

Submitter: RuthAnne Alexander
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 RuthAnne Alexander, and I am an LPC in good standing in the state of Oregon. I am a therapist in Jackson County and have been practicing for 14 years. I am writing this letter in strong support of HB 2029. Insurance audits are abusive, unfair, and limit access to care for the people of Oregon. Please help stop this practice.

In addition to my work as a therapist, I am a supervisor for new therapists in the area, ensuring they document their services in accordance with all applicable rules and regulations. Yet, despite following best practices, insurance audits often overreach, unfairly taking back money that therapists have already earned - often without offering any meaningful opportunity for feedback and corrective action.

Mental health professionals are doing the best they can to provide quality care while navigating the ever-changing demands of insurance companies. However, the unpredictable and punitive nature of audits discourages many therapists from accepting insurance altogether, forcing them into private pay models. This, in turn, burdens the system and limits access for people who rely on their insurance for mental health care.

I have continued to accept insurance despite these risks because I believe that people should be able to use their insurance for mental health services. At the same time, I also believe that therapists should be able to trust that they will keep the money they have rightfully earned. HB 2029 strikes a necessary balance, protecting both providers and patients, while still allowing insurance companies to conduct periodic audits to ensure quality documentation.

I urge you to support HB 2029 to create a more just and sustainable system for mental health care in Oregon.

Thank you for your time and consideration.

Sincerely,

RuthAnne Alexander, MS, LPC, NCC, QMHP