

Good morning, Senator Bradley and Representative Horn and distinguished members of the Public Safety and Security Committee. My name is Regina Hampton and I'm a family member in recovery.

Today I would like to testify on HB5583 AN ACT CONCERNING EMERGENCY INTERVENTION BY A POLICE OFFICER WHEN A PERSON SUFFERS AN OVERDOSE

As a family member in recovery and a pre-pandemic volunteer recovery coach at CCAR in Bridgeport. CCAR quickly became a pillar in my life after attending their course Parents of Children in Recovery. I learned so much that I wished I had known about CCAR before. It gave me an education, an understanding that I was so in need of.

Attending meetings and hearing clients stories, and feeling their struggles and satisfaction in achieving success in recovery gave me a new look on recovery. I started with my attending classes to become a volunteer recovery coach. That is the power of CCAR to make people whole again, to educate, heal and allow you to help others. Helping others I feel is the key. CCAR offers so much more than a place to go. CCAR offers a lifestyle which enables people to live. I am also so thankful for CCAR, I know now that I do not have to be an object or an enabler that I can be a resource. CCAR gave me that power. Everything depends on your concept of yourself. CCAR helps structure that concept through meetings, recovery coaching, and classes allowing you to become an asset to the community. As our world changes and marijuana could be available to all we are going to need DMHAS to help fund many more CCAR centers, more recovery coaches in hospitals and prisons etc. Since marijuana is a gateway to stronger drugs. So I'm asking you to trust me now! Take action! And believe me later! Prepare us for CCAR in the future. Help make us all whole again.

Thank you for letting me share my experience, strength and hope.

Regina Hampton