

From: [Heather Vest](#)
To: [EBSA MHPAEA Request for Comments](#)
Subject: Mental Health parity
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To whom it may concern at the Department of Labor,

I hope this message finds you well. As a dedicated mental health therapist, I am writing to address the crucial matter of mental health insurance regulations and the urgent need to enforce mental health parity in insurance reimbursement.

I am grateful for the opportunity to provide feedback and insights regarding this matter. Mental health care plays an integral role in the well-being of individuals and communities, and it is imperative that we work together to ensure equal access to quality mental health services for all.

I want to emphasize the significance of reimbursement rates in shaping the landscape of mental health care delivery. The current state of reimbursement rates has profound effects on both clinicians and patients alike. It is essential to consider the impact that these rates have on the overall accessibility and affordability of mental health services.

As mental health professionals, we strive to provide the highest standard of care to our clients. However, inadequate reimbursement rates create significant challenges for us. Many of us find ourselves faced with the difficult decision of going out of network to receive fair compensation for our services. This decision is not taken lightly, as it can result in increased financial burdens for our clients, potentially limiting their access to the care they need.

The discrepancy between reimbursement rates and the cost of delivering mental health services can lead to severe consequences. It affects our ability to sustain our practices and support ourselves and our families while doing the work we are passionate about.

Furthermore, when reimbursement rates do not adequately cover the costs of mental health care, it hinders our ability to serve those who are most vulnerable and in need of support. It becomes increasingly challenging for individuals with limited financial resources to access the care they require, resulting in potential gaps in mental health services and a negative impact on public health.

I urge the Department of Labor to consider the real-life stories and experiences of mental

health professionals, as well as the struggles our patients face. We need mental health parity to be enforced to address these issues effectively.

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