



**Consumer Council System of Maine**  
A Voice for Consumers of Mental Health Services

219 Capitol Street, Suite 7  
Augusta, ME 04330

Phone: 207.430.8300  
Fax: 207.430.8301  
Toll-Free: 877.207.5073  
[www.maineccsm.org](http://www.maineccsm.org)

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Good afternoon Senator Baldacci, Representative Meyer and esteemed members of the Health and Human Services Committee,

My name is Simonne Maline. I am the Executive Director for the Consumer Council System of Maine (CCSM). I am here today on behalf of the CCSM to testify in support of **LD 840 "An Act To Support Individuals with Personality Disorder or Emotional Dysregulation by Requiring Reimbursement Under the MaineCare Program"**

The Consumer Council System of Maine is a public instrumentality written into State Statute by the Maine Legislature to serve in an advisory capacity and to provide legislators with guidance and advice regarding the delivery of effective and appropriate adult mental health services from those served by them.

We are aware of a previous program called ACTION that existed a number of years ago in Portland. This program featured a specialized team approach for people with personality challenges and worked well for a number of individuals. Because of this we support specialized teams for people with personality challenges. Without the availability of these types of programs, people with higher needs tend to gravitate towards ACT teams. The reason that ACT teams do not work well for these individuals is because they do not have therapists as part of their team-oriented model. Evidence-based treatment for personality challenges is really focused on a therapeutic model, often using Dialectical Behavioral Therapy (DBT). DBT offers skills to manage distressing emotions and move towards recovery.

We ask you to support LD 840 by voting "ought to pass." Thank you for your hard work and thoughtful consideration of all of the bills that keep coming your way during this very busy legislative session.

*Simonne Maline*

Executive Director