

**James Adams, Sergeant**  
**Proponent Testimony (Written)**  
**SB153-Ohio Veterans NOW Transcranial Magnetic Stimulation Program**  
**Senate Workforce and Higher Education Committee**

I want to personally thank Chairman Johnson, Vice Chair Cirino and Ranking Member Williams for letting me give my written proponent testimony on SB153. My name is James Adams and I served from November 2007 to November 2017 as a Blackhawk crew chief 160<sup>th</sup> SOAR in the United States Army. My issues stem from training and the fatigue and trying situations I was put in, as well as my multiple deployments with even more strenuous circumstances and the high demand duties I had including Med Evacuations.

Near the end of service sleep became very challenging often as little as 3-4 hours a night with excessive anxiety. This led me to be diagnosed with PTSD and anxiety disorder in 2017.

I then heard about TMS through my attorney.

Since the treatments my sleep quality has improved drastically and my anxiety has lessened. Also, my mood and outlook on life have improved as well.