

From: [Erin](#)
To: [EBSA MHPAEA Request for Comments](#)
Subject: Feedback on New Reimbursement Rate Guidelines
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Hello,

I am writing to provide feedback on the reimbursement rate guidelines and I hope that you will take my feedback and the feedback of other therapists and practitioners seriously.

Accessibility has always been very important to me as a therapist, and that is why I accept several insurances and am not solely self-pay. However, myself and many other therapists are being forced to consider an end to insurance acceptance due to low reimbursement rates. Even with inflation, reimbursement rates have decreased over the last year. This creates conditions for therapists to feel the need to maintain unsustainably high client caseloads in order to make enough money, which leads to more burnout and a decrease in quality of care. For some insurance companies, the reimbursement rate for a session is less than the client's co-pay.

Not only do low reimbursement rates for therapists decrease accessibility in a time where we are in a "mental health crisis," but they devalue the very important and often life-changing work we do. If we are stressed about our ability to make ends meet, we can't and won't provide the best possible care for our clients. Many therapists are leaving the field due to being underpaid and undervalued. It is trendy to amplify the importance of self-care and mental health care. If they're truly valued, improvements to reimbursement rates need to be made.

I hope that this feedback is considered.

Best,

Erin Taylor, LPC