

2/10/2025

Honorable Representative Rob Nosse
Chair, House Committee on Behavioral Health and Health Care
900 Court Street NE, Room 453
Salem, OR 97301

Dear Representative Nosse,

On behalf of Autism Spectrum Therapies, I am writing to express our strong support for HB 2023, which proposes to establish health insurance coverage for applied behavior analysis (ABA) therapy for individuals with intellectual and developmental disability diagnoses, ensuring parity with coverage for autism spectrum disorder diagnoses. This legislation is crucial for expanding access to essential ABA services for a broader population in need.

I have worked for Autism Spectrum Therapies (AST) for 7.5 years now, with 3 years of my tenure being in California and the last 4.5 years being here in Oregon, specifically the Portland Metro Region. Currently, the patient population I work with is primarily individuals with a diagnosis of Autism Spectrum Disorder. However, in California, I worked with individuals with a variety of diagnoses including but not limited to Emotional Disturbance, Down Syndrome, Fragile X Syndrome, and Kleeftstra Syndrome. Despite all of these clients having various diagnoses, support levels, and service hours, they all made meaningful progress as a result of receiving ABA therapy. Behavioral therapy is not just for those with one specific diagnosis. Expanding coverage for individuals with diagnoses beyond solely Autism Spectrum Disorder means that more people will have access to services that can change the lives of the individual and their entire community. Options for services and treatment are extremely limited when you have a rare genetic disorder such as Fragile X syndrome; let's make it easier to get help for these individuals and allow people like me who want to help, help.

HB 2023 is a necessary step toward equitable access to evidence-based therapies for individuals with intellectual and developmental disabilities. We respectfully urge the committee to vote in favor of HB 2023.

Thank you for your time and service to the state of Oregon.

Sincerely,

Katelyn McDowell, M.S., BCBA, LBA

Autism Spectrum Therapies

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