

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

My name is Jonathan West-Gray and I am a Licensed Professional Counselor (LPC).
I am a mental health therapist specializing in treating gender and sexual minorities (LGBTQIA2S+ individuals) who have been impacted by religious abuse and religious trauma. I have been practicing for five years.

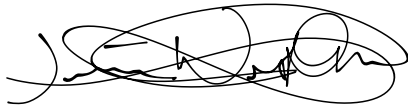
I am writing this letter in support of HB2029.

There is no good way to convey what an impact insurance audits have on therapists and their clients. People often utilize the phrase “mental health crisis,” without acknowledging how underpaid and overworked the mental health workers of Oregon feel. Most of the therapists I know express fear and anxiety over audits. Practices have been shut down after their first audit. I myself have considered walking away from mental health many times because of the threat of audits, and the additional unpaid work they entail to insulate myself from such threats. Clients deserve access to mental health care, and to be able to work with therapists who aren’t burned out from focusing more on protecting themselves instead of focusing on supporting their clients.

Thank you for supporting this bill.

Sincerely,

Jonathan West-Gray, LPC
Mental Health Counselor

A handwritten signature in black ink, appearing to read 'Jonathan West-Gray', with a large, stylized flourish at the end.