

Insurance and Real Estate Committee  
February 27, 2020

Testimony in Support of:

*H.B. No. 5248, H.B. No. 5254, An Act Establishing A Task Force To Study Health Insurance Coverage for Peer Support Services In This State.*

*H.B. No. 5254, An Act Requiring Health Insurance Coverage For Medication-Assisted Treatment For Opioid Use Disorder*

*H.B. No. 5256 An Act Concerning Required Health Insurance Coverage For Detoxification And Substance Abuse Services*

Co-Chairs Scanlon and Lesser; Vice Chairs Dathan and Hartley; Ranking Member Pavalock-D'Amato and Kelly; and distinguished members of the Insurance and Real Estate Committee:

*My name is Aleksa Bembnista.*

*My name is Aleksa, and I am beyond grateful to have another chance at life. With the help of my family, who refused to let me die, I was able to find my way to long-term recovery on July 19th, 2015. The disease of addiction is fatal — 200 people die from it every day, and I was almost one of those statistics. Many people are too ashamed to ask for help, feel so much guilt about having the disease, so they hide and suffer in silence. That was me.*

*I am extremely passionate about recovery. I am an amazing girl, but addiction had me in its claws. I lost all hope and thought I would be one of those who would not recover. Today, I do anything and everything to help others and give them a glimmer of hope. Because if I did it, anyone can.*

*I became open about my recovery after attending Recovery Fest and finishing Ryan Hampton's book, American Fix. Both fueled me to do more. So, one week later, my best friend Dorota and I formed a non-profit organization called Glorious Recovery. Once we got involved, we realized how much work there is to be done and how much more there is to learn.*

*I am urging you to consider these bills to ensure insurance companies are required to provide help to those seeking services and to utilize MAT as a standard form of treatment, the data suggests this is one of the most successful ways to help those recovering from addiction.*