

April 29, 2025

To Whom it May Concern

I am writing to express my strong support for Oregon House Bill 3761, which seeks to license art therapists and authorize Medicaid reimbursement for their services. As a credentialed art therapist currently providing services at a methadone clinic, I have witnessed firsthand the transformative impact of art therapy on individuals recovering from opioid use disorder and co-occurring mental health conditions.

A significant portion of my clients carry complex trauma histories, including childhood abuse, systemic violence, and long-term neglect. Many meet the criteria for complex post-traumatic stress disorder (C-PTSD). Traditional talk therapy often falls short in helping these individuals access and process their experiences. Art therapy offers a powerful, research-backed alternative that allows for non-verbal expression, which is essential when trauma has impaired the brain's ability to articulate or even consciously access certain memories and emotions. Through creative, image-based processes, clients can engage in trauma healing in a way that feels safer, more accessible, and neurologically attuned to their needs.

Despite my qualifications and clinical experience, current Medicaid policy does not allow me to independently bill for services provided in my private practice. This limitation not only hinders my professional capacity but, more importantly, disrupts the continuity of care for individuals who would otherwise choose to continue their healing journey with a trusted provider.

HB 3761 addresses this gap by allowing the Health Licensing Office to issue licenses to qualified art therapists, including provisional licenses, and requiring the Oregon Health Authority and coordinated care organizations to reimburse art therapists for behavioral health services provided to Medicaid recipients. This legislation aligns Oregon with the 13 other states that recognize art therapists as qualified mental health providers and expands access to therapeutic mental health services for the 1.4 million Oregon Medicaid recipients.

I urge you to support HB 3761 to enhance access to effective, trauma-informed care for Oregon's most vulnerable populations. Thank you for your time and consideration.

Sincerely,
Rebecca Boraz, MA ATR-BC, LCAT CADC