



Good afternoon Senator Mary Abrams, Representative Pat Dillon, Senator Heather Somers, Representative Kathy Kennedy, Senator Osten, Representative Walker and members of the Appropriations Committee. I'm Janet Manthey , Program Manager of School-Based Health Services for the Community Health Center, Inc. and I would like to thank the Appropriations Committee and the Governor for their recognition of School Based Health Care as a valued component of Connecticut's health care service delivery model. I ask that you increase the Governor's proposed 2022-2023 Budget for Health Agencies (H.B. 6439) and the line item for School Based Health Care.

I will be reading a testimony from a high school student about the value of having behavioral health services in schools.

I was told, "High school is the best years of your life. It is going to fly by fast so be ready". I believed it was true but that is not the case. This year has been a struggle. I have had to try to learn while not always being in class and



having to sit in front of a computer for most of the day. All I ever wanted was to be proud of myself and learn and grow with everything I encounter. I ended up disappointing myself. Throughout my accomplishments and disappointments, I met the School Based social worker. She is well known for her cheesy smile, great advice and always makes time for students.

Everyone who knows her knows that she is a problem solver. If you cannot find a way, she definitely will. During our session whether they were in person or via zoom we will always talk our crap and complain about the things we do not like. Getting to know her and being able to get the help that I need from her is something that means a lot to me.

There has been so many times where I wanted to give up and just cry. I was always thinking of leaving school because I had zero motivation to learn this “new way”. My social worker has been the only person to help me keep going. Having these rough patches in my life has been really crazy and she has been helping me ever since. It is not always about having someone to talk with when you are feeling down, but it is always about whether you need them to just listen, you need their opinion or you want their advice and wish that being said she is the person. She always ask me questions such as “Good deal? Are you sure? Positive? To make sure were are on the same page. When she ask me these questions, it makes me feel happy because I have someone who



makes sure I'm okay with the decisions we make together. It is not only the fact that she is great at what she does, but that it make me feel better.

I have known her for three years now. Everything that she helped me with in the past was great but this year has made a huge difference. Having someone to talk with this year was so special because most people feel alone.

If it were not for her, I am not sure I would still be in school and making it through each day. With her guidance, I have learned to be more solution focused rather than problem focused.

She is definitely someone who will leave a good mark on my life, and for that I am truly grateful.

Thank you for supporting School-Based Health Care.