



# 2026 POLICY PRIORITIES

For more than a century, Mental Health Connecticut has advanced policies that expand access to timely, high-quality behavioral health care. Founded in 1908 by Clifford W. Beers, we were established to advocate for fair treatment and dignity for people with mental health conditions—a mission that continues to guide our legislative work today.

Our policy priorities focus on strengthening behavioral health access and advancing recovery-oriented, person-centered, and evidence-based systems of care. We work with policymakers to ensure that individuals and families can access the quality services they deserve and have the freedom to choose their own path to wellness.

Mental health conditions affected

**689,000**

Connecticut adults in 2024.  
That's 5x the population of Stamford.

## 2026 Policy Priorities

**1 Enforce Connecticut's Mental Health Parity Law.** We urge the Connecticut Insurance Department to finally hold insurers accountable for violations, ensuring that mental health care is covered fairly.

**2 Strengthen Insurance Network Quality and Accuracy.** We support reforms to end ghost networks, limit clawbacks, and remove other insurer barriers that delay or deny access to care.

**3 Advance the Four Dimensions of Recovery.** We continue to advocate for policies that expand access to whole health care, stable housing, meaningful employment, and community supports.



## Recovery-oriented Public Policy

Mental health legislation must recognize that recovery requires more than clinical treatment alone. We advocate for sustained investments in programs that support access to supportive housing, strong communities, and stable employment.

- Secure **sustainable long-term funding for the 988 Suicide & Crisis Lifeline** and 211 navigator
- Expand **funding for supportive housing and community-based services** for people with mental health and substance use conditions
- **Strengthening Connecticut's behavioral health workforce** with a focus on recruitment, retention, and sustainable practice
- Preserving **access to affordable health coverage** through the ACA marketplace and Medicaid

**At a time when adult mental illness is skyrocketing, the Connecticut General Assembly must pursue legislation that promotes long-term wellness for people with mental health conditions by ensuring meaningful access to care and investing in prevention and community-based resources.**