

Sara Jenkins

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My name is Sara Jenkins and I am here to speak today against the proposed budget cuts that would be made to many mental health services, specifically the regional mental health boards. I am 17-years-old and live with mental illness. Regional mental health boards are crucial to getting people the help and awareness they need and deserve in so many different ways, ways that without the boards would disappear. The needs assessments, community talks, mental health screenings, and to be honest if I were to tell you all the things the boards do, we would be here for a lot longer than 3 minutes. As a young person I have been able to be a part of one of their many projects, this one specifically for young adults by young adults TurningPointCT; the new wellness resource for young people in CT. Without regional mental health boards there would be no other structure to represent the community's voice or to provide independent oversight; which is completely crazy to me that you could think that's okay. And maybe I'm just a kid, but I think cutting their already small budget as well as other resources is a disservice to the all the people who have and will benefit from them.

Thank you.