

March 18, 2025
100 State House Station
Augusta, ME 04333

Testimony in Support of LD 769 “An Act Regarding Access to Behavior Health Supports for Adults with Certain Disabilities”

Dear Senator Ingwersen, Representative Meyer, and members of the Health and Human Services Committee:

My name is Jon McGovern, I am a self-advocate, and I live in Bangor. I am also an employee of Speaking Up For Us, Maine’s Self-Advocacy Network. I am in support of LD 769 An Act Regarding Access to Behavior Health Supports for Adults with Certain Disabilities.

I am for this bill because I would like us to move forward and not backwards. I don’t want to see people get restrained. I don’t think it is the way to do things. Strapping people down on beds is restricting. I think people should be able to live in the community in a less restrictive environment.

I also like having a clinician or doctor involved. I have a friend who is in my bowling league who got upset and had some behavior. He was able to deal with it on his own without having to be restrained. Bringing restraints into the situation makes it bigger than it has to be.

Thank you for your time and consideration and considering passing LD 769.

Sincerely,

Jon McGovern
Bangor, ME
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