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To: [EBSA MHPAEA Request for Comments](#)
Subject: Parity Rules Comment
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Greetings,

I'm a licensed mental health provider who recently left the US Dept. of Veterans Affairs in pursuit of private practice. I was working for the Readjustment Counseling Service. They are currently experiencing hiring and talent retention challenges and one of the reasons is low pay.

Moving into private practice, I'm currently taking insurance but am already making plans to become a private pay only practice within the next year or so. I know this to be the case for many of my colleagues as well. Current insurance rates are hardly enough to make ends meet residing in an area with high-cost-of-living.

New parity laws could require insurance companies to pay licensed therapists higher rates, keeping more therapists in-network and making therapy more accessible to clients/consumers who cannot afford private pay rates.

This type of change has been needed for years, and I'm pleased to know it may become a reality. Please consider my voice and the voices of other therapists who are doing the hard work to meet the need during this mental health crisis but also have to live comfortably so they can continue seeing clients indefinitely.

I know a lot of therapists who have left the field altogether due to the struggle of making ends-meet financially while also bearing the burden of what it means to be supporting people's health during a mental health crisis. I don't want to be one of them too. Please do the right thing.

Christopher Brown, LICSW