

## Testimony before the State of Connecticut Appropriations Committee

Public Hearing, December 9, 2009

### Medication Formulary

For the record, my name is Thomas Cushman, I reside in Simsbury and I am a human being the experiences Bi-Polar Disorder. Hello Senator Harp, Representative Geragosian, and esteemed members of the Appropriations Committee. I am here in hopes that my testimony will help you recognize the importance of coverage for all psychiatric medications. I recently got the Connecticut License for Massage Therapy and I do need to say that I can thank the educational support that I received from Prime Time House. While going through massage school, the importance of "do no harm" was impressed on me. I learned the importance of using the appropriate method for the presenting musculature instability and the importance of referring someone out if it was outside my scope of practice. I am no longer on state entitlements but the more that I heard about this formulary, the more I remembered what it was like when I was on state aid. I was on medication that caused me severe weight gain with a slowed down metabolism. I was on a medication that caused me to black out. I was on medications that caused me to be unable to concentrate and would not have been able to get through massage school if I was still taking them. The worst side effect was that it repressed my ability to be intimate with my wife for some time and she stuck it out with me. Can you imagine what that must be like? Can you really wonder why people would go off their medication? Repressing the sex drive is one of the most harmful things that can happen to the human body. I think about the medication I am on now. I have no side effects, not one. It does me no harm. I don't even want to think about what it would be like if I did not have this medication as choice. Not everyone may be that lucky. I urge the state to give everyone as much choices as possible. Medication restriction will cost the state more money in the long run. You are being asked to make choices that will affect people's health. Please, do no harm. It has been an honor to speak here.