

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
Krista Scavetta

Good evening Senator Osten, Representative Walker and members of the Appropriations Committee.

My name is Krista Scavetta, and I am a registered voter in Newington, CT. In regard to the Governor's Bill 7148, The DMHAS budget, I wish to testify that I oppose any cuts to the funding for DMHAS, Mental Health, and Addiction services, supportive Housing and Community Service Supports.

I am opposed to cutting the budget for DMHAS that would affect InterCommunity Common Ground Learning Center and Community Support Services. When I first came here, I didn't think that I would like it that much because I was still drinking a lot, and I didn't want to admit to having a problem. But then I started meeting people who understood me.

Coming to Common Ground, I started sharing with people and seeing what other people are going through. It helped me to become much stronger because of those peers that have been helping me, and now I have nearly four years being sober. If it wasn't for InterCommunity Common Ground Learning Center, I would be back at home drinking heavily to the point that I would blackout and not accomplish anything. Because of this place and the groups that show me a good way to live, it has enabled me to turn my life around. I feel a lot better about myself when I realize that it's not just me that is going through hard life situations. I've seen others power through recovery, as I have powered through. I am now I'm a better person for it. If InterCommunity gets funding cuts, I would be bored around the house and unable to meet people or do anything good in my life. If you cut these services, I would be in danger and not just myself, other people would be because they wouldn't have the services that helped me get and stay sober! If it wasn't for my friends at Common Ground, I would still be on the destructive path that I was in. I would drink just to get rid of the stress and not care what would happen to me. I turn to Common Ground for the care supports from staff and peers to help with stress relief instead of drinking to resolve my anxiety. InterCommunity has provided an employment specialist and I now have a job and other members have a job because of InterCommunity and Common Ground.

Please maintain and increase the DMHAS budget so that places like InterCommunity and Common Ground can be available to me and my peers and new people in need that haven't found them yet.

Thank you,

Krista Scavetta

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