

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 Matthews , 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.

Hello, my name is Barbara Matthews and I am currently living at the Perception House in Willimantic, CT. When I came here I was completely broken, I was court ordered from jail and I have mental health issues and am an alcoholic. I was very unstable in my life and decisions. I started doing groups, opening up to staff and peers, got the help with meds I needed and was introduced to AA. The perception house gave me hope back and the skills and lessons I desperately needed. Entering perception house is my new and beautiful beginning for my future living my life with mental health issues and addiction. I also got help with self-esteem, abuse and how to manager this in my life. There should be more help for women in dual diagnosis and recovery and help with housing and job training programs. The staff who wanted the best for me taught me how to live a better life and have a better future in society and for this I am no longer broken and owe it to this program at perception house.

Please increase funding to these programs so other people can benefit from them like I did and mend their lives also. Thank you.

Thank you-

Barbara Matthews , Willimantic CT