



Advocacy and Action  
for Connecticut's  
Mental Health

**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 THIRTIETH, 2023, AND MAKING  
APPROPRIATIONS THEREFOR.  
Carol Gilbert**

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

My name is **Carol Gilbert** and I am a registered voter in **East Hartford**.

I am here to testify regarding H.B. 6439- AAC THE STATE BUDGET FOR THE BIENNIUM ENDING JUNE THIRTIETH, 2023, AND MAKING APPROPRIATIONS THEREFOR.

My name is Carol Gilbert, and I am a 77-year-old woman living in the town East Hartford. I have been going to Intercommunity and Common Grounds for 24 years. I would have stopped going if they weren't good in my opinion. I was diagnosed in 1997 with Severe Clinical Depression. I receive Primary Care and Housing Aid through Intercommunity.

Due to COVID-19 I haven't been able to be around my family as often as I'd like, and it gets not seeing people in person. March 13, 2020 the in-person meetings had been stopped and knew things were going to be different.

If it wasn't for the Clubhouse, I would probably fall back into a bout of depression. The telehealth groups make my day and give me something to do. The Curbside efforts really made a difference. Common Grounds has really done a great job adapting what they do to continue to help us. I participate in almost all of the groups available. We do journaling, BINGO, theater, hobbies, cultural celebrations, and they provide a safe place to vent, communicate, and interact with people. I have stabilized my life and am in a happy place because of the support of non-profits like InterCommunity that are funded by DMHAS. I know that there are many people like me who will need help especially this year. So, I ask that you increase funding for DMHAS so that they can get it like I did. The waiting lists are long now and some people just can't wait.