



CONNECTICUT ASSOCIATION FOR
Marriage & Family Therapy

May 20, 2020

Andrew Mais
Commissioner
Connecticut State Department of Insurance
153 Market Street, 7th Floor
Hartford, CT 06103

Dear Commissioner Mais:

I am Chair of the Connecticut Association for Marriage and Family Therapy (CTAMFT), a component of the American Association for Marriage and Family Therapy (AAMFT) and I am writing to request your help in working with the state's insurance carrier to extend their reimbursement of tele-health behavioral health service for Connecticut residents. In the coming days and weeks, many of the state's insurance carrier's provisions to reimburse health care professionals for tele-health visits will expire. Your help is necessary to extend the time period for these services for Connecticut residents.

There are over 1,300 licensed Marriage and Family Therapists (MFTs) practicing in Connecticut. MFTs treat Connecticut residents for a myriad of mental health needs, and although they sometimes serve as marriage counselors, their education and training allow them to treat various mental health illnesses. MFTs are trained to assess, diagnose and treat individuals, however MFTs have uniquely extensive training in assessing individuals, couples and families from a systemic perspective.

MFTs are dedicated to continuing to provide high quality services to Connecticut residents through the current pandemic. Global pandemics, like the current COVID-19 pandemic, place many more individuals at risk for trauma, anxiety, and depression, among other mental health diagnoses. As a result, MFTs are seeing an increase in symptoms for their patients who were on their existing caseload pre-pandemic and an increase in new patients seeking services.

Extending the coverage of these services for patients and reimbursing mental health professionals would allow MFTs in Connecticut to safely continue to provide these much needed services. Additionally, the extension of this coverage will allow therapists to appropriately and slowly transition clients back to the office setting at a rate that they can manage both safety risks and patient confidence.

Thank you for your consideration of this important request. Please do not hesitate to contact me at chair@ctamft.org if you have any questions or need further information.

Sincerely,

Rebecca L. Ruitto, LMFT

Rebecca L. Ruitto, LMFT
Chair, CTAMFT
AAMFT Clinical Fellow

cc: Governor Ned Lamont
Diedre Gifford, Acting Commissioner, M.D., MPH, Department of Public Health