



Virginia MIRC <vamirc@mirc.virginia.gov>

New MIRC Comment

1 message

Wed, Oct 9, 2013 at 4:46 PM

Reply-To: [REDACTED]

To: vamirc@mirc.virginia.gov

First Name - Tracy

Last Name - Ringquist

Organization Name - Mental Health America of Virginia

Comment - I participate in Mental Health America of Virginia, not employed there or on their board.



Medicaid expansion in Virginia is critical.pdf

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Medicaid expansion in Virginia is critical. I personally receive full Medicaid and have highly benefited from one of the programs supported by Medicaid – mental health support services. Mental health support services provide a worker, a qualified mental health professional, to come into my home twice a week and assist me in reaching my goals. My goals include reducing my isolation, improving my functional and independent living skills and reducing my risk of hospitalization and victimization. I have been in this program over a year and it has been life changing for me. I have been finally able to accomplish goals, that may seem small to some, but are huge to me. Hygiene is now daily rather than weekly; I am able to go into the community and walk around independently, without an adult at my side; I am participating more in my community; I can now handle my own medications. These are just a few of the things I have been able to achieve with the support of mental health support services.

Mental health support services have kept me out of the hospital several times. It is much more cost effective, not to mention much less traumatic for me, to keep me in the community rather than hospitalize me.

There are so many people suffering from mental illness in Virginia that could definitely benefit from mental health support services. To receive these services they must have full Medicaid. Please vote to expand Medicaid so that the many deserving people who are suffering alone can have the possibility to vastly improve their lives and their independence.