

Here is my testimony as a retired mental health trauma therapist working under insurance companies for twenty years in outpatient clinics and private practice....I watched while patients were routinely denied therapy visits and complimentary care for their PTSD trauma diagnosis...Proper treatment for mind/body afflictions such as PTSD require both mind and body interventions for complete thorough care and were this was routinely denied by insurances. On top of this my treatment plans were often denied or revised and rewritten for interventions not recommended by me but by untrained, unlicensed paper pushers deciding their care. Causing widespread medical fraud as nonprofessionals are deciding mental healthcare. On top of that, around 70 to 80 percent of my session pay was taken by insurances. If the fee was 100 dollars a session, I received 20 to 30 dollars of that. Insurances received the other 70 to 80 percent of the pay for medical fraud. At huge costs passed on to both clients and providers. Bankrupting all of us. This is why we need single payer healthcare now. My own town has no outpatient mental healthcare facility where people can address PTSD trauma, domestic violence, substance abuse, behavioral addictions, depression, bipolar disorder, bereavement, school bullying, youth suicide, family therapy, divorce, poverty, homelessness and unemployment. All of which affect people in York County where I live yet there is no treatment for them where they live. That is beyond shameful and ignorant and the reason why people cannot attend school or perform at jobs or function in relationships in their private lives and adequately parent their children....

Sincerely, Stephanie Simpson, MA, MSW.