

Chair Dexter, Vice-Chairs Gamba and Helfrich, and Members of the Committee,

My name is Richard Doughty, and I live in Portland, Oregon. My wife is a certified teacher, and I volunteer regularly in her school district. I am a certified Brain-based Trainer through the Jensen Learning Corporation. Eric Jensen, the founder of this organization, has worked with school districts throughout Oregon and set up this certification program to increase our knowledge of how the brain works and how to help our schools succeed, especially when it comes to choosing educational approaches and understanding how children learn.

Every year, my wife and I are witnesses to the stressful situation of Oregon children being forced to change classrooms, experiencing educational and social disruption, and thereby living with increased levels of stress in their lives due to no fault of their own as their families are priced out of housing or evicted and forced to move. Based on research and our experience, stressed children perform worse than they should academically, often cause disruption in their classrooms that affects other student's learning, and contribute to the decrease in job satisfaction for teachers who are leaving the profession far too often.

When you understand the negative effects of stress on human physiology and learning (see *Why Zebras Don't Get Ulcers*, a seminal work on stress by Robert Sapolsky, the John A. and Cynthia Fry Gunn Professor of Biology, Neurology and Neurosurgery at Stanford University), how easy it is through stress to introduce learned helplessness into a classroom (see a classic psychology experiment on YouTube [here](#)), and realize the many paths through which stress is created in children's lives, especially children of color, (see this abstract for a paper on stereotypes and academic performance - [Stereotype Threat](#)) you will realize how we, as the citizens of Oregon, must come together to provide housing stability for our families and for their children.

Children are our hope for the future of our society, and it is well known that research shows investment in children pays us back multiple times over. Every year I hear complaints about the results of Oregon education. While the causes are manifold, I trust that one aspect of this we can agree upon is that you cannot allow children to be homeless, or to be moved from house to house, school building to school building, experiencing all the stress that comes with domestic, social, and educational upheaval and expect them to do well in school. This bill and further action like this to support the stability of families in housing in Oregon is essential to our future. I have lived in Oregon for decades, and for too long we have created and sustained a system that prefers landlords over families. The least we can do is level the playing field and provide strong rights to the families of Oregon to have stable housing. This investment in stable housing will have the added benefit of increasing the success of Oregon's investment in education.

HB2001 is an absolutely essential step in the direction of providing stable housing and giving children essential support in their educational learning journey and in stable, healthy socialization.