

Testimony before the Mental Health Subcommittee
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My name is Joanne Beardsley. Although I don't like to define myself by my mental illnesses, it seems important in this case. I deal with bipolar disease, PTSD, and borderline personality disorder. I have come a long way dealing with these issues but still have work to do in order to keep them in check.

When I first came to BHCare, known as Harbor Health Services back then, my life was in total chaos. I continued to make bad choices, putting my life on several occasions, on the line. I also made attempts to end my life. I had no idea why at the time.

Through the help I received at BHCare, I was able to understand why I did the things I did. Getting the proper medication, individual therapy and the help of my doctor, my life began to get better.

When BHCare changed its model of care I left because group therapy has not worked for me. I continued to go to East Haven counseling center where I can get the individual therapy that I need. Now that this center is under the umbrella of BHCare, I feel that the model could benefit from a change.

As I am high functioning, my therapy will probably change at some point. This frightens me as I would like to continue to do well. This is why I hope that funding for these services will continue as it helps many people such as me. Thank you for your time.