

Lynn Feely  
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March 18, 2025

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:

I am here to testify in support to LD 769, An Act Regarding Access to Behavioral Health Supports for Adults with Certain Disabilities.

My name is Lynn Feely, I'm from Portland Maine and I became an advocate about 6 months ago. I am on the State Rehabilitation Council and waiting to hear about being on the Independent Living Council. I love being an advocate and being able to help my peers and advocate for change.

While I haven't experienced being restrained, I think restraints should ONLY be used in an emergency to save someone from being hurt. Being restrained makes a person feel not like a person, it can make a situation worse. Restraints happen when another person forces their body on yours. When I feel forced to do something, I know it's not going to work.

I believe there are better strategies that could be used before restraint but when restraints are apart of someone's plan, those other strategies might get ignored.

Listen to the experiences of myself and other self-advocates who are telling you this isn't the right way to treat someone. I urge you to vote in favor of LD 769.

Respectfully Submitted,

Lynn Feely