

## **Yingya Vang**

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**From:** Farah Budul <farahbudul2020@gmail.com>  
**Sent:** Tuesday, March 23, 2021 3:47 PM  
**To:** Yingya Vang  
**Subject:** Re: HF 2084 bill

Hello Yingya, Please see below for my written statement for the Recovery Organization bill for tomorrow morning's meeting. Thank you.

I write to express support for the Bill H.F. No 2084

Hello committee members. My name is Farhia Budul. I am an East African woman in long term recovery. What this means to me is that I can be a productive member of society and have a healthy relationship with my family. It means not being defined by the criminal justice system.

As an East African female growing up in an unfamiliar world, I lost my higher self. My parents did not speak English and did not understand addiction. I struggled year after year due to shame and guilt. I became someone I never thought I would become. Addiction took over my life, I felt loss and hopeless. Yes, I went to treatment and I graduated treatment only a few weeks later to find myself in jail due to a relapse and then back to treatment once again. My mother was always worried, and I caused her many heartaches. This cycle of addiction continued for many years because I did not have the resources to achieve recovery through peer support and Recovery Community Organizations. This cycle of addiction came to an end because I found recovery. My story of recovery gave me back my life, values and traditions.

I want to let you know that people initiate recovery in treatment, but they don't recover there. When people graduate from treatment, they can benefit from Recovery Community Organizations. This is where they get recovery. This is where recovery is possible. They recover in the community. RCOs are unique because they offer a peer to peer relationship where someone like myself with lived experience is helping another person going through what I have gone through. RCOs save money for the state and reduce recidivism.

Our East African community is struggling with substance use disorders. The young adults are impacted, and our elders are heartbroken and lost and do not know where to turn. They lack understanding and education about substance use disorders. Furthermore, the opioid epidemic has been greatly exacerbated by the COVID-19 pandemic. Forced isolation has left thousands of East Africans severely disconnected from practically any available option to seek and/or begin recovery. For some young adults, it was too late. There were many East African young adults who overdosed due to opioids. This community lacks culturally specific recovery programs. RCOs can provide that.

You are the committee who decides the future success of someone who leaves treatment. You decide where the funding is coming from to help them achieve their full potential. The recovery community needs you. South Minneapolis needs you, Cedar-Riverside needs you. The Hooyos (moms) in our

community need you. Please support Rep. Sydney Jordan and Rep. Todd Lippert's bill to allocate funding for Recovery Community Organizations. This bill will make a difference in all Minnesotans who struggle with substance use disorder and we politely ask you to support this bill.

Thank you so much for your time and consideration in this matter.

Farhia Budul, CPRS, CPP  
Certified Peer Recovery Specialist  
Certified Prevention Professional

On Tue, Mar 23, 2021 at 3:30 PM Yingya Vang <[Yingya.Vang@house.mn](mailto:Yingya.Vang@house.mn)> wrote:

Hi Farah,

Deadlines to sign up to testify virtually ended today at 8:30am, but we are still accepting written testimony. If you can get it to me by 5pm, I will be able to add it in our committee packet before committee tomorrow. Otherwise, we accept written testimony up to 24 hours after the hearing and I send those out at a later date to members.

Regards,

**Yingya Vang**

Committee Administrator

Human Services Finance and Policy Committee

House DFL Caucus

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**From:** Farah Budul <[farahbudul2020@gmail.com](mailto:farahbudul2020@gmail.com)>

**Sent:** Tuesday, March 23, 2021 3:22 PM

**To:** Yingya Vang <[Yingya.Vang@house.mn](mailto:Yingya.Vang@house.mn)>

**Subject:** HF 2084 bill

Hi Yingya,

Could you please let me know how I can join the Recovery Organization bill hearing for tomorrow?

Thank you.