Aaron Cook-Garmyn
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517-484-2011

March 21, 2012

House of Representatives
Families, Children and Seniors Committee
P. O. Box 30014
Lansing, MI 48909-9514

Honorable Representatives:

My name is Aaron Cook-Garmyn. I am 23 years old and I have Asperger's Syndrome, Bi-Polar Disorder, ADHD, OCD, Anxiety Disorder and Asthma.

All my life I have been able to receive quality medical care for my Asthma and Blue Cross/Blue Shield has covered most of my costs, except for the deductable.

Most of my child hood years and now my adult years I have not been able to receive mental health care. Growing up Blue Cross/Blue Shield would only cover 12 to 24 therapy sessions per year. I would just get started and the benefits were used up for the year. When I was 16, I felt so different, left out by my peers and depressed that I tried to take my life. I finally got some help! I spent five days at an inpatient facility. Blue Cross/Blue Shield would only pay for five days, so I was sent home, again without all of the treatment I needed. After trying to take my life, I was able to start going to Community Mental Health for therapy and the med clinic for medications. At the age of 18 all services stopped because I was now an adult. It has been five years now. My Asthma is under control, my mental health is not.

I am asking that you support the Mental Health Parity Bill so other kids never have to go through this.

Sincerely,

Aaron Cook-Garmyn