

Testimony Before the Appropriations Committee
February 21, 2020
DMHAS BUDGET HEARING
H.B. No. 5005 AN ACT ADJUSTING THE STATE BUDGET FOR THE
BIENNIUM ENDING JUNE 30, 2021
GINA BERNARDI

Good evening Senator Osten, State Rep. Walker, and members of the Appropriations Committee. My name is Gina Bernardi and I am a registered voter in Bridgeport.

I am here to testify regarding **H.B. NO. 5005 *An Act Adjusting the State Budget for The Biennium Ending June 30, 2021.***

First, I would like to thank the Appropriations Committee for taking the time to listen to my testimony. I am happy to say *thank you* for not cutting the funding for mental health programs.

I would like to share my story but please be advised that there is very graphic content to what I have been through.

I suffer from PTSD and I am currently in recovery. 2 ½ years ago I was attacked in my home which has caused me to live in a constant state of fear. I am in continuous fear for my life. The attacker came from behind. I was beaten and raped and strangled to unconsciousness. I came to in a pool of blood. I later regained consciousness in the hospital where I was told I had a broken jaw and a broken eye socket.

I started attending Bridge House in March 2019. Bridge House is a program for adults with mental health conditions. Bridge House is currently helping me

with coming out of my hardened heart. I am getting help with working on being a better me in my everyday life so that I don't have to live in fear. If Bridge House weren't around, I would isolate and relapse due to the nightmares that I suffer from every night as well as the flash backs I have almost every day.

Again, I would like to thank the Appropriations Committee and everyone here for taking the time to listen to my deepest, heartfelt testimony.

Thank You!!