

Submitter: Stephanie McLaughlin  
On Behalf Of:  
Committee: Senate Committee On Health Care  
Measure, Appointment or Topic: HB4028

Dear Chair Patterson, Vice-Chair Hayden, and Members of the Senate Committee on Health Care,

My name is Stephanie McLaughlin and I am a psychologist integrated in a women's health (ob/gyn) clinic in Bend, OR. I am writing to respectfully ask you to prioritize and support HB 4028.

In my role, I see patients during the pregnancy and postpartum time for a short number of sessions and then as needed refer them out for more intensive care in the community. I've continued to see how restrictions and auditing practices from insurance companies have reduced or delayed patient access to clinicians in private practice settings who desperately need evidence based psychotherapy interventions. One and four mothers have a perinatal mental health condition, and it's considered the leading medical complication of pregnancy and postpartum. Of course, a mother's mental health not only has an impact on her own health and functioning, but also that of the children she is caring for and any other parents in the household.

I support HB 4028 — it is an excellent step in giving providers more rights in the auditing process and to be able to respond to the concerns of insurance companies in a reasonable timeframe. It allows clinicians to fairly participate in discussions about payment for services where now insurance companies have a significant advantage in the resources available to them.

Thank you to the Committee for your consideration and for listening to our strong support of HB 4028.

Respectfully,

Stephanie McLaughlin, Ph.D., ABPP, PMH-C  
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