

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
THEREFORE
Desarae Desabris

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

My Name is Desarae Desabris and I am a registered voter in the town of Stratford.

I am here to testify regarding House Bill No. **6439, An Act Concerning the State Budget for The Biennium Ending June 30, 2023 And Making Appropriations Therefore.**

My diagnosis is bipolar, social anxiety and PTSD. I am med-compliant and have not been hospitalized in 7 years.

During the pandemic, Bridge House has been such a great help to the state of my well-being. I have received at least one call each week just to see how I have been doing, what's been going on in my life, and what I can do to stay well this week?

I have been told that I can call, come in (by appointment due to the pandemic) and also text if I need to talk or reach out or need use any of the resources the club house has available.

I have been mailed applications for low-income housing, which will be very helpful as I may need to move.

I have had to call on Cindy, who is my staff person that I go to for advice because I was feeling overwhelmed and I just needed someone to talk with. She was available to give me that time I needed when 211 was flooded with calls and my therapist was unavailable. I cannot begin to tell you how helpful having this kind of support can be during a crisis.

In addition to all of this, Bridge House has been of help with food pantry items and sent a monetary gift at the holiday season in place of the usual party we couldn't have due to the pandemic. They send us a monthly calendar which has positivity quotes on each day and truly brightens my life.

Because of the Bridge House and especially Cindy, I have more hope. Please increase funding this year for mental health services and supports so I and others can continue to be successful.

Thank you.