

Dear Honorable Committee,

As a survivor who not only went through seclusion and restraint in my youth but also works with other survivors of it, I am humbly requesting that SB0705 be passed.

Not only have we personally experienced the horrific during/after affects of restraints but the research clearly proves how detrimental and traumatizing restraints are. There is also ample evidence supporting trauma informed care and de-escalation techniques over restraints and seclusion. In the words of Maya Angelou, "Do the best you can until you know better. Then once you know better, do better."

The quality of life of Maryland's youth will either be positively or negatively impacted based on the decision you make today.

As a mother to a child with autism, I can say with certainty that youth with disabilities already have a hard enough time navigating this cruel world - the last thing they need is to be traumatized by those who have taken an oath to protect them.

So the question remains: which side of history will you be on?

For more information on why restraints should be banned please visit [Alliance Against Seclusion & Restraints](#).

Thank you for your time,

Jasmyne Arianna