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February 10, 2025

The Honorable Joseline A. Pena-Melnyk
Chair, Health and Government Operations Committee
241 Taylor House Office Building
Annapolis, Maryland 21401

RE: Support – House Bill 869: Preserve Telehealth Access Act of 2025

Dear Chairwoman Pena-Melnyk and Honorable Members of the Committee:

The Maryland Psychiatric Society (MPS) and the Washington Psychiatric Society (WPS) are state medical organizations whose physician members specialize in diagnosing, treating, and preventing mental illnesses, including substance use disorders. Formed more than sixty-five years ago to support the needs of psychiatrists and their patients, both organizations work to ensure available, accessible, and comprehensive quality mental health resources for all Maryland citizens; and strive through public education to dispel the stigma and discrimination of those suffering from a mental illness. As the district branches of the American Psychiatric Association covering the state of Maryland, MPS and WPS represent over 1100 psychiatrists and physicians currently in psychiatric training.

MPS/WPS support House Bill 869: Preserve Telehealth Access Act of 2025 which keep in place many of the temporary changes to telehealth services covered under state commercial plans and Medicaid. The changes have been put in place to ensure continued access to care during the pandemic, which designation is expiring and have allowed clinics and private practices to stay open when they may have otherwise been forced to close. Furthermore, expanding coverage to telehealth has dramatically changed the way many of our doctors deliver psychiatric care. Our members have quickly adapted to telehealth and note that no-show rates have significantly decreased, with patients no longer having to leave their homes or consider travel to access care.

For patients who lack broadband access or video-only technology, the ability to reach patients over the telephone during the pandemic has been critical to ensuring continuity of care. A 2021 study by Johns Hopkins found that despite the growth in telehealth, lower video use was also observed among women (8% less likely), Black people (35%), Hispanics (10%), and low-income families (43% less likely for household income less than \$50,000). Americans over 75 suffered a similar gap, with 51% less ability to use video. Additionally, patients who are hesitant to see a physician face-to-face may feel more comfortable seeking care via audio-only telehealth.

Ensuring patients continue to receive clinically safe and efficient care should be a priority for legislators as Maryland continues to grapple with the pandemic. In addition to the increased anxiety among individuals afraid of becoming sick, the pandemic's social distancing policies have also led to people becoming isolated or unemployed. Poor mental health outcomes are linked to both situations. Preserving payment parity for behavioral health and somatic care delivered via audiovisual and audio-only methods ensures that telehealth options remain practical for providers. MPS & WPS have seen the promise in telehealth's potential to expand access to care and help our state save lives.

As such, MPS and WPS ask the committee for an favorable report on HB869. If you have any questions regarding this testimony, please contact Lisa Harris Jones at lisa.jones@mdlobbyist.com.

Respectfully submitted,
The Maryland Psychiatric Society and the Washington Psychiatric Society
Legislative Action Committee