

Carole Everitt
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3/14/25

Senator Henry Ingwersen, Chair
Representative Michele Meyer, Chair
Committee on Health and Human Services
Cross Office Building, Room 209
Augusta, Maine 04333

*Re: LD 769: An Act Regarding Access to Behavioral Health
Supports for Adults with Certain Disabilities*

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

~~**Explain why you are there:**~~ I am here to testify in support for LD 769, An
Act Regarding Access to Behavioral Health Supports for Adults with
Certain Disabilities.

~~**Explain who you are:**~~ My name is Carole Everitt and I live in Bangor in a
group home.

~~**Share why you are an expert about the subject of this bill:**~~

I have been getting services since I was 19 years old. And I have been
restrained many times. I was held down so I could not move. They tried to
prevent me from getting away. They also held me down face down and it
hurt and scared me. All because they felt like I wasn't listening to my staff
or following their instructions. I also saw other people being restrained and
I was scared for them and scared for myself. It was my housemates over
the years and they restrained them right in front of me. I felt helpless and
that made me feel so sad that I could not do anything. This still affects me
because I have anxiety of being hurt and it makes it hard to trust people.

~~Share what you think about this bill:~~ It is important to get rid of restraints because I think there is a better way than trying to control and hurt us. I think they could talk to us first or try other ways that doesn't traumatize us or traumatize people who witness it. These affects last for a lifetime. I even see a counselor because of my anxiety and I don't want anyone else to go through what I have been through.

~~Share what you want the committee to do:~~ I urge you to vote in favor of ~~opposition to~~ L.D. 769.

Respectfully Submitted,

Carole Everitt