feb 25, 2016 15:00PM in Conference Room 308

Submitted By	Organization	Testifier Position	Present at Hearing
Sarah Nagaji	Individual	Support	No

Comments:

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From: mailinglist@capitol.hawaii.gov
Sent: Tuesday, February 23, 2016 10:31 PM
To: FINTestimony
Cc: eileen.nam808@gmail.com
Subject: *Submitted testimony for HB1703 on Feb 25, 2016 15:00PM*

HB1703

Submitted on: 2/23/2016

Testimony for FIN on Feb 25, 2016 15:00PM in Conference Room 308

Submitted By	Organization	Testifier Position	Present at Hearing
Eileen Nam	Individual	Support	No

Comments:

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From: mailinglist@capitol.hawaii.gov
Sent: Tuesday, February 23, 2016 9:45 PM
To: FINTestimony
Cc: makana.agcaoili@gmail.com
Subject: *Submitted testimony for HB1703 on Feb 25, 2016 15:00PM*

HB1703

Submitted on: 2/23/2016

Testimony for FIN on Feb 25, 2016 15:00PM in Conference Room 308

Submitted By	Organization	Testifier Position	Present at Hearing
Makana Agcaoili	Individual	Support	No

Comments:

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ASUH

Associated Students of the University of Hawai'i

YOUR STUDENT GOVERNMENT

To: House Committee on Finance
Representative Sylvia Luke, Chair
Representative Scott Nishimoto, Vice Chair

Date: Tuesday, February 25, 2016

Time: 3:00 PM

Place: Conference Room 308

Re: Support of HB 1703 Relating to the University of Hawai'i

My name is Kelly Zakimi and I currently serve as the President of the Associated Students of the University of Hawai'i (ASUH), the Mānoa undergraduate student government representing roughly 14,000 full-time undergraduates. Today, I am writing on behalf of the Office of the ASUH President in strong support of HB 1703, which appropriates funds for three psychologists and one case manager to provide student mental health services.

Mental health is becoming a national concern as the number of students seeking services at counseling centers is growing at a rapid rate. According to the Center for Collegiate Mental Health 2015 Annual Report, the average growth in number of students seeking services at counseling centers (+29.6%) was more than five times the growth rate of institutional enrollment (+5.6%). The Counseling and Student Development Center (CSDC) at Mānoa has also felt the effects of the growing levels of students requesting mental health services. Although the CSDC does the best with what it has, many students are placed on the waitlist because the Center does not have the capacity to meet the influx of requests. Consequently, many are not receiving the timely help they need. With more staff, the CSDC can enhance outreach efforts and better serve undergraduate and graduate students alike.

When assessing the college experience, most look at academics or extra-curricular activities. These areas are wonderful and much needed, but the mental and emotional well-being of students often gets overlooked. By appropriating funds for our severely understaffed Counseling and Student Development Center, this bill takes tangible steps forward in prioritizing the mental health of students. Please support HB 1703 and stand with students at UH Mānoa in supporting increased student mental health services. Thank you for your time.

Respectfully submitted,
Kelly Zakimi
Email Address: zakimik@hawaii.edu

From: mailinglist@capitol.hawaii.gov
Sent: Tuesday, February 23, 2016 7:44 PM
To: FINTestimony
Cc: mryan603@hawaii.edu
Subject: *Submitted testimony for HB1703 on Feb 25, 2016 15:00PM*

HB1703

Submitted on: 2/23/2016

Testimony for FIN on Feb 25, 2016 15:00PM in Conference Room 308

Submitted By	Organization	Testifier Position	Present at Hearing
Mark Ryan	Individual	Support	No

Comments:

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To: House Committee on Finance
Representative Sylvia Luke, Chair
Representative Scott Y. Nishimoto, Vice Chair

Date: Thursday, February 25, 2016

Time: 3:00 PM

Place: Conference Room 308

Re: Support of HB 1703 Relating to the University of Hawai'i

My name is Nikia Crollard and I am an undergraduate student at the University of Hawai'i at Mānoa. I am writing in strong support of HB 1703, which appropriates funding for three psychologists and one case manager to provide student mental health services.

It is no secret that college is an exaggerated time of stress, anxiety and confusion for most students. Speaking from my own experience and most of the students I interact with are overloaded credits, working a part time job and are involved in extracurriculars. We are all experiencing the burden of figuring out what it's like to be an adult. For me, college has been a pivotal time in my life for self-development and identity formation, but with this self-growth, comes overwhelming feelings of uncertainty, doubt and fear.

