

Webinar – Example from The Chicago School (CE Accredited)



The flyer below summarizes the CE-accredited workshop hosted by The Chicago School. We welcome collaborating to introduce Cover My Mental Health in a webinar, community meeting, or similar format suited to your organization.



Cover My Mental Health: Resources for Overcoming Insurance Obstacles to Care

CE/CEUs	When attended in full, this program offers 1.0 CE for Psychologists or 1.0 IL CEU for Counselors and Social Workers.
Presenter	Joe Feldman, MBA; Founder and President of Cover My Mental Health
Workshop Description	<p>Consistent with their previous analysis, a 2023 KFF brief analyzing claims denials and appeals for non-group qualified health plans found that consumers rarely appeal denied claims and when they do, insurers usually uphold their original decision. In 2021, HealthCare.gov consumers appealed less than two-tenths of 1% of denied in-network claims, and insurers upheld most (59%) denials on appeal. Though state and federal laws and regulations increasingly require mental health care coverage, challenges for consumers remain.</p> <p>Support from providers (such as with medical necessity letters) as well as by patients themselves can increase the likelihood of securing insurance approval for medically necessary services for the treatment of mental and substance use disorders, including psychotherapeutic treatment (Feldman et al, 2021). This presentation will introduce Cover My Mental Health and its actionable resources including templates, worksheets and talking points for helping individuals and their clinicians to overcome prevalent insurance company barriers for those seeking mental health and substance use disorder care.</p>
Learning Objectives	<p>After attending this introductory-level program, participants will be able to:</p> <ul style="list-style-type: none"> Identify at least two common insurance company obstacles to approved mental health and substance use disorder care. Describe actionable resources for overcoming insurance company obstacles, such as for “not medically necessary” and “no in-network provider.”
Program Standards & Goals	<p>This program meets APA’s continuing education STANDARD 12: Program content focuses on ethical, legal, statutory or regulatory policies, guidelines, and standards that influence psychological practice, education, or research.</p> <p>This program meets APA’s continuing education GOAL 3: Program will allow psychologists to maintain, develop, and increase competencies in order to improve services to the public and enhance contributions to the profession.</p>
References	<p>Bendat, M. (2014). In Name Only? Mental Health Parity or Illusory Reform. <i>Psychodynamic Psychiatry</i>, 42(3), 353–375. https://doi.org/10.1521/pdps.2014.42.3.353</p> <p>Feldman, J., DeBofsky, M., Plakun, E., Potts, C. (2021) Providing a Routine Medical Necessity Letter to Improve Access to Care for Our Patients. <i>Journal of Psychiatric Practice</i> 27(4):p 288-295. DOI: 10.1097/PRA.0000000000000563</p> <p>Plakun, E. (2022). A Verdict overturned: Are we at our Wit's end? <i>Journal of Psychiatric Practice</i>, Vol. 28, No. 4, 324–327. DOI: 10.1097/PRA.0000000000000643</p> <p>Pollitz, K., Lo, J., Wallace, R., & Mengistu, S. Claims Denials and Appeals in ACA Marketplace Plans in 2021, KFF (2023) retrieved from https://www.kff.org/private-insurance/issue-brief/claims-denials-and-appeals-in-aca-marketplace-plans/#</p>