

**Testimony before the Appropriations Committee**  
**March 2, 2021**  
**DMHAS Budget Hearing**  
**H.B. 6493 An Act Concerning the State Budget For Biennium Ending 6/30/2023**  
**And Making Appropriations Therefor**  
By Regina Council

Good evening, Sen. Osten, Rep. Walker and members of the Appropriations Committee. My name is Regina Council and I am a registered voter in the City of Bridgeport. I am testifying regarding the budget for the Department of Mental Health and Addiction Services.

I am a member of Bridge House in Bridgeport. I have been going to Bridge House for 11 years. I went there because I was seeking help to better my life. I found Bridge House through LifeBridge, who felt that it would be good for me. I was isolating a lot and not communicating with very many people.

I have found another home in Bridge House! I feel comfortable and I have made new friends. I have had great opportunities to improve my life and volunteer my talents at Bridge House. I like serving as a receptionist, working in the Snack Bar, sweeping and mopping, and so much more.

Bridge House is a very meaningful place for me. If there was no Bridge House, I would be lost and go back to isolating and feeling like I don't belong anywhere anymore. I suffer from depression and not having Bridge House would represent a downward spiral for me.

Please consider my story and increasing funding when the budget for the Department of Mental Health and Addiction Services comes up.

Thank you for reading my testimony.