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My name is Chelsea Elston and I am a person in long term recovery. My clean day is June 19, 2019. It is so very important to have detox beds in Maine as there are so many people who would be lost without them. It's so very important for people to have a safe, stable place to recover. When trying to get clean the last thing someone should have to worry about is where they are going to lay their head at night or where they are going to get their next meal. When I was first getting clean I felt so lost and desperate and unsure of where to go or what to do. If it wasn't for the opportunity I had to stay at a detox bed and get the help I needed I don't think I would be alive today. It's so very important to have the help and support given by the detox places and the people who work there. If the detox beds were to get shut down then I believe that there would be so many more overdose deaths that could be prevented. I struggled for so many years in heavy addiction. I have overdosed so many times and am so thankful and blessed to be alive. Detoxing at home or in an unsafe environment is so dangerous and many people usually don't make it through it because it's hard to do it alone. With the detox beds available it offers encouragement and you can also be medically monitored. I know that it's not always easy to keep these places open but with the right support from the community i know that its possible to keep them open. I am afraid that if there were no longer detox beds available many more people would not be able to find the path to recovery that they deserve.