Good Evening Senator Osten and State Representative Walker and distinguished members of the Appropriations Committee. My name is Efrain Mendoza and I am a person in recovery. I am here today to share my concerns regarding the DHMAS Budget cuts.

I've been in and out of treatment for a greater portion of my life, and I must admit that Doctors and Therapist were helpful, however it took another person who was in recovery to make my path clear. A person that I became acquainted with while attending The Hartford CCAR center in the form a Recovery Coach. It was this special bond that gave me a since of hope and inspired me to believe in myself.

My experience being a volunteer has proven the center to be such a benefit to everyone who comes there. The recovery community becomes a more honorable and passionate people because we began to give to others the hope that some instilled in us.

I’ve been volunteering at the CCAR for the last two years. By being an active member at our center, I have been blessed with immense wealth of knowledgeable and information regarding recovery. CCAR provided me with scholarship to attend the Recovery Coach Academy and prepared me to assist others seeking recovery. I’m now a Volunteer Recovery Coach, Recovery Support Specialist and currently still volunteering at the Hartford Recovery Center.

It’s my desire to soon be employed in the field of social services with a passion to pay forward all the help, love and support I once received. Moreover none of this would've been possible if CCAR centers weren’t available in my community and other communities throughout the State of Connecticut.

CCAR is not only empowering individuals to better their lives, but we're making an impact by putting a face on recovery, by helping recovering addicts find work and
overcome their own addictions. My hope is that our centers remain available to the public, and stay well-funded so that many others can receive the opportunity that makes recovery possible, the change that I’ve witnessed first hand, and continue to see.

Please continue to support the DMHAS Budget.

I whole heartily would like to give thanks to the appropriations committee for hearing my testimony.

Sincerely,

Efrain E.Mendoza, RSS