

Leah Cingranelli
Old Town, Maine
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Senator Carney, Representative Kuhn, and Honorable Members of the Judiciary Committee,

Thank you for the opportunity to speak with you today. My name is Leah Cingranelli, and I am a resident of Old Town. I'm here on behalf of the University of Maine to express my strong opposition to the bills being considered by this committee.

I am a doctoral student in clinical psychology, and my clinical work and research focus on improving the mental health and well-being of transgender and gender diverse (TGD) children and adults. The proposed legislation represents a harmful and unjust attack on the rights, dignity, and safety of TGD people across our state.

Extensive empirical research has shown that structural discrimination—including discriminatory laws and policies—has profound negative effects on TGD individuals. These harms include increased rates of depression, anxiety, suicidality, substance use, sleep disturbances, and poorer sexual health outcomes. The cumulative impact of such policies is not theoretical; it is measurable, well-documented, and deeply damaging. As a mental health provider in Maine, I am deeply concerned about how these bills would exacerbate the mental health crisis already facing the TGD community—fueled in part by harmful policies advancing at the federal level. Maine must *not* follow this dangerous trend.

If enacted, these bills would have devastating consequences for the health, safety, and autonomy of TGD Mainers. I urge the committee to reject these proposals and instead affirm Maine's commitment to equity, inclusion, and evidence-based policy.