

Carole Everitt  
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Bangor ME

3/14/25

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 for LD 769, An Act Regarding Access to  
Behavioral Health Supports for Adults with Certain Disabilities.

My name is Carole Everitt and I live in Bangor in a group home.

I have been getting services since I was 19 years old. And I have been  
restrained many times. I was held down so I could not move. They tried to  
prevent me from getting away. They also held me down face down and it  
hurt and scared me. All because they felt like I wasn't listening to my staff  
or following their instructions. I also saw other people being restrained and  
I was scared for them and scared for myself. It was my housemates over  
the years and they restrained them right in front of me. I felt helpless and  
that made me feel so sad that I could not do anything. This still affects me  
because I have anxiety of being hurt and it makes it hard to trust people.

It is important to get rid of restraints because I think there is a better way  
than trying to control and hurt us. I think they could talk to us first or try  
other ways that doesn't traumatize us or traumatize people who witness it.  
These affects last for a lifetime. I even see a counselor because of my

anxiety and I don't want anyone else to go through what I have been through.

I urge you to vote in favor of L.D. 769.

Respectfully Submitted,

Carole Everitt