

I am a constituent and a licensed clinical social worker. Telehealth (video and/or phone only) has been invaluable during the pandemic. This mode of service delivery has proven to be effective in supporting clients through this very challenging period. Additional advantages of telehealth as a regular option have come to light during this time.

For those who must rely on med cab, telehealth is reliable and cost-saving to the State. For mothers of multiple young children (particularly those who must rely on med cab) telehealth simplifies accessibility to mental health services.

For the elderly who must rely on others for transportation and/or have mobility issues, telehealth brings relief and accessibility.

For anyone who is busy with work and family, the elimination of travel time to and from an Office, telehealth is a valuable option.

Since the need for mental health services has become clearly evident, it follows that all options for accessibility must be offered. Telehealth is by no means inferior to in-person sessions for those whose needs are met through this mode of service delivery. For this reason, then, reimbursement should be on par with in-person sessions.

Thank you for your consideration to meeting the needs of the people of Connecticut.

Sincerely,  
Lorraine L. Plante, LCSW