

**Testimony before the Appropriations Committee
2-15-13
Carol Gilbert**

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

My name is Carol Gilbert and I would like to talk about funding.

Please do not keep the rescission cuts in grants to mental health organizations such as InterCommunity in East Hartford and its social rehabilitation club Common Ground.

We really need to keep the funding at the same level and this is why.

I have been going to InterCommunity and its Common Ground Social Rehab Program for fifteen years. All there have helped me get my life back from a really deep depression. If not for all the help, I do not know where I would be today.

Now I am on all kinds of committees. The biggest one is the North Regional Mental Health Board. I have found my independence through the help of Common Ground.

I still go to Common Ground almost daily to help others and to show that if you want help, we are here for you. It also helps me to get out of my apartment to do something for others.

Thank you for reading my statement.

Carol Gilbert
East Hartford