

March 18, 2016

Carol Gee, *Waterbury, CT*

Good morning Senator Coleman, Representative Tong and members of the Judiciary Committee.

My name is Carol Gee and I am a registered voter in the city of Waterbury.

I am here to testify on H.B. No. 5531 AN ACT CONCERNING THE CARE AND TREATMENT OF PERSONS WITH A MENTAL ILLNESS OR SUBSTANCE USE DISORDER.

What I have to say about taking medication comes from my own personal story. I did not know that I needed to be on medication, I thought there was nothing wrong with me at all. I lost all of my children and went to jail where I learned that taking medication would be more helpful. Unfortunately for me I had to learn the "hard way" that medication helps. I would rather suggest that there is more information out there to inform people about how medication helps because if they know, it might prevent them from fearing taking medication.

I know there has to be a much gentler way to provide help to resistant people, because I was resistant for five years. No matter how I got on medication, the fact is I need it. People today need to be comforted and introduced in a nurturing way the help they will receive from taking medication. If we keep making it a battle, like there's a winning fight about who is right and whether it's going to be my way or your way, the fight will go on forever.

I believe that introducing the detailed help that medication may bring will be much more helpful than forcing somebody to take a medication that they fear will hurt them, and you can't blame them for fearing because they know nothing about the medication. I believe rather it is better to console them about what the medication will do for them and give examples of people who have successful recovery and let them hear words from the mouths of people who successfully recovered with help.

Thank you for your attention to this important matter.

Carol Gee