

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

My name is Stephanie Pelletier and I live in Fort Kent. I am a Self
Advocate. A Self-Advocate means you can advocate for yourself and for
others who can't speak for themselves. I became involved with Speaking
Up For Us, by my husband Kile who introduced me to it.

Years ago, I was at a program where a friend of mine was restrained. I
went into a room to grab my cell phone and I saw her getting restrained.
She was upset because she was not getting heard. Instead of staff
listening to her or speaking to her, two staff members physically grabbed
her and she became more upset. She started throwing things when they
grabbed her. When this happened, I went into another room when other
staff members directed us into it.

Staff could have avoided this if they just listened to her. People should not
be afraid to just speak out and have the staff listen to them.

Thank you.