

Wednesday, Jan 29, 2013 testimony on the necessity of peer support and the dangers of outpatient commitment  
Janet Auster

Friends, legislatures, advocates, and the governor of Connecticut and the president of the United States:

I stand before you quivering. Am I winning or losing? I am not quite sure which right now. Is my extreme independence a positive thing or a negative thing? It is both I think and a positive and negative can stand for recovery. 'but will I recover with so few people to talk to, and starving for encouragement and emotional love and support? I don't think so.

And will I ever recover totally if I keep taking a med that gives me chest pains and might cause a heart attack. I take lithium as well as respiradol and I don't know why they just don't give me lithium which I feel really helps me. Do you mean to tell me

That because I am independent they have to give me a medication that causes chest pains?

But because I don't believe in always being positive or always being negative I will end on a positive note. I wrote a book and completed it about six months ago and couldn't get it published, so ~~shepherd park where I live has it and they are publishing it professionally for the people at shepherd Park.~~ So you see there is hope. Peer support and fairness in psychiatry is very important. The title of my book is my treasured voice. I truly feel that if you believe in us the whole mental health system will discover this treasured voice in everyone.