

Senator Ingwersen,

Representative Meyer,

and distinguished members of the Joint Standing Committee on Health and Human Services.

My name is Meghan Howe and I am a resident of Greene. I am here to testify in support of LD 1425.

An Act to Improve Access to Sustainable and Low-barrier Trauma Recovery Services.

I stand before you as a survivor of the mass shootings on October 25, 2023.

Prior to that devastating night, I had never been in a situation where trauma services were needed.

While I can't say exactly where I'd be on my journey if the Maine Resiliency Center had never existed, I do know this: the healing I've experienced—from where I was then to where I am now—would not have been possible without the unwavering support of the Center.

I am able to connect with others who truly understand what I have been through—something even family, despite their love, couldn't fully provide.

I was able to walk back into the bowling alley, knowing that the staff from the Maine Resiliency Center would be there at every turn providing support.

The Center is not only a place for me, but it's a place for my daughter who is also a survivor. She is going to speak for herself but I wanted to add how essential the center is for her and will continue to be for her as she gets older.

Healing from trauma is not a predictable journey—it's filled with unexpected turns, emotions, and challenges. The Maine Resiliency Center has been, and continues to be, a steady source of support, offering a safe space for healing and valuable guidance along the way.

Passing this bill would allow the center to expand its support beyond those of us directly impacted by the shootings,

reaching even more individuals in need throughout our community.

Please take the time to truly hear how much they have already helped and the incredible good they continue to do.

For these reasons, I urge you to vote in favor of LD 1425. I'm happy to answer questions if you have any.

Thank you for your time.