



Virginia MIRC&lt; vamirc@mirc.virginia.gov&gt;

## New MIRC Comment

1 message

Sat, Sep 28, 2013 at 9:52  
AMReply-To: [REDACTED]  
To: vamirc@mirc.virginia.gov**First Name** - Audrey**Last Name** - Nadeau**Organization Name** -

**Comment** - First of all I'd like to point out how embarrassing it is to be the only first world nation without public access to health care. On a personal note, I am currently on extended maternity leave and am only relying on my husband's part-time income. I need to take medications for mental health and, at only 20 years old, I have been hospitalized three times in the past. My child needs me to stay on medications, be in counseling, and stay stable. Unfortunately, for low income individuals, the options available are not ideal. In urban areas there are clinics with sliding scales that offer medication management, but no close oversight by a psychiatrist. This situation can often encourage individuals to stop taking medications because they do not feel accountable and they can lose sight of the importance of sticking to it. They also may need changes in their medication or therapeutic tactics that would only be made obvious by a weekly or bi-weekly visit. Also, this way can involve a lot of jumping through hoops and waiting periods, all of which dissuade people who really should be encouraged to be in on-going mental care. In light of recent shootings and other smaller incidents that go unreported all the time. Its more important than ever that we make sure that people with mental illnesses have every chance imaginable to get help before they get to the point of hurting themselves or others. It should not be hard to get help in order to keep oneself from going over the edge, if the help is wanted. Right now the only therapy may happen when a person is forced into a facility due to saying to the wrong person that they want to kill or be killed to the wrong person. This type of forced "help" only makes people resentful of mental healthcare. If someone knows they need help before they get to the point of being homicidal or suicidal, getting help should be easy and accessible for everyone. If not, people who otherwise would have gotten help may become violent and break the law. This would hurt their reputation, their family's well-being, and their finances. Not only that, but without proper mental health supports the costs of a routine freak-out is passed onto tax payers money through child protective services, and public defenders. With a violent crime on a person's record, they cannot get a job and the cost of on-going government help will far outweigh the money that was not initially invested in the person's health. That is the same for anyone who cant work due to health conditions that could have been fixed before they got to the point of qualifying for disability. The fact that children should get access to health care regardless of how little their parents make is a great thing, but parents need to be healthy in order to take care of their children. If all of an adult's disposable income is used for their own health so that they can be physically and mentally able to work to take care of their dependents, that is not only bad for the household but also the economy as a whole. An increase of taxes would be hard to bear for some, but far outweighs the costs of not doing anything about the broken healthcare system. In conclusion, for the health and welfare of the nation, it is unconscionable for a nation with more than enough to go around to pay for their most needy to stay healthy, have a good quality of life, and be able to strive to get off welfare.