

Marla Simpson
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I have testified at the legislature several times regarding issues of wellness & mental health. I have also been on channel 3 news & VPR regarding this topic. I am a person with lived mental health experience, a professional, and an advocate.

I have had many bad, terrifying, traumatic experiences with forced drugging, seclusion, & restraints. I was bruised, battered, & thought I was going to be murdered in the process. "Open Dialogue" & kindness go very far with someone in crisis. Forced drugging & restraints are re-traumatizing to most people who have already experienced multiple traumas. The whole experience is very, very scary. I notice that people who are pro-forced drugging have never experienced it themselves. Everyone who was interviewed for the ACT 114 study found forced drugging "coercive." Please, this is the 21st Century. I am against violence of all kinds & realize sometimes there are extreme situations. It is far better to have preventative care, good mental health support & treatment for mental health issues & treatment & care for drug & alcohol addiction. The Vermont Support Line (888) 604-6412 provides EXCELLENT support, anonymously, for anyone who calls. Also, sites like Alyssum provide warm support for people who are experiencing life challenges & who want to avoid costly hospitalizations. Hospitalization should be a last resort, not a primary option for someone in need. I support the best humanitarian kind care for all living beings.

Respectfully Submitted,
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