

Dear Chair Pham and Members of the Behavioral Health Committee,

My name is Allison, and I am a Professional Counselor Associate working at Aion Therapy group in Portland, Oregon. I am writing to express my strong support for HB 4028.

This bill provides *essential* protection for small and independent mental health providers against predatory, for-profit, corrupt insurance practices. Each year, insurance audits grow more frequent and more punitive. This requires extensive time and energy to make sure my documentation meets shifting and often unclear standards. I feel solid and in my utmost integrity about the high-quality, medically necessary care I provide to clients, AND I am constantly worried about the possibility of unexpected audits, denied claims, and repayment demands due to small (and often unknown) details that could be interpreted as mistakes by insurance companies.

This ongoing threat of lost income creates significant stress and instability. I am one month away from licensure, and have great hesitation about becoming contracted with insurance companies due to this fear. I have been working with Medicaid through my group practice, and have seriously considered stopping working with them as well because of these pressures. When therapists are pushed out in this way, patients lose access to essential care. The only entity that wins is the insurance companies, that, frankly, have little genuine regard for their actual members nor providers.

HB 4028 recognizes that insurance companies currently hold disproportionate power over small and solo mental health providers. It acknowledges the growing pattern of retroactive denials and recoupments for legitimately delivered services, and it takes meaningful steps to address this imbalance.

By establishing reasonable protections and clearer standards, HB 4028 will help providers remain financially stable, continue serving insured clients, and focus on what matters most: delivering high-quality mental health care to Oregonians. This bill supports both providers and the communities we serve.

Thank you for your leadership and for your support of HB 4028. I appreciate your commitment to protecting access to mental health care across our state.

Sincerely,

Allison Riegel, R7394

Body Ceremony + Aion Therapy

Portland, Oregon