

February 20, 2020

Distinguished Members of the Planning and Development Committee,

I write to urge you to support S.B. 113, An Act Concerning Access to Original Birth Records by Adult Adopted Persons.

I am an adopted person, an adjunct faculty member at the Springfield College School of Social Work, a psychotherapist, and an adoption researcher.

My research into the lived experience of other adopted persons (a national survey of over 100 adopted women) revealed that there are many unintended negative consequences of denying people access to the truth of their birth. Participants in my research routinely described the pain associated with living a life void of the most basic piece of knowledge of their existence, something most people take for granted.

As an adopted person, I can speak directly to the longing for access to the truth about my birth. Furthermore, I can attest to the deeply moving experience of obtaining my original birth certificate when the state of MA amended their laws which allowed me, for the first time, at age 47 to feel that I had indeed been 'born,' and not just adopted.

Thank you for your time and your consideration of S.B. 113. Please support this bill that would end discrimination against adult adopted persons in Connecticut. Please affirm the human and civil right of every person to know their biological origins.

Respectfully,

Theresa A. Cain, Ph.D., LICSW