

September 19, 2013

To: Michigan Commission on Mental Health & Wellness
Wayne State University

Lt. Governor Brian Calley & Esteemed Members of the Commission:

It is my opinion that this Project launched by Governor Snyder, is a long-awaited movement. However, I must state that it is my opinion that Any outcomes of this Commission will be unlikely to persuade the bureaucracy of the government, the insurance industry and the American Medical Association to accept and use the sound witness and initiatives given in the final report.

Although we now have the Affordable Care Act that may provide insurance for the thousands of mental health patients, the providers of care for patients will still have the censorship of the FDA, the Pharmaceutical and Insurance industry, the AMA and many more committees that take their cues from lobbyists and not from the outcomes, testimony and reports from patients and their doctors.

Beginning with the industry, there is a large lack of doctors that specialize in different disorders. As we are often told, doctors & hospitals that provide and perform specific procedures more frequently, are likely to have experience & knowledge that makes for more successful outcomes - so it is with professionals that are credentialed in mental health.

As a mother of a daughter age 50, with a bipolar disorder, an IQ of near genius, and a family history of mental disorders (I avoid this term.... As I believe, the correct term should be brain disorders,) I and my family have had to deal with a myriad of issues caused more by the industry and our government than the disorder itself.

It is impossible to give quality testimony in five (5) minutes however the most important points I consider ones you need to learn more about are :

- Quality of medical professionals,
- Availability of **COMPREHENSIVE INSURANCE** that covers not only the meds but tests as well.
- New standards for Medicare coverage and assistance with transitioning to a balanced life. Currently patients are immediately penalized for earning a dollar over the limit for assistance.

- Providing the family of adult children with information they need to know in order to be a helpful caregiver. They may not be living together which creates an even greater barrier to communication
 - Use the patients with demonstrated success in managing their lives to share their 'best practices.'
 - End the prejudice against alternative medicine and the use of proven supplements. Many of the methods may not end the disorder but have tremendous potential
 - for patients learning and using strong coping mechanisms
 - Set standards for the FDA, the EPA and industries that use toxic chemical and create monitoring systems. These have significant impact upon all people and much more on individuals with Brain disorders.
 - Include the public, physicians in gathering information to make the changes.
- I FOR ONE HAVE 30 YEARS OF EXPERIENCE WITH FAMILY BRAIN DISORDERS,
experience in politics, government, health care as well as research. There are many more like me, who are here today and can be of great value in the change process.

Thank you for receiving this testimony.

Sincerely,

Anna Angeline Angel Bakos
3610 Galloway Court, #2513
Rochester Hills, MI 48093

248.499.7179

dana29cam@yahoo.com