

Submitter: Heather Scott
On Behalf Of:
Committee: House Committee On Behavioral Health
Measure, Appointment or Topic: HB4028

To Whom It May Concern regarding HB 4028, the 2026 Behavioral Health Protection Bill:

I am a licensed psychologist in private practice in Eugene. I serve clients with Medicaid and Medicare as well as those with private health insurance. I have been licensed since 2003 and became a certified EMDR therapist in 2024. HB 4028 is very important to my work and the work of my colleagues; strengthening Behavioral Health Parity is critical to healthcare in Oregon. We work hard to provide the best quality behavioral healthcare possible, and it is disheartening and time-consuming when we have to unnecessarily defend clinical decisions (e.g., regarding length of sessions) to insurance companies. For example, in the past I received letters from a private insurance company threatening me regarding my use of the billing code 90837 in my work with an older woman with schizophrenia who is also a survivor of childhood sexual abuse. Clinicians, not insurance companies, should decide on appropriate session lengths. For a while, I stopped using that billing code, but continued to conduct 60-minute sessions when necessary, shorting myself the difference in reimbursement. This kind of decision-making is not sustainable for me or for other practitioners, and it would not be beneficial to clients to provide lower quality care. It is important that the independent practice of behavioral healthcare in Oregon remains sustainable for providers and efficacious for clients.

Please pass this bill!

Sincerely,
Heather Scott