

Submitter: Rachel Andrews

On Behalf Of:

Committee: House Committee On Behavioral Health

Measure, Appointment or Topic: HB4028

Audits of claims for reimbursements submitted by behavioral health treatment providers, whether a small private practice or a large agency, significantly reduces the ability of the provider (therapist) to focus on treating clients/patients/residents. When treating clients the therapist has individualized treatment for each client to consider before and after each therapy session.

I as a small, private therapy practice make efforts to see that my clients receive the best treatment I can give. I spend long hours at my office to be sure that I meet the expectations already imposed upon my practice by insurances. I have worked at several non-profit agencies in the past as a counselor and therapist where I learned the ethical standards that I strive to continue to uphold in my private practice. I want my clients to succeed in their future, with the goal of handling life's struggles independently long after they have concluded meeting with me. I tell this to my clients, while also informing them they need not feel shame if they need to revisit me after they have discharged. With this form of trust built with my clients many of them succeed and can move on with life independently.

Please know that I appreciate that insurances offer an opportunity for clients to engage in mental health therapy. Thankfully, the negative stigma of therapy has reduced significantly since I started practicing 20+ years ago. With the proposed imposed audits that communicates the reduced importance of a client's mental well-being, as it communicates the reduced importance of my role as a mental health professional.