

Testimony before the Mental Health Subcommittee
January 29, 2013
Donna Krupa's

Hello my name is Donna Krupa and here is my story;

I came to BHcare in 1993 and that was my first experience with mental health services. I was married to a very domineering man that I had to call 211 for help with finding mental health services. There was no telling what I would have done with myself or to the man I was married to at the time. Since I was living in Trumbell, I went to Bridgeport Mental Health for help. During that time, I started going to college part time towards a human service degree. I was able also to leave my husband and move to Ansonia where I transferred services to BHcare. I moved in with my mother and was told about domestic violence services. That helped me understand my situation and how to handle it. I learned about the other services available to me and I participated in clinic services. I eventually found my way to the Valley Social Club. There I found a safe place to hang out. I was able to make friends. I was able to participate in activities. I even became an Executive Member recently. I also was able to work for the Community Peer to Peer Warm line Operator for four years. This is the beginning of doing something that I went to college for.

I even work as a Personal Care Attendant which is going on three years. I help people in their home. I am a Justice of the Peace and a Notary Republic and I go to church regularly. Being able to do all these things really makes my life better!

Lastly, if I was not able to access these services I could have done something at the beginning of my journey to end up in prison and continued to make bad choices in my life. Instead I help people; I try to make their life better too. I enjoy the jobs I have. Now I even want to be part of the change for PCA's that make our job more respected since we do not receive benefits or workmen's comp! I would like to thank you for the opportunity to talk to you all today,

Thank you!