

Submitter: Alexandra Perez Urbina
On Behalf Of:
Committee: House Committee On Behavioral Health and Health Care
Measure, Appointment or Topic: HB2029

Dear Chairman Nosse and Members of the House Committee on Behavioral Health and Health Care:

My name is Alexandra Perez Urbina and I am a CSWA. I am a therapist in Portland area of Oregon. I have been practicing for almost 3 years.

I am writing this letter in support of HB2029.

Insurance audits are abusive and unfair and limit access to care to the people of Oregon. Please help stop the practice of audits in therapy.

As a therapist, the implementation of audits make me hesitate to continue to work with insurance—it feels like more hassle than it's worth (it is time consuming as it requires more documentation). It also feels like a violation of the therapeutic relationship, and with the added pressure of an administration who refuses to recognize Trans existence and is currently denying Trans folx passport renewals, the vulnerability feels more acute. The thought of having more eyes on the lives of my clients feels like a gross abuse of power. I have spoken to other therapists who feel the same way and are currently considering no longer accepting insurance.

As a therapy client and consumer (insurance costs about \$800 a month), it feels incredibly intrusive to have a stranger go through some of my most vulnerable thoughts, feelings, and states to determine whether or not I need to be in therapy. The idea of “medical necessity” varies depending on who is doing the audit and could lead to the denial of much needed care—in the case of mental health, this could mean death. Insurance audits give too much power to insurance companies over the lives of people in this state.

Thank you for supporting this bill.

Sincerely,
Alexandra Perez Urbina, CSWA