



Senator Ingwersen, Representative Meyer, and distinguished members of the Joint Standing Committee on Health and Human Services, my name is Annette Williams, I am a Licensed Clinical Social Worker and I live in Lewiston, Maine.

I am here to testify in support of LD 1425, An Act to Improve Access to Sustainable and Low-barrier Trauma Recovery Services.

It has been my honor to support community members that were affected by the Mass shooting 18 months ago on October 25, 2023. I have witnessed the immense need for support to folks who experienced their world view system change forever. They are managing the guilt, sadness and loss on a scale never imagined in our State.

In my work with Maine Resiliency Center over the past 16 months, I have provided mental health support in the form of individual support, grief group work and psychoeducation on grief, and loss, resiliency and trauma informed education including coping with symptoms that impact their daily life. I have witnessed the improved work/life balance as community members leaned in for support. They are moving forward along with their families due in part to the level of support they receive. Our State will forever be changed, and offering supportive options for all Mainers, is vital to increase resiliency and healthy community members.

For these reasons, I urge you to vote *for* LD 1425. I'm happy to answer questions you have.

Thank you for your time today, take such good care.

Annette Williams, LCSW