I would hope that when I am feeling this way, myself and my fellow students would be able to talk a psychologist in a timely manner and get the help we deserve. These types of feelings only intensify and snowball until sometimes they become so enormous that we cannot bear them. In my 3 years at the University of Hawaii I have been in contact with two people who committed suicide and I am close friends with those who have turned to self-harm to cope. If UH is able to ensure that students can get help before they reach these desperate measures with increased amount of psychologists and a case manager, potentially these severe instances could be halted.

It is clear that the University has a duty to address the mental needs of their students. Taking care of the mental and emotional health needs is vital towards all areas of success for students while they undergo the pressure of school. I strongly support HB 1703 because the funding from HB 1703 is a step in the right direction to protect and maintain our students' mental and emotional health.

Respectfully submitted,

Nikia Crollard
Crollard@hawaii.edu

To: House Committee on Finance
Representative Sylvia Luke, Chair
Representative Scott Y. Nishimoto, Vice Chair

Date: Thursday, February 25, 2016
Time: 3:00 PM
Place: Conference Room 308

Re: Support of HB 1703 Relating to the University of Hawai'i

My name is Lexus Lapinad and I am an undergraduate student at the University of Hawai'i at Mānoa. I am writing in strong support of HB 1703, which appropriates funding for three psychologists and one case manager to provide student mental health services.

As a college student, I've encountered many people, including myself, that have struggled with depression, anxiety, eating disorders, substance abuse, and/or self-harm. The University of Hawai'i at Mānoa is a large campus, with an average of 20,000 students. Each student has a different story, and everyone is going through something personal. Some may not be able to handle things as great as others, and there are times when an appointment to meet a mental health counselor would take up to two and a half weeks. By this time, many students could give up trying to meet with a mental health counselor and let their problems overload.

I've seen a mental health counselor myself because I was having a hard time with dealing with anxiety, a recent loss of a family member, my schoolwork, and managing my life overall. By receiving mental health services, it helped me stay and succeed in school. It helped me figure out better ways to cope with everything I was going through. If it weren't for the services I received, I wouldn't be presenting this to you today.

It's obvious that this is a serious issue. Students have every right to seek professional help at the time that they need it. It could help change their life, and future. The funding for more employment positions can help students who are going through hardships and change their lives for the better, and that is why I strongly support HB 1703.

Respectfully submitted,

Lexus Lapinad
llapinad@hawaii.edu

From: mailinglist@capitol.hawaii.gov
Sent: Wednesday, February 24, 2016 1:47 PM
To: FINTestimony
Cc: maggieh@hawaii.edu
Subject: *Submitted testimony for HB1703 on Feb 25, 2016 15:00PM*

HB1703

Submitted on: 2/24/2016

Testimony for FIN on Feb 25, 2016 15:00PM in Conference Room 308

Submitted By	Organization	Testifier Position	Present at Hearing
Maggie Hinshaw	Individual	Support	No

Comments:

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From: mailinglist@capitol.hawaii.gov
Sent: Wednesday, February 24, 2016 1:46 PM
To: FINTestimony
Cc: kenichi9422@gmail.com
Subject: *Submitted testimony for HB1703 on Feb 25, 2016 15:00PM*

HB1703

Submitted on: 2/24/2016

Testimony for FIN on Feb 25, 2016 15:00PM in Conference Room 308

Submitted By	Organization	Testifier Position	Present at Hearing
Jonah J.	Individual	Support	No

Comments:

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From: mailinglist@capitol.hawaii.gov
Sent: Wednesday, February 24, 2016 2:04 PM
To: FINTestimony
Cc: alyssa.simbahon@gmail.com
Subject: *Submitted testimony for HB1703 on Feb 25, 2016 15:00PM*

HB1703

Submitted on: 2/24/2016

Testimony for FIN on Feb 25, 2016 15:00PM in Conference Room 308

Submitted By	Organization	Testifier Position	Present at Hearing
Alyssa Simbahon	Individual	Support	No

Comments:

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From: mailinglist@capitol.hawaii.gov
Sent: Wednesday, February 24, 2016 2:21 PM
To: FINTestimony
Cc: amymckee@hawaii.edu
Subject: *Submitted testimony for HB1703 on Feb 25, 2016 15:00PM*

