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**Testimony before the Appropriations Committee
December 9, 2009
The Governor's Proposed Deficit Mitigation Plan
and the Impact of the Governor's Rescissions**

Greetings all! I'm Janet Auster. If people were sent to the hospital or became homeless because they were not given proper and adequate protection for their medications, the world would become one of the most treacherous hospitals there ever were. If the Governor keeps making the same mistake of thinking that people with psychiatric disabilities just reached out, negotiated, took care of themselves, and got jobs, they wouldn't need medications or care or support or excellent doctors and programs. Precious lives would still be lost. There would be no hope. Everyone would think that they didn't deserve to ask for help and protection.

Although I am speaking in general, this really pertains to myself. If I didn't have a doctor, Shepherd Park and Chrysalis Center and even Keep the Promise and Advocacy Unlimited to help me, I would be devastated. I'm trying to work with my medication and not drink coffee, etc. Reaching out, negotiating, taking care of oneself are essential to recovery however, without the medication, support and protection, recovery would be an impossibility. Those things do help, but without the medication at all I doubt they would be enough. I might end up in the hospital like I did years ago. I don't want to see any programs cut that help me. I would be even more isolated if they were cut. The thing I am most worried about are the restrictions on medications and the co-pays because I wouldn't have enough money to socialize or do things with other people. I wouldn't even have enough money to buy a Christmas card for my friend.

Please stop the ignorance! Please rise to our support and aid. Please don't give up on us. Please give us all the power to believe.