Hi,

I’m writing to share some information regarding recent legislation that affects communications and procedures about mental health care. Please forgive the formality and impersonal tone of this email as I share this information.

First, I’d like to tell you that the **impact of this change on you, the client, is minimal**. In short, I am required to put an estimate of our services together and share that with you. From what I can tell, this legislation will not impact the work we are doing together, and I anticipate we will be able to continue without any interruptions.

The details regarding the legislation are unclear, though, especially for mental health providers. I am learning more as licensing boards, practices, and agencies figure it out, and will continue to communicate about it with you as I learn more.

In the many conversations I’ve been part of regarding this new legislation, I’ve learned that mental health providers are taking different approaches in their responses. **In the interest of being transparent, I want to be clear in telling you that I am choosing not to respond immediately**. While some are creating forms and making assumptions about the legislation’s ambiguities, I am choosing to wait a couple of weeks until guidance gets more articulated. **If, after reading this email, you feel that you need a quicker response from me regarding this legislation, please let me know.** As always for me, your needs, comfort, and feelings of trust and safety are most important to me, and they will be very influential in the choices I make.

*Here are some more details about the legislation, for your information.*

In December 2020, Congress passed the No Surprises Act. It requires providers to inform patients about the total cost for their treatment before undergoing treatment. It is intended to reduce unexpected medical bills for patients. This legislation went into effect January 1, 2022.

The basics of this legislation’s requirements are already in place for almost all private practice therapists, as our professional associations have strong ethical standards requiring us to inform our clients of fees before commencing treatment.

The specifics and contradictory interpretations of several aspects of this legislation, however, are making implementation of it challenging. It also only became known that this law impacts private practice therapists last week. Professional associations and boards were not aware of this legislation’s implications for therapists, and, nationally, therapists are learning about the legislation through word of mouth and Facebook. In other words, there is still much to be figured out.

Please do not hesitate to ask me any questions you have about what I have shared in this email; I will be happy to discuss it in greater detail. Also, even if you don’t reach out to me, please know that I am working on this, and will be following up soon to ensure that I am meeting the requirements of properly informing you in accordance with this legislation, as guidance about how to do so emerges.

Thank you for taking the time to read this. I look forward to talking with you soon.

Take care,

Dr. Connie