

TESTIMONY BEFORE the APPROPRIATIONS COMMITTEE

March 2, 2021

DMHAS BUDGET HEARING

H.B. NO. 6439 An Act Concerning the State Budget for the Biennium Ending June 30, 2023, and Making Appropriations Thereafter

Barbara Albert

Good morning/afternoon members of the Appropriations Committee, also to everyone else.

My name is Barbara Albert. Hartford Renter. Register Voter in Hartford Connecticut. I'm a Human Rights Advocate and Activist with **Keep the Promised Coalition**. I'm on Medicare, Medicaid, and Social Security Disability. I used to do volunteer work as often as my illnesses would allow, until another illness, a mutated twisted, something that's left "leftovers". The, yet to be called COVID-19. Yes, on top of Multiple Medical Challenges... now includes, Covid 'Long Hauler.'

This is my testimony concerning the DMHAS Budget. I respectfully request that there be No Cuts to Health and Human Services. I still believe there's no justification for making access to basic human needs, and **today's world necessitates having online access**. This is more challenging especially by those of us who are in need the most. Being socially and economically persona non grata, it's not just words, Human Beings are in pain and fear. Have heard from amongst the "Black Lives Matter" Movement, "if one of us doesn't matter, none of us matter." I can identify, sadly.

Isolation and Major Depression, not a healthy combination. I've been being constantly overwhelmed. Usually, I find things to do. Constant isolation, not much talking, for me often becomes paralyzing uselessness. I've been having neurological symptoms and so many others since October 2019. I'm a human being, no better than, no worse than anyone else. Adapting, adjusting, and/or failing to. And at times, stumbling into the next step whatever it might be. Global Pandemics do not hesitate "making absent" or waste time discriminating. Everyone is eligible to become ill, just as every human being on this planet is finding out.

Being by yourself, and ON THE WRONG SIDE of The DIGITAL DIVIDE, is Not a helpful. The government phones I've had, nine in less than two years; the basic definition of insanity. I needed to purchase a real phone. I used money I'm not smoking cigarettes with. I also qualified for a Federal Grant Program called "Stay Connected". "Tech help included". No, it is NOT. I'm unable to set it up. Within 72 hours I was hacked. They're computers from Comcast for low-income children for school, and low-income adults to, "help us stay connected with friends and loved

ones". No security and 2 billing payments later, I still get so frustrated, I end up in tears and need to walk away.

Am familiar with societies merciless, judgmental, ignorant and non-empathetic messages concerning those of us with Brain Health issues. Including recent asininity at a clubhouse, 20 years later I'm still lingering PTSD from another. I reached out for help voluntarily, before my illnesses became worse. While I still have choices. This was beyond dehumanizing. And very sad. Wasn't there an hour. Wouldn't even let me inside, because I have Positive Covid Antibodies. Had already made up their closed minds. Not hard to recognize.

Alone again I am.

No hope in redundant, invasive, non-listening disrespectful experiences. Negative and ignorant attitudes towards people with ANY Challenge or issues, are still not helpful. One might think with where the world is at...

In closing, I'm respectfully requesting that there be No Cuts concerning Health and Human Services. Healing Needs to Be All Inclusive, Helpful and Healing With, and For All.

Thank you for listening.

Respectfully,

Barbara Albert

Please pardon any typos, this is written on my phone.

