

**Theresa Kane**  
**Perry Behavioral Health Choices, Executive Director**  
**Proponent Testimony**  
**SB 153**  
**Workforce and Higher Education Committee**  
**May 19, 2021**

Chair Johnson, Vice Chair Cirino and Ranking Member Williams thank you for the opportunity to testify as a proponent of Senate Bill 153, a bill that would help to expand the transcranial magnetic stimulation pilot program to service veterans and first responders who suffer from post-traumatic stress in Ohio.

My name is Theresa Kane, and I am the Executive Director of Perry Behavioral Health Choices. I have worked at Perry Behavioral Health for 34 years, and I am a Registered Nurse, a Licensed Chemical Dependency Counselor, and an Ohio Certified Prevention Consultant. I have spent my career treating drug and alcohol addiction through traditional means. Recently, our operation was invited to participate in the data driven TMS pilot program in Ohio, and while our group is relatively small, I can attest to the promise it provides as a potential treatment. In our experience, we have seen very positive results in our patients that were enrolled in the program, and we urge the legislature to continue the program as it is laid out in SB 153.

Perry Behavioral Health Choices has treated eight patients so far and we are eager to treat more. We know there is a need for the service in our area. I would also like to confirm and reiterate some of the written and oral testimony you have already heard. We have seen the same benefits, which include better sleep from patients in the program, increased mental clarity and reduced cravings for alcohol and drugs. Unfortunately, the program has been temporarily paused, leaving some of our clients in in the beginning or middle stages of the program. Those patients, if they are unable to complete the program, will not retain the progress they have made, instead they regress.

I would offer an example. One of the veterans in the pilot program had spent 20 years as a traditional patient. He self-medicated with alcohol. After years in traditional therapy, he could manage his addiction, and even became an employee of mine. He has worked at Perry Behavioral Health for four years. Like most people, he found his job helping others to be rewarding, but he was still dealing with his own issues. Many of the underlying issues were still there. We had discussed enrolling him in the program, but he was skeptical that TMS would be effective. He was also concerned that using a magnet to stimulate his brain could have other unintended side effects. We were able to explain that while the process is new for PTS, it has been used successfully for 15 years as a treatment for depression. The other reason he decided to try TMS, was the veteran-to-veteran work. One of the features that makes this program successful is that veterans counsel other veterans. Regardless of branch, each veteran enrolled in the program has a pair with similar experiences, explaining the impact that TMS has had on their lives. Trust is a crucial component of the program.

In this patient's case, he started with the treatment and did not think it was doing much. However, one of our nurses noticed that his pronounced limp—the result of a motorcycle accident—was far less noticeable. He acknowledged that he was feeling less pain. As he went further into the program, he was sleeping better. Unfortunately, then came the pause. The program was put on hold. We believe that even adversity can present opportunity; resiliency is a key component of recovery. During the pause, we could see the limp return, sleeping habits began to degrade, and mental clarity did too.

During his pause in treatment, we could see him slipping backwards. The patient had seen the direction the treatment was moving and was eager to finish. He was getting a glimpse into the life he could have, and he knew it was slipping away.

We were able to resume his treatments, and he has now completed the program. He has reached the light at the end of his long, dark tunnel, and we believe we could do the same for others with the passage of SB 153. We strongly believe that the commitment of the legislature to continue the program is an important first step on the way to establishing the trust needed for the veterans to know that the program will be there for them, that the state is there for them, and that Perry Behavioral Health Choices and our veteran counselling partners will be there for them too.

I thank you for your time today, and I am happy to answer questions.