

Appropriations Committee
DMHAS Budget Hearing
February 18, 2010

Linda Halpin
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Good evening Appropriations Committee and Chair. My name is Linda Halpin. I live in Bloomfield, CT.

I'm here today to ask for your support of the DMHAS Budget. Please do not make cuts to this budget because services for mental health and co-occurring disorders are vitally important and encourage recovery.

I have borderline personality disorder. I also suffer with depression. At the present time I am not employed. I go to the second wind clubhouse in Enfield. I teach WRAP which stands for Wellness Recovery Action Planning. That is what helps with my recovery as well as taking DBT groups. Working on my recovery to me is important because it gives me a sense of well being and keeps my moods stable.

Thank you for listening.