

Brian Toth, Sheriff Sergeant
Franklin County, Ohio
HB 96 Proponent
In Support of eTMS Funding
May 13, 2025

Chair Huffman, Vice Chair Johnson, Ranking Member Liston and members of the Senate Health Committee thank you for the opportunity to testify in support of eTMS Ohio. My name is Brian Toth, and I currently serve with the Franklin County Sheriff's Office. I've spent the last 26 years in law enforcement, following six years of service in the United States Army. I've dedicated my adult life to protecting and serving this country and my community.

What most people don't see behind the badge is what this job can do to you—mentally, emotionally and physically. Over the years, I've carried a heavy load of trauma. In 2008, I lost my partner in the line of duty. In 2010, I was involved in a police shooting that left deep scars and in my personal life, my own father attempted suicide. Thankfully he survived. These experiences affected my thoughts, emotions, sleep, and relationships.

By the time I started the eTMS program in November of 2023, I was dealing with anxiety and severe sleep problems. I couldn't fall asleep, couldn't stay asleep. My mind was constantly racing about work and I couldn't shut it off. I heard about the eTMS program so I signed up.

After starting eTMS, I began to notice something I hadn't felt in years: relief. The anxiety started to fade. My thoughts became more collected, more controlled. The chatter in my mind, what used to feel like a nonstop loop, finally slowed down. And at night, I could actually fall asleep, stay asleep, and I could rest. I'm no longer drinking to unwind in the evening. In fact, my taste for alcohol has changed completely.

My daughter said something to me that hit me hard—she told me, "I wish you would've done this years ago." That one sentence says everything. She sees the difference. And I know others are experiencing the same thing. One guy I know used to take a bottle of bourbon to bed with him every night just to get to sleep. He dropped 100 pounds after starting the program, from cutting alcohol out of his life.

Since starting eTMS, I've personally told over 320 people about the program. I've shared it through our FOP newsletter, and the response has been incredible. People are reaching out, they're curious, they're hopeful—because they see what it's done for me and others.

Here in Ohio, we have about 33,000 FOP members. That doesn't even include the State Highway Patrol, local departments, or dispatchers. That's tens of thousands of men and women who carry stories like mine, silent burdens, untreated pain, trauma that

accumulates over years. They deserve options that work. They deserve a chance at healing, not just coping.

This isn't just about individual wellness, it's about safer communities, stronger leadership, healthier families. When we show up to work healed and whole, we serve better. We lead better. And we live better.

Thank you for creating this opportunity in Ohio. It has helped me and will continue to help thousands of others.

Thank you for the opportunity to tell my story, I am happy to answer questions.