

March 18, 2025  
100 State House Station  
Augusta, ME 04333

**Testimony in Support of LD 769 “An Act Regarding Access to Behavior Health Supports for Adults with Certain Disabilities”**

Dear Senator Ingwersen, Representative Meyer, and members of the Health and Human Services Committee:

My name is Eric McVay and I am a self-advocate from Bangor, ME. I am a member of Speaking Up For Us, Maine’s self-advocacy network for adults living with developmental disabilities.

I am here to testify in favor of this bill LD 769 an act to amend the behavior regulations to remove the planned use of restraints. I feel it is really important there be more stringent rules and regulations in place to ensure that people with DD are not as restrained as frequently as they currently are. This bill would make it so people can only be restrained in case of an emergency.

At my day program, recently we did have an issue with a person when he got upset. The participant was sent home from program because he was getting agitated. The director had to come in and tell him no and he was going home. This situation was able to avoid a restraint by taking him out of the place that was making him agitated.

I support adding a clinician and a self-advocate to the review committees because I think having a self-advocate voice on that committee is really important. Having differing view points that can offer different perspectives when reviewing plans will be good.

Thank you for your time and consideration and I ask that you pass LD 769.

Sincerely,

Eric McVay

Bangor, ME

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