



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.
Michelle Levine**

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

My name is Michelle Levine, and I am a registered voter of East Hartford.

I am here to testify regarding H.B. No. 6439 AN ACT CONCERNING THE STATE BUDGET FOR THE BIENNIUM ENDING JUNE THIRTIETH, 2023, AND MAKING APPROPRIATIONS THEREFOR.

I am a 46 year old female who has been struggling with depression and anxiety since 2017 brought on by mental illness. I was working a lot and had a breakdown and was hospitalized four times that year. I was referred to InterCommunity by my doctor. I received case management and behavioral health, and soon after, I became a member of Common Ground in 2019. It was in the nick of time because right after that, the pandemic happened. InterCommunity and Common Ground social groups have calmed me from the anxiety that caused my hospitalization. I enjoy the music groups, bingo, socialization and other groups that it provides. I don't know where I would be if I didn't have the services I received- probably back in the hospital. But that didn't happen. Instead, I really feel as if I'm doing very well now. I take my medicine and go to work and take care of my elderly father, mother and two grown kids.

Common Ground Social Club has sent me numerous care packages with things to do during a pandemic. They gave me help to get onto zoom calls. This program has been a life saver in terms of my depression. They call me when I need to talk, and they listen to me.

Please continue to fund these programs and increase the DMHAS budget as these programs are crucial to the welfare of people like me with mental health and anxiety disorders

Thank you for reading my testimony today.