TESTIMONY BEFORE THE APPROPRIATIONS COMMITTEE
FEBRUARY 15, 2013
DEBORAH POIRIER

Good evening Senator Harp, Representative Walker, and distinguished members, thank you for hearing my testimony today on mental health services.

My name is Deborah Poirier. I am a consumer of services at Intercommunity in East Hartford. I'd like to talk to you about funding.

Inter Community has helped me a lot with my drinking and mental health, like anxiety, depression and Bipolar. It is a place where I can go to talk to staff about my problems. I am not alone. It's a place I feel safe. They have many classes for us where we feel comfortable to talk to each other about our feelings. If we are having problems with our meds, we have someone to go to for help. We cook lunch everyday. I teach other members how to cook a meal. It makes me feel like I am helping people that don't know how to cook. Now I teach other members about Bipolar. Before, I was drinking all the time. I was losing my family--they wanted nothing to do with me. Now I got my family back. It's a good life now. Without their services I wouldn't have the love of everyone that I lost back, and it is a good feeling. Hopefully I don't lose my way again, but if it happens, they will be there for me. Please don't take our funding away from us.

Thank you for listening. Do you have any questions for me?

Deborah Poirier