

From: [Karen Healy](#)
To: [Hyde, Tina](#)
Subject: Primary Care Roadmap
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Ms. Tina Hyde,

To: Connecticut Office of Health Strategy

My name is Karen Healy, I am a person in recovery from mental health conditions and have been living successfully in the community for seven years. Before this, I spent 24 and a half years living in inpatient psychiatric hospitals between Hudson River State Hospital in Poughkeepsie, NY, and Connecticut Valley Hospital (CVH) in Middletown. I currently live at Goodwill Agency's housing program. I am on Disability Rights Connecticut's PAIMI Council, and am a member of Keep The Promise Coalition.

To get discharged from these facilities and accepted into my housing, you need a primary care doctor. When I first tried to leave CVH, I wasn't sure any doctor would want to see me, due to my mental health diagnoses and history, and the number of narcotics and other medications I need to take. Fortunately, I was able to find my current primary care Doctor before I first left CVH in 2012. I see my Doctor every three months. The reinforcement and assurance of knowing I can see my primary care doctor as needed has previously prevented me from going to emergency rooms. Being able to see my primary care doctor frequently has meant that I can get the care I need before the problem gets worse.

Primary care capitation would make it much more difficult for people with mental health conditions to be seen by their primary care doctors, since no matter how many times I need to be seen, my primary care provider will be paid the same flat rate. I'm also concerned how this would affect me as a Medicaid patient, especially if capitation is hard to impose on other plans which aren't controlled by DSS.

A lot of the care that has made the biggest difference to me is community-based and not clinical care. It's also important to me that more is done to ensure these community services which are so important are included as a bigger part of this plan so that I don't lose access and can continue seeing my non-clinical services. They mean the world to me!! If I didn't have my community care, I wouldn't be where I am today and might still be sitting at CVH seven years later.

Thank you for hearing my concerns,

Karen Healy,
Hartford Resident

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