

FEBRUARY 6, 2026

DMHAS Legislative Newsletter

Greetings to DMHAS Staff and Partners!

Welcome back! The 2026 legislative session is officially underway, and the Policy and Governmental Affairs Team at DMHAS is kicking things off with the return of our weekly legislative newsletters. Thank you to everyone who followed along last year. We enjoyed sharing the process with you and are excited to do it again.

If you have any suggestions or topics you would like us to cover, then please let us know!

Legislative Session Refresher

The CT General Assembly is a part-time Legislature that runs “long” sessions in the odd-numbered years and “short sessions” (like this one!) in the even-numbered years. This year’s session started on February 4th and will end on May 6th (only 3 months!).

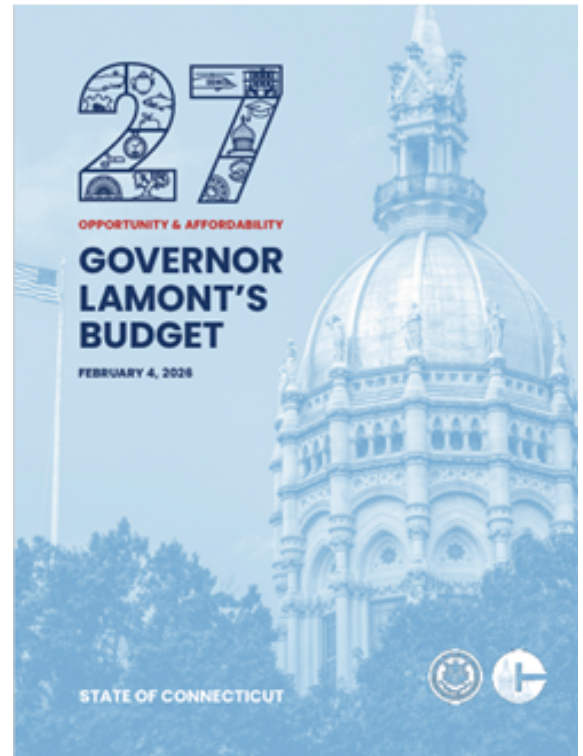
A short session also marks the year the Governor releases his proposed midterm budget adjustments. These adjustments, issued this week, make targeted updates to the second year of the two-year budget to reflect changing needs, costs, and revenues. We will dive into the details in the coming weeks.

Opening Day

The opening day of the legislative session is almost like the first day of school. Legislators, constitutional officers, stage agency personnel, advocates, and members of the public all gathered at the State Capitol to gavel in the legislative session and to hear Governor Lamont give his State of the State Speech. The links below include the Governor’s address, the FY 2027 Midterm Budget Proposal, the Governor’s legislative proposals, and legislative proposals from state agencies.

Opening Day Cont.

- [Watch Governor Lamont's State of the State Address](#)
- [FY 2027 Midterm Budget Proposal](#) – We will go into detail about the budget in future newsletters
- [Governor Lamont's 2026 Legislative Proposals](#) – A Governor's bill is legislation formally proposed by the Governor and submitted to the Legislature, advancing the administration's policy priorities or implementing the proposed budget.
- [2026 Legislative Proposals from State Agencies](#) – An agency bill is legislation proposed by a state agency to address operational, technical, or statutory issues within that agency's authority. DMHAS' agency bills are included in this newsletter for you to check out!



Budget Briefings by OPM Secretary

In his role as Secretary of the Office of Policy and Management (OPM), Josh Wojcik provided a [media briefing of the budget](#) during the opening day of session. Following this, Secretary Wojcik then [presented in front of the Appropriations Committee](#) to discuss the appropriation changes to the budget, and then finally ending by [presenting to the Finance Committee](#) to discuss the revenue side of the budget.

DMHAS Agency Bills

When developing our legislative proposal ahead of the 2026 legislative session, we wanted to ensure that our agency proposals further our efforts in fighting stigma, increasing access to opioid overdose reversal drugs, and updating our statutes to reflect current practices. This year, we have two legislative proposals that we hope will pass both the House and the Senate and will be signed into law.

To view our legislative proposals, please visit our [webpage](#). In the coming weeks, we will dive deeper into the legislative proposal process!



Did You Know?

At the start of session, legislators have the opportunity to propose individual legislation. With this year being a short session, the state constitution and the legislative rules limit the introduction of these proposed bills to budgetary, revenue and financial matters.

We are very excited to embark on this legislative journey this session and keep you all informed on what is going on at the State Capitol.

See you next week!

In partnership, Chandra & Kelly