

Public Hearing on:
H.B. 5005 An Act Adjusting The State Budget For The Biennium Ending June 30, 2021

Good afternoon Senator Osten, Representative Walker, Senator Formica, Representative Lavielle and distinguished members of the Appropriations Committee:

Barbara Jarvis, Perception Programs, Willimantic, CT

Thank you for the opportunity to testify on H.B. 5005 An Act Adjusting The State Budget For The Biennium Ending June 30, 2021.

My name is Barbara Jarvis. I've been a client of mental health services in the Northeast since I was 18 years old and I'm currently 37 years old. I suffer from severe depression. I have a great deal of time that I've been suffering from for years. I'm trying hard to deal with this trauma through therapy but I find it hard to do because every time I go to start therapy I get comfortable with the therapist and start to open up to her. Then soon after doing so they leave because they find a better job that pays more. I find that many agencies have a high turnover rate for therapist and case management. I just don't understand it. How am I supposed to get better from this trauma when the therapist keep leaving all the time? I feel if they were paid more than they wouldn't find other jobs and I could start working on my past and feel comfortable and not have to worry they will leave. Thank you for all your time and I hope you take what I've expressed into consideration.

Please help fund mental health services more.

Thank you

Barbara Jarvis