

Rosenberg Corey

From: Jonelle Richards <jonelle@counseling-pdx.com>
Sent: Thursday, March 09, 2017 10:50 AM
To: SHS Exhibits
Subject: Parity Act and Oregon Senate Bill 860

As a mental health provider concerned with the welfare of my clients and their access to quality mental health care, I am writing to encourage you to **vote YES regarding the Parity Act and Oregon Senate Bill 860.**

Ample research indicates the importance and efficacy of mental health treatment on patients' psychological, physical, and socioeconomic health. **Mental health treatment decreases medical costs** by providing care that:

- Improves mental health and decreases mental health problems that can contribute to physical illness
- Decreases stress which can negatively impact physical health
- Promotes healthy behaviors and lifestyle choices
- Brings down costs for medical intervention
- Promotes long-term recovery from physically devastating substance use problems
- Decreases time and cost of medical providers needing to deal with patients' mental health concerns

Studies have shown a 150% return on fiscal investment in patient mental health when mental health providers are involved in patients' treatment.

Given this, it is absurd that some legislators want to strip mental health from our healthcare system.

Again, I strongly encourage you to vote in favor of the Parity Act and Oregon Senate Bill 860.

Thank you for your time and consideration.

Sincerely,
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