

February 1, 2021

Dear Members of the Behavioral Health Division:

On behalf of NAMI Minnesota, I want to express our support for HF 375. Allowing young people, ages 16 to 18, to consent to outpatient mental health treatment will remove a barrier to access. The NAMI board is comprised of mental health professionals, people with mental illnesses and family members. They all believe this bill will be beneficial.

It can be difficult at times to obtain parental permission for treatment. Not necessarily because they are opposed to treatment but due to language barriers, time constraints, etc. If young people are struggling with their mental health, we want them to reach out for help and to obtain that help without delay.

We are not worried about the lack of parental consent. Good mental health professionals will always work to engage and involve parents in the treatment of their children. It is part of the healing process.

NAMI Minnesota urges your support for HF 375, especially during this difficult time that is negatively impacting our teen's mental health.

Sincerely,

Sue Abderholden, MPH  
Executive Director