Kristen Silvia Buxton LD 1159

Good afternoon, My name is Kristen Silvia, MD and I am an addiction medicine physician providing testimony as a private citizen from the town of Buxton. I have worked caring for people with substance use disorder for the past twenty years in Maine. I have cared for hundreds of my fellow citizens over these years and I count my work with this population of patients to be the most important and fulfilling of my career. My attitude towards treatment and harm reduction have shifted over the years and I find myself battling such higly lethal medical conditions now that I feel I must testify in support of this bill. I have lost too many patients to overdose, especially in the last several years that fentanyl has ravaged our state. Despite our efforts to expand treatment options, we are still losing too many Mainers. Fentanyl is outpacing the work that we do and we struggle to stay ahead of it and other newer deadly substances like xylazine that make injection drug use even more dangerous. Harm reduction sites have been in existence around the world for years, and now include successful programs in New York. Overdoses are reversed every day and lives are saved. These are lives that are being connected to resources and treatment that can eventually help people turn their lives around, when and if they are ready to do so. There is no evidence that harm reduction sites encourage or enable drug use, but they do make it safer. There is evidence that people who utilize these sites are more likely to enter into treatment and recovery. There is certainly evidence that these sites lower the risk of medical complications like HIV and hepatitis. We are in a public health crisis and in times like this we need to take brave and bold steps to intervene. It is not the time for moralistic decision-making. It is the time for making decisions based on science and fact. My patients lives depend on it.