

January 17th, 2024 - Alexander Allin: Support (FAV) for SB 165

Good afternoon, Mister Chair, Madam Vice Chair, and Committee Members. My name is Alexander Allin, and I'm a high school junior from District 16 in Montgomery County. Thank you for the opportunity to share my position on SB 165, Education – Coaches – Mental Health Training.

Coaches spend a lot of time per day with their team. They team-build and grow a tight-knit, trusting community of athletes. Because of this, coaches are one of the first people to notice when mental health challenges may occur in a student. For example, a coach may observe a player being distant or less interested in the sport and other activities. Coaches' close bond with their students makes them a trusted adult for many players struggling with mental health challenges. Without proper mental health training, coaches may overlook student-raised concerns and not notice signs of poor mental health in their players. Alongside the pressure of being an athlete, not having proper mental health support could cause students to quit sports they enjoy and have poor academics.

Because coaches team-build and create a community, making them the first point of contact or person to notice an athlete in need, a favorable report on SB 165 is imperative so students can achieve their full academic potential.

Thank you again for listening to student voices,

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