

**House Committee on Education**  
**January 15, 2026**  
**Written/Oral Testimony in Support of HB 2203**  
**Adalyssa Meinhardt – Student and Self-Advocate with FASD**

Good Afternoon Chair Estes, Vice Chair McNorton, Ranking Minority Member Stogsdill and Members of the Committee:

My name is Adalyssa Meinhardt. I am 17 years old, and I am here today as a student with Fetal Alcohol Spectrum Disorder, also called FASD. The struggles I am sharing with you happened when I was in **elementary school**, when my disability was not recognized.

Most people couldn't see my disability, so they didn't understand what I needed. When my brain became overwhelmed, I didn't always know how to explain it. I was often punished instead of supported.

One thing I needed was consistent snacks during the school day. When my blood sugar dropped, my brain stopped working well. I became anxious, confused, and emotional. Instead of being allowed to eat when I needed to, I was often told no, even though snacks helped keep my brain calm and regulated.

I wasn't being disruptive.        I was trying to function.

I also got in trouble for pushing another student. From the outside, it looked like I was being aggressive. In reality, I was just trying to go by and take my turn. I didn't understand personal space the same way, and my brain couldn't process the situation fast enough.

I wasn't trying to hurt anyone.        I was trying to participate.

Because FASD wasn't recognized, my actions were seen as behavior problems instead of signs that my brain needed support. I needed adults to slow things down, explain things clearly, and help me regulate—not punish me.

I am now **homeschooled**, and that has made a big difference in my life. Homeschooling allows me to focus on areas where I can succeed, like **art, math, and job skills**. I am able to learn at my own pace and in ways that work for my brain.

HB 2203 matters because it would help students like me be understood. It would help schools recognize FASD as a real disability and make sure students get accommodations before things turn into discipline.

Kids with FASD are not bad kids.        We are kids with brains that work differently.

With the right support, we can succeed.

Thank you for allowing me to share my experience and for supporting HB 2203.

Respectfully,  
Adalyssa Meinhardt

