

March 18, 2025

*Re: LD 769: An Act Regarding Access to Behavioral Health Supports for Adults with Certain Disabilities*

Dear Senator Ingerswen, Representative Meyer, and Members of the Committee on Health and Human Services:

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

My name is Kile Pelletier. I am a self-advocate for Aroostook County Area. I have been on the board of Speaking Up For Us, I am also now working for Disability Rights Maine.

Share why you are an expert about the subject of this bill: I am here to support this bill to stop restraints. Its inhumane that people are using restraints on people with disabilities. Back in recent decades, people with disabilities were put in in institutions and put in restraints and mistreated like animals in cages.

We are in 2025 and it's time to think about another solution of not using restraints. People with disabilities just want to be heard and have the same respect as anyone else. I cannot say this enough- we are people, we are human. We are not outcasts, we are not freaks. It's time to treat us like people and treat us like everyone else.

If you give the person the time of day and listen to them, it can change things around. We don't need restraints if you take time just to listen to us and open your ears and hear us.

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