

Chelsea condon  
Hartland  
LD 514

## Written Testimony in Support of LD 514

To Whom It May Concern,

I am writing to express my strong support for LD 514, which seeks to address the inadequate detox bed reimbursement rates in Maine. As someone who has been in recovery off and on for 20 years, I have firsthand experience with the barriers individuals face when seeking detox and residential treatment.

At various points in my journey, I did not have insurance or had coverage that either excluded detox services or only covered a small portion of the cost. Making the decision to enter detox is already overwhelming—there are countless factors to consider, including financial concerns, family obligations, what you will need while you are there, and any employment you may have. The financial burden alone can be a major deterrent, preventing many individuals from seeking the help they desperately need.

Beyond the financial obstacles, the stigma surrounding substance use disorder makes it incredibly difficult to even ask for help. Many individuals suffer in silence, afraid of judgment from employers, family, and society as a whole. This stigma only reinforces the cycle of addiction, making it harder for people to take that critical first step toward recovery.

Overcoming addiction is not a weakness—it is a testament to resilience, perseverance, and strength. Recovery has taught me invaluable lessons in compassion, empathy, and determination. Those who have walked this path bring a unique perspective and fortitude that can be an asset to their families, workplaces, and communities. The ability to overcome adversity is an invaluable asset and it is imperative that we remove barriers to treatment, ensuring that those seeking help are met with support rather than obstacles.

Had I not been able to access a detox program, I may not be here today, contributing positively to society and serving my community. Ensuring that medically supported detox beds remain accessible is not just about treatment; it is about saving lives and giving people the opportunity to rebuild and thrive.

I urge you to support LD 514 and help remove financial and systemic barriers that prevent individuals from accessing the care they need. Everyone who reaches out for help deserves to find an open door, not a closed one.