

Submitter: Sara Carmona

On Behalf Of: River City Counseling LLC

Committee: House Committee On Behavioral Health and Health Care

Measure: HB2455

My name is Sara Carmona and I am a Licensed Clinical Social Worker and Certified Perinatal Mental Health Provider. I own and operate a private practice mental health clinic in Portland, Oregon where I work with people in the perinatal period (pregnancy and postpartum). I am writing to ask you to pass HB2455 and end the abusive practice of insurance companies using audits as an income stream. Mental health providers deserve to know what is expected in audits so we can accurately document and pass them based on specific standards. As a professional, I strive for accuracy, transparency, and clarity in my record keeping. Insurance companies should be held to a similar standard. Limits should be placed on audits so that providers do not have to live in fear by simply taking insurance. My patients - already deeply involved in medical care - are eager to use their health insurance benefits to obtain needed mental health treatment. It is important to my patients and my practice that their services remain accessible, reliable and with minimal complexity from their insurance plans. Passing this bill will increase access to care in our state. Thank you, Sara Carmona, LCSW, PMH-C