HB1703

Submitted on: 2/24/2016

Testimony for FIN on Feb 25, 2016 15:00PM in Conference Room 308

Submitted By	Organization	Testifier Position	Present at Hearing
Amy McKee	Individual	Support	No

Comments:

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From: mailinglist@capitol.hawaii.gov
Sent: Wednesday, February 24, 2016 2:25 PM
To: FINTestimony
Cc: EH30@hawaii.edu
Subject: Submitted testimony for HB1703 on Feb 25, 2016 15:00PM

HB1703

Submitted on: 2/24/2016

Testimony for FIN on Feb 25, 2016 15:00PM in Conference Room 308

Submitted By	Organization	Testifier Position	Present at Hearing
Edward Hoogland	Individual	Support	No

Comments: I urge the legislature to support HB1703. Mental health services are vital to young adults because early onset diseases such as depression and schizophrenia can lead to suicide if not caught early. It is in the best interest of society to take care of its population through preventive medicine etc. Counselors can identify behavioral health issues before they become serious (and costly) issues. I further urge the house to consider amending the bill to direct UH-Manoa to make their services available to all UH students regardless of campus and vice versa). Let's send a clear message to our students that we care about their well being. Mahalo!

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To: House Committee on Finance

Representative Sylvia Luke, Chair

Representative Scott Y. Nishimoto, Vice Chair

Date: Thursday, February 25, 2016

Time: 3:00 PM

Place: Conference Room 308

Re: Support of HB 1703 Relating to the University of Hawai'i

My name is Maleka Mau and I am an undergraduate student at the University of Hawai'i at

Mānoa. I am writing in strong support of HB 1703, which appropriates funding for three

psychologists and one case manager to provide student mental health services.

As a social work major, and someone who is studying to help those in the mental health world, I think as an undergraduate population of about 20,000 students I think it is vital to have more psychologists and case manager than we currently have.

For me personally, having someone to speak to when times are tough or I need someone to help me manage my mental health, I find the support of medical professionals such as psychologists to be very vital.

I have several friends and know of many peers who have become depressed or have not gone to ask for help solely based on the reason that they know it would take a long period of time for them to get seen and they would rather try and deal with their issue on their own.

As students, I think it is important for us to stand up for our fellow peers at the university to say that hiring more help in the mental health service is extremely important and very needed at the university itself.

By granting us the funding to hire three psychologists and a case manager, I believe that will reduce the amount of students who drop out to attend other schools, cut the rate of depression and suicide rates and help the entire school, and that is why I strongly support HB 1703.

Respectfully submitted,

Maleka Mau
malekam@hawaii.edu

From: mailinglist@capitol.hawaii.gov
Sent: Wednesday, February 24, 2016 2:37 PM
To: FINTestimony
Cc: rakamosh@hawaii.edu
Subject: Submitted testimony for HB1703 on Feb 25, 2016 15:00PM

HB1703

Submitted on: 2/24/2016

Testimony for FIN on Feb 25, 2016 15:00PM in Conference Room 308

Submitted By	Organization	Testifier Position	Present at Hearing
Roxie Kamoshida	Individual	Support	No

Comments: I am in strong support for HB 1703. Students at the University of Hawaii at Manoa who are in need of professional psychological assistance should be able access such services when necessary.

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To: House Committee on Finance
Representative Sylvia Luke, Chair
Representative Scott Y. Nishimoto, Vice Chair

Date: Thursday, February 25, 2016

Time: 3:00 PM

Place: Conference Room 308

Re: Support of HB 1703 Relating to the University of Hawai'i

My name is Cherise Franco and I am an undergraduate student at the University of Hawaii at Mānoa. I am writing in strong support of HB 1703, which appropriates funding for three psychologists and one case manager to provide student mental health services.

As a college student, I have experienced many times that I have felt overwhelmed with the stress and anxiety of pursuing a college degree. Speaking from my own experience, I have struggled with college courses, trying to maintain a part time job and staying involved in extracurricular activities all at the same time. For me, college has been a time in my life to experience new things and to learn more about what interests me. In the midst of all this, I would hope that there will be a professional on campus to help my fellow students and I alleviate these barriers of stress and anxiety to achieve higher education.

