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

The Connecticut Community for Addiction Recovery (CCAR) is a statewide organization that promotes recovery from alcohol and other additions. It strives to promote, advocate, educate, and train individuals to understand addiction and recovery. By utilizing a myriad of learning initiatives like, Telephone Recovery Support, All Recovery Meetings, Recovery Coaching, Access to computers, Recovery Trainings, Volunteer opportunities, to name a few.

After successfully completing the designated training, the volunteers become conduits of hope, healing and health to others who struggle from the same ravaging flights of addiction. The direct impact and effectiveness of these Recovery Community Centers is unmatched. CCAR's unwavering, selfless service remains steadfast and true. It is our sincere desire that you continue to strongly support our efforts.

I have been a volunteer and have received a scholarship and got additional training through the Recovery Coach Academy. I’m so grateful that I was given the opportunity. It has compelled me to want to help people in the most special way. It also has strengthened my recovery and inner ability to drive for spiritual increase.

I have witnessed many times the transformation of individuals who weren’t sure what it was that they wanted when they came to CCAR. But to experience firsthand the magnitude of what healing and growth can bring to one’s intellectual capacity is astonishing.

I have begun to measure my success on the many attributes that CCAR has given me through being a recovery coach and volunteer.
Thank GOD for CCAR. I am a living witness to what recovery looks like.

I am hopeful that the Appropriations Committee would consider keep the DMHAS Budget intact and not making any budget cuts but making an increase recommendation

Sincerely

Mark Little