

March 6, 2015

To The Appropriations Subcommittee on Health and Hospitals:

Please continue to fund Connecticut Mental Health Center programs and research! They are extremely important. I am an older woman who has a mental illness. I was enrolled in one of CMHC's research programs that helped me in improving my life skills. One of those skills was helping me get a job. I did get and retain a job, because of that program. I could not have done it by myself, because I was so overwhelmed, scared, and defeated until CMHC was there to encourage me, counsel, and educate. I also received cognitive training to improve my memory. Because of the program, I gained a great deal of confidence that was lacking before I started at CMHC. The program kept me on course and I enjoyed my time there.

Also, I really enjoyed meeting other people like myself with mental illnesses. It was so inspirational to hear how they were doing, how CMHC was also helping them with their challenges. The programs offer us a life line, a safety net where others are lacking or non-existent. Please don't take this away from us, because you will find many of us in worse situations that are more costly to all of us.

Sincerely,

A handwritten signature in cursive script that reads "Jeanne Samples". The ink is dark and the handwriting is fluid and legible.

Jeanne Samples
Hamden, CT