

May 7, 2025

**Jamie 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 Jamie 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.**

On the night of October 25, 2023, I was at Just-in-Time with my three kids. It was just a normal night of practice for the kids- until it wasn't. We were some of the last people out of the bowling alley that night and saw some horrific things - things no one should have to see.

For quite some time after, it was hard to figure out where we fit in. We weren't physically injured. We weren't related to anyone who passed away. But we were still deeply affected.

In the chaos that followed, it felt like our family had been forgotten about. Adding to this challenge, my husband was deployed at the time, so I was navigating all of this on my own. A few months later, people who had been going to the support groups at the Maine Resiliency Center told me it helped them and their kids. My kids and I decided to go to the MRC to see if they could be of any help.

Being at the MRC has changed our lives. We have met so many different people- some were there, some had been injured, and some lost a loved one. The MRC finally felt like a place where we belonged - a place where we could share our stories and not feel judged or embarrassed by them. The MRC quickly became a second home to us. It's a safe place where we feel welcome, comfortable, and not judged.

To find a place like that after what we've been through - particularly when people kept saying "you're not over it yet?" -was critical to us. Without the resiliency center none of us - me or my children - would be where we are in our healing process. The community we've built is in large part thanks to the MRC. And through this horrible thing we have all been through, one amazing thing has emerged: the connections we have to such a resilient group of people and the community we are now a part of.

The MRC has the ability to be a great resource, for people like us—those who have witnessed or endured significant trauma. A safe place to find support and begin to heal. The MRC could do a lot of good for a lot of people, and the reality is, our experiences could help others deal with their trauma.

My children and I would not be where we are without the MRC. I know that is the case for so many people. Our family and our community's healing isn't done. I cannot urge you enough to support this bill - and to encourage your colleagues to do the same when it comes up for a full vote. We can't lose this resource - and other people who could benefit should be able to get the help they need.

Thank you.