February 26, 2019

My name is Krista Scavetta, and I am a registered voter in Newington, CT. In regard to the Governor’s Bill 7148, The DMHAS budget, I wish to testify that I oppose any cuts to the funding for DMHAS, Mental Health and Addiction services, supportive Housing and Community Service Supports.

I am opposed to cutting the budget for DMHAS that would affect InterCommunity Common Ground Learning Center and Community Support Services. When I first came here I didn’t think that I would like it that much because I was still drinking a lot, and I didn’t want to admit to having a problem. But then I started meeting people.

Coming to Common Ground, I started meeting people and seeing what other people are going through and it helped me to become much stronger because of the peers that come there that have been helping me, and now I have nearly three years sober. If it wasn’t for InterCommunity Common Ground Learning Center, I would be back at home drinking heavily to the point that I would black out and not accomplish anything. Because of this place it has helped my life turn around. I feel a lot better about myself when I realize that it’s not just myself that is going through hard life situations. I’ve seen them power through it and so have I and now I’m a better person with nearly three years of sobriety. If InterCommunity gets funding cuts, I would be bored around the house and unable to meet people or do anything good in my life. If you cut these services, I would be in danger and not just myself, other people would be because they wouldn’t have the services that helped me get and stay sober! If it wasn’t for my friends at Common Ground, I would still be on the destructive path that I was in. I would drink just to get rid of the stress and not care what would happen to me. I turn to Common Ground for the care supports from staff and peers to help with stress relief instead of drinking to resolve my anxiety. Please maintain and increase the DMHAS budget so that places like InterCommunity and Common Ground can be available to me and my peers and new people in need that haven’t found them yet.

Thank you,

Krista Scavetta

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