

Submitter: Elise Himes

On Behalf Of: Clients and clinicians

Committee: House Committee On Behavioral Health and Health Care

Measure: HB2455

I am a licensed professional counselor specializing in working with marginalized clients struggling with CPTSD. Many people have told me that they would not be able to do my job. People often ask how can I handle hearing traumatic experiences on a daily basis. I tell people that is the part of the job that feels meaningful, but it is the paperwork that lights the kindling for burnout. Time that could be better spent learning new interventions, gathering client specific resources, and following my own advice towards self care is spent stressing out on paperwork in a framework that feels adversarial. When auditors are financially incentivized to find mistakes by applying clandestine rules, clients ultimately lose out by therapists burning out from the field. Our most vulnerable members of society rely upon medicare/ medicaid, I am asking the committee to please pass HB 2455.

P.S. (My wife is also asking for this as she has seen her wife in tears over stress regarding paperwork)