

Dewr Appropriations Committee,

Points to make the federal government gave dmha 3.5 million dollars grant for suicide prevention 5 year plan. I think that money should be spent on trauma therapist on line for all of Connecticut residents. Medicare does not cover trauma therapist they would rather medicate people and have them go through the revolving door for years on end. Like me of 35 years. If there was counselors to talk with maybe there would be less suicides.

There should be individual counseling for all people going into the psch wards. Not wait a week for a once a week group therapy session and if your are sleeping you wait another week to share your trauma situation with strangers.

There is a test where it tells you what medications work best. For the person. People should not be considered Gianni pigs trying all types of medications that don't work and each medication can change the brain chemicals. They say the test is expensive what about losing 35 years of your life looking for medication that one after the next they dont work. Which some cause more damage then good. One drug I was on caused 34 side effects.

Everyone in the mental health field should be taught compassion and understanding when talking with a patient. Including CNA how can cause more problems because they have been cruel and mean to me. I know from experience. These people have been through a lot they don't need to be harassed and treated ghastly. If I would have said something to this one Aid I know they would have been kept even longer then I was.

When a person is dealing with the Covid VIRUS you are quarantined. When you go into a psch ward you are isolated more just waiting for your next medication to take to see if it works. There needs to be an alternative to the hospital the hospitals are trauma stress and abuse. The trauma therapist instead in the hospitals and medicine.

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