

**Testimony before the Appropriations Committee**  
**March 2, 2021**  
**DMHAS Budget Hearing**  
**H.B. 6439 An Act concerning the state budget for the biennium ending June 30, 2023 and**  
**making appropriations therefore.**  
Antonia Glore

Greetings Senator Osten, Representative Walker and members of the Appropriations Committee. My name is Antonia Glore and I am a registered voter in the city of Bridgeport.

Today I want to let you know how important the Department of Mental Health and Addiction Services (DMHAS) budget is, as it affects the quality of my life. I am a member of Bridge House and have been for over eleven years. Bridge House receives the bulk of its funding from the DMHAS budget. When I came to Bridge House eleven years ago I was so depressed and consumed with thoughts of hurting myself. I didn't have any hope that life would get better. Then my doctor told me about Bridge House.

At first, I was unsure, but soon the clubhouse program became a part of my daily life. People didn't judge me or put me down. Instead, they built me up and made me feel valued. I started looking forward to the next day rather than fearing it. I began to develop friendships with people who were like me, mentally ill. We don't see this illness as something to be ashamed of but rather as an obstacle to climb on top of to make ourselves taller.

At Bridge House I became a better and healthier person and I began to focus on my wellness. With the help of staff, I created a Wellness Watchers program that focuses on all areas of Wellness. Also, I share a weekly healthy recipe.

Thank you for allowing me to tell you why the DMHAS budget is important to me and why we need to increase funding.