

Dear Honorable Chair Members,

I like to begin by stating my person<sup>nel</sup> experience why we should keep funding Mental Health Care System. *I am disabled Veterans, receiving 100% service connected through the Veterans Affairs*

I can only express my own accomplishment going through the Montana Mental Health Care. I moved to Montana from Arizona in 1998- and settled into the Livingston, Park County area, I started to go to Gallatin Mental Health Center in Bozeman, Montana. They were my out-reach for my mental health needs. I transfer in 2005 to the Park Mental Health Center, in which I was introduced to Mountain House (Day Treatment). The P.M.H.C. offer program skills each day Mon. - Fri. The daily activities there had writing, art classes, Q-gong, walking, crafts, and assigned duties towards learning cooking skills. Case Management, DBT, IMR and Therapy was scheduled on a weekly session. I received socialization and made good friends through the program.

I got to go to Drop in Center on the Sunday afternoons, to fill my week of mental health care. These programs are not just a hand out or to get free stuff, Mtn. House and DIC are a exceptional part of my weekly life care giving experience.

I also like to included my case management and register nurse, they helped in getting my care and medication needs. I had a crisis over the Thanksgiving Holiday they where there in assitenace and referral to Hope house so I could get the care I needed. I want to say Thank-You!

Mountain House and the DIC helps me grow with recovery and active peer group session, that when I leave the center, I'm a better person. The DIC allows to create a peer program like art learning session, biking, cook-offs, peer library and a yearly field trip to Yellowstone Park.

I do not want to take up to much time, I hope Montana Legislators keep funding these programs and case management of Mental Health Center through out the state. Caregivers are vital role as out-reach to the communities.

I'm and other consumers are hear to express our concerns and hope that this hearing will vote YES for continuation uses of the Mental Health System is best for everyone involved and the state of Montana.

From,  
Gary Travis   
01/21/11