

Hello there. my name is Mindy LaFramboise, a small business owner and a mental health therapist. In recognizing the very real threat of COVID 19, I and many of my colleagues have moved to exclusive telemental health delivery. This endeavor has been challenged by insurance companies having varying degrees of coverage for such services. Some are covering only in network providers. Some are covering with some of their policies and not others. Some are covering at a greatly reduced rate.

Telehealth has been shown to be effective as a mode of mental health therapy in research done on the subject. Providing mental health treatment virtually will help people to stay home and "flatten the curve".

It is my belief that during this time it is vital to have a ready willing and safe option to receive mental health treatment. Allowing insurance companies to gate keep this service by covering only in network providers or reimbursing at significantly low rates will leave our clients without known providers or without mental health services. People suffering mental health illness and related distress are more vulnerable during crisis. People are facing medical worry, financial worry and fears related to losing important family members. Staying home to flatten the curve brings a whole new set of stressors for Oregonians. They deserve to have access to willing providers without further worrying about paying for that service because insurance companies are playing gate keeper. Helping us to serve our clients virtually supports the goal of flattening the curve. Keeping mental health care providers working will also reduce the number small businesses that will inevitably close related to flattening the curve. More working Oregonians also means more support for other small business owners.

Please help us by holding insurance companies accountable to cover telehealth reimbursement for medically necessary care provided by in and out of network providers commiserate to similar services provide in office.

Sincerely,
Mindy LaFramboise MA LPC
Mental Health Therapist
Gresham Oregon business owner