

Anthony Harris, E-4
Proponent Testimony (Written)
SB153-Ohio Veterans NOW Transcranial Magnetic Stimulation Program
Senate Workforce and Higher Education Committee

Thank you Chairmen Johnson, Vice Chair Cirino, and Ranking Member Williams for the opportunity to offer my written proponent testimony on SB153. My name is Anthony Harris and I served in the United States Army from 2008-2016. Some background on my service includes: After One Station Unit Training (OSUT) at Ft. Leonardwood I was assigned to 3rd Brigade Combat Team of the 101st Airborne Air Assault Ft. Campbell in September of 2008. From February 2010- April 2011 I was deployed in support of Operation Enduring Freedom. From September 2012- June 2013 I was deployed in support of OEF. February 2014 a permanent change of station to Ft. Carson where I served as an Operations manager for the 110th Military Police Company and participated in the exceptional athlete program for Slow pitch Softball eventually tearing ligaments and tendons in my left ankle and left knee, ultimately leading to a medical separation from service in August of 2016 for complex regional pain syndrome. This sudden change from combat to sitting at home was detrimental for me.

The last event in my life that lead to seeking treatment was my inability to manage my anger and rage, that lead to an altercation with my 17 year old son and in that moment I snapped, assaulted him and injured my wife, who was trying to intervene. I first noticed my struggle in 2013 while participating in special reactions training. I was home on a reset refit and had a flashback to clearing buildings in Afghanistan. That was when I really started fighting PTSD, at the time I had no idea that anything was wrong or how different I was. But turmoil and chaos ensued as I tried to live an "at home" life with a combat mindset. I was creating a world of fear, confusion and pain for everyone around me and I had no idea. I have been attacking and punishing the ones closest to me since 2011. Between the 2010 deployment and 2012 deployment we didn't have much time at home. So we were able to drink train and fight our way through to the next deployment. Barely making with any rank left on my chest. Even though the 2010 deployment was where all the trauma came from. My second deployment was when and where all my issues started to affect my career. I developed a real hatred for my toxic leadership and it affected my performance as well as my drive. Those same guys with the exception of the LT. We all deployed together but thinking that they were the issue was too easy to believe. It took many years to look at myself as the problem.

I suffered through drinking too much, thinking it was the only thing that worked. I struggle with anger, anxiety and poor sleep since 2010, the TMS has allowed me to process through my emotions, instead of getting lost in the anger and negativity. I went from a glass half full, to a glass half empty, all the way to understanding my emotions and how to cognitively process through all of my emotions. Trying never to get stuck in the negative for longer than is needed. Because of where I was at emotionally and mentally. I was ready and WILLING to implement changes in all aspects of my life. TMS is not a magic treatment. TMS is the BEST starting point I've ever been presented. EMDR, CBT & CPT all helped me understand the cognitive process and when. But TMS gave me the ability. It has been a life changing process for me and truly believe it will help not only Veterans suffering from PTSD, but the family members that suffer

from PTSD forced onto our loved ones by our uncontrollable unrecognizable "disorder" as they call it.

My best friend C.C. who is a Hilliard Ohio police officer went through the academy with another trainee, also a veteran, whose girlfriend who works for a Senator gave him the information, who gave it to me. It was an opportunity I'm glad I took and was provided to me. It changed the game for me. I'm more goal focused, It is so easy for me to see the good in every situation. I still work everyday at making my changes noticeable to those around me. Currently I am meticulously working through self and family therapy to restore the damaged relationships with my immediate family. I have seen a true difference in each relationship. I feel a growing bond everyday. I always had a problem displaying emotions, especially the right ones, and it has always made people nervous/anxious or uneasy around me, they never knew what emotion they were going to get. I feel a sense of connection and understanding again. It has everything to do with Transcranial Magnetic Stimulation, restoring my ability to understand cognitively processing emotions and the willingness to work at maintaining my physical health.