

**Testimony before the Appropriations Committee
February 15, 2013
DMHAS and DPH Budget**

Support for increased funding for Young Adult Services

Good evening, Senator Harp, Representative Walker, and members of the Appropriations Committee.

My name is Jesse Cote and I represent young adult services with Intercommunity Mental Health Group in East Hartford. Currently, we are not funded, although we make the most out of the resources that have been given to us. Speaking from personal experience, being a strong part of our services has boosted my certainty and given me a whole new prospective on life itself. Without these services, I don't think that I would've progressed in a positive way.

I have been with this agency since 2008 and I've been able to come a long way. At first, I was just another person with mental set-backs, totally over-whelmed and didn't know how to progress. I found not only comfort, but also purpose with Young Adult Services. They encourage attendance, small businesses and the freedom to express myself.

Immediately, I fell in love with our Newsletter. Being a writer and an out-spoken person, it was right up my alley and gave me a strong confidence I had lost. I'm proud to say that I am the editor for the newsletter and the position is something that I feel compassionate about. Being able to write from experience and speak to others through my writing is not just a joy, but a blessing. Thanks to our elders, we're able to print such a gift and allow others to read and relate to the topics that need to be addressed.

As many of you know, jobs are scarce as of right now, and I couldn't come to you with a smile, or be happier to admit that my volunteer work has been a gem! Intercommunity is

also about having fun too; frequently, we're able to attend exciting events, such as Nomads and on a smaller (but awesome!) scale, the movies and dinner as well. I've come to know the people I work with and those that are doing the same thing I am, and might I say, I feel both encouraged and motivated with what everyone contributes!

It would be a true privilege to see increased funding in young adult services. This is something I cherish, so I stand before you saying that it would be an honor to be able to do even more! Thank you so much for this opportunity, I never want to let the community down.

Please consider how well this brings us all back to a functioning society and makes getting healthier more than just a pill!