

May 7, 2025

**Cody Jordan Testimony on LD 1425:  
An Act to Improve Access to Sustainable and Low-barrier Trauma Recovery Services**

Senator Ingwersen, Representative Meyer, and distinguished members of the Joint Standing Committee on Health and Human Services: My name is Cody Jordan and I live in Lewiston, Maine. I am here to **testify in support of LD 1425, An Act to Improve Access to Sustainable and Low-barrier Trauma Recovery Services.**

I was at Just-in-Time on October 25, 2023 with my mom, my sister, and my brother.

I want the center to stay open because it is a place for me to go where people understand what I have gone through because they were there, too. Going to the MRC has taught me how to deal with the feelings I have when I am not at the center. Feelings that I have at school like when someone popped a bag or Doritos near me and it made me think of gunshots.

Most people don't know I was at the shooting. When they find out, they say "you haven't healed from it yet?!" and "The popping noises shouldn't scare you, it's just a noise!" People say "It's not a gun!" Some people know I was there and just don't care. They give me an even more rough time during school. But when I'm at the center, people understand because they were there.

I go to a group for kids who were at the shooting and I have a therapist who helps me, too. She has taught me how to talk about my feelings and helps me work on coping skills like taking deep breaths for when I'm scared or have nightmares.

The MRC has helped me think of good times at the bowling alley and talk about the people that I was close with that died. Being at the center helped our family's healing a lot. I wouldn't be at this stage if the Resiliency Center wasn't there for me. They are welcoming and the staff help me get what I need to heal more.

Thank you.