

Nancie R. Spector, Ph.D.
Licensed Clinical Psychologist
112 Adams Lane
New Canaan CT 06840
(203) 972-9009
CT License 1195

March 14, 2020

SUBJECT MATTER: Telehealth

*H.B. No. 5596 (RAISED) AN ACT CONCERNING TELEHEALTH.

*S.B. No. 1022 (RAISED) AN ACT CONCERNING TELEHEALTH

Dear Sir or Madam,

I am writing to support the bills which will provide parity for telehealth services. I am a child clinical psychologist and I have been providing assessment and psychotherapy services in Connecticut for children and their parents since 1985 (www.drncanciespector.com).

Throughout the pandemic, I have been able to continue to help children because of access to telehealth. I use two HIPAA compliant platforms, VSEE and Klara. When parents or family members were quarantined, there was no disruption of care to my patients. I have continued to treat children as young as five years old. Telehealth has worked very well. One unanticipated benefit to telehealth, is that it is easier to involve other family members in a child's care. For example, I have had a grandmother who resides with my patient able to participate in sessions as needed. She has advanced Parkinson's and would not be able to travel to my office. I have had siblings join sessions when warranted. In addition, I am able to see the child's environment which provides clinically useful information to me.

A number of my patients and their parents have indicated that they actually prefer this method of service delivery. It saves travel time, allows for sessions to be conducted during inclement weather as well as when there is illness within the family, and facilitates involvement of other family members as needed.

I strongly urge you to pass this legislature.

Please feel free to contact me if I can provide additional information.

Nancie R. Spector, PhD.