I have a family member that copes with her depression by using substance abuse to forget about her problems. She stopped out of school this current semester because she said that she is unable to focus on her studies. She was a UH Manoa student and I am hoping that by the time she enrolls again in school this Fall semester of 2016, that there will be adequate services for her to use on campus. If UH is able to ensure the proper resources for students on campus, there could be an extreme halt in mental health issues among our students.

It is clear that mental health issues are a growing concern among college students. College students have a great amount of pressure to do well and graduate and this can affect them mentally and physically. I strongly support HB 1703 because it is a great step towards protecting and maintaining our student's health and emotional needs while obtaining a college degree.

Respectfully,

Cherise Franco

Cherise6@hawaii.edu

To: House Committee on Finance
Representative Sylvia Luke, Chair
Representative Scott Y. Nishimoto, Vice Chair

Date: Thursday, February 25, 2016

Time: 3:00 PM

Place: Conference Room 308

Re: Support of HB 1703 Relating to the University of Hawai'i

My name is Kayla Tacey and I am an undergraduate student at the University of Hawai'i at Mānoa. I am writing in strong support of HB 1703, which appropriates funding for three psychologists and one case manager to provide student mental health services.

Although it isn't easy to see, living in such a diverse environment, I notice that a lot of different people need mental help for various amounts of reasons. The world can be a cruel place and people need help, advice, motivation, or anything they can get. The best thing to give them would be the proper and necessary people to help them with their issues so that these issues don't become a large scale issue that everyone knows about especially because people like to keep these things to a personal level.

Some of my friends need the mental help because of the levels of stress, pressure, or other causes. As I friend, I would like to help them to feel greater and to improve their self-confidence about what they can do. I can only push them so far to keep up and stay motivated, but there are some cases that are so severe that it is beyond the point that I can directly help them and can only direct them on where to go to for help.

With the low amount of staff to help with these rising amounts of mental health cases, there are major consequences. One of which include long waiting lines meaning students don't receive the proper help they need. If people are not helped, there are more likely to self-harm, suicide, do things they may regret, or hurt other people. In effect, this may cause the need of mental help passed on to the surrounding family and friends creating an increase in cases of mental health issues.

Students need help and they should not have to wait for the help they need. Waiting days, weeks, longer, or not getting help is not the solution to this largely pressing issue. It is a clearly a large issue that is seen by everyone that needs to be resolved by funding counseling to open more opportunities to speak with someone, and that is why I strongly support HB 1703.

Respectfully submitted,

Kayla Tacey
ktacey33@hawaii.edu
808-675-8498

From: mailinglist@capitol.hawaii.gov
Sent: Wednesday, February 24, 2016 2:48 PM
To: FINTestimony
Cc: cherise6@hawaii.edu
Subject: *Submitted testimony for HB1703 on Feb 25, 2016 15:00PM*

HB1703

Submitted on: 2/24/2016

Testimony for FIN on Feb 25, 2016 15:00PM in Conference Room 308

Submitted By	Organization	Testifier Position	Present at Hearing
cherise franco	Individual	Support	Yes

Comments:

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HB1703

Submitted on: 2/24/2016

Testimony for FIN on Feb 25, 2016 15:00PM in Conference Room 308

Submitted By	Organization	Testifier Position	Present at Hearing
Eugene Lao	Individual	Support	No

Comments:

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HB1703

Submitted on: 2/24/2016

Testimony for FIN on Feb 25, 2016 15:00PM in Conference Room 308

Submitted By	Organization	Testifier Position	Present at Hearing
Sierra Callihan	Individual	Support	No

Comments:

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HB1703

Submitted on: 2/24/2016

Testimony for FIN on Feb 25, 2016 15:00PM in Conference Room 308

Submitted By	Organization	Testifier Position	Present at Hearing
Bret Polopolus-Meredith	Individual	Support	No

Comments:

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HB1703

Submitted on: 2/24/2016

Testimony for FIN on Feb 25, 2016 15:00PM in Conference Room 308

Submitted By	Organization	Testifier Position	Present at Hearing
Richard Mizusawa	Individual	Support	No

Comments:

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HB1703

Submitted on: 2/24/2016

Testimony for FIN on Feb 25, 2016 15:00PM in Conference Room 308

Submitted By	Organization	Testifier Position	Present at Hearing
Sierra Callihan	Individual	Support	No

Comments:

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