

Sent: Saturday, April 24, 2010 12:34 PM
To: EBSA, E-OHPSCA - EBSA
Subject: Comment in support of RIN 1210-AB30

April 24, 2010

I am writing to support the interim final rule under the Paul Wellstone and Pete Domenici Mental Health Parity and Addiction Equity Act of 2008 (RIN 1210-AB30).

I support the strong rule that would forbid insurance companies from charging higher copayments, deductibles, and other out-of-pocket expenses for mental health treatment than they would for other physical health care. Thank you for ensuring that mental health care and physical health care coverage are included in a single deductible.

This is the new millenium. Rather than keeping on with a dark ages view that people are comprised of muscle, bone and sinew, it is time to see the human as a compilation of Body Mind and Spirit, and to have 'medical' options which are designed to meet the needs on all these levels. We are much more than simply batches of clay with nervous systems, to be treated with various medications which may or may not be effective, indeed, which in my own personal experience, mostly seem to aggravate conditions, creating a need for more and more dependence on medical intervention.

There is so much your industry could do to improve the lives of all, creating a more productive and energetic community of human beings, who would then in turn be available to turn their creative energies to fixing what wrong has been done to plant and animal species all around the planet.

Thank you.

Sincerely,

Pamela Buckingham