

Tracey Sferrazzo

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Good morning Senator Grohoski, Representative Perry, and honorable members of the joint standing Committee on Taxation,

My name is Tracey, I'm from Kennebunk, a recovering person from substance use disorder with co-occurring mental health issues. I have had a long journey of enormous struggles with substance use disorder and lack of connection with people who share the same

I have experienced hospitalization, short term incarceration, homelessness, inpatient and outpatient treatment, counseling, psychiatrists, and transitional housing. If I had access to Recovery Community Centers long ago, it would have helped save a lot of tax payers' money. Walking in to a Recovery Community Center was the best move I ever made. Instantly, I felt at home, wanted, needed and supported. I cannot even find the words to express how remarkable these warm people are. They give of themselves and are so happy to do it. Being a Recovery Coach has given me the opportunity to help as many people as I can and in return helps me

Having to navigate a complex system of resources and at the same time, struggling with addiction and mental health can have an overwhelming effect, in addition to long wait times on the telephone and being transferred numerous times can result in frustration leading to relapse and attempted suicide. I know from experience. I am in favor of, LD 1714. RCCs offer social connection that is needed to thrive and succeed and provides safe spaces to do that, knowing we are all a team, combats loneliness.

I deeply appreciate you all for being here and the opportunity to submit my testimony.

Sincerely,

Tracey Sferrazzo