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House Finance Committee  
Representative Hoops  
Chair of the Subcommittee on Human Services  
The Statehouse  
Columbus, Ohio 43215

Dear Sir

This letter is to urge you to consider reinstating Medicaid for adult psychological services. I have had a commitment to providing psychological services to our most needy since I became a therapist.

Primarily, I have worked with children. But, on a number of occasions, I have worked with parents as it became apparent that the most significant need in the family was that of the adults, not the children. Now when this occurs, I must consider referring the adults to mental health agencies which are already overburdened with long waiting lists.

When Medicaid funds were terminated, I was working with approximately six adults. I continue to see two adults gratis. One transferred to the public mental health agency in my county. The others continued for a brief period of time and then chose to drop out of therapy.

Both of these individuals have been able to engage in limited work in temporary services. One of these individuals has significant medical problems and the other has learning problems which prevent her from successfully engaging in training opportunities. Both of these individuals are working toward finding employment that will provide a suitable lifestyle for their families.

It is important to provide these clients with options. Several clients have come to me after having been unsuccessful in progressing in treatment in the public agencies. They have felt, for various reasons, that the services that they received were not helpful in treating their conditions. For example, several clients have indicated that the public agencies had high client-therapist ratios and that they were seen only once a month. They felt that this did not meet their needs as they did not make sufficient progress in coping with their depression or anxiety. Others have had concerns that they did not have the same therapist because therapists changed positions or left the agency. In contrast, they have been satisfied with the frequency of treatment in the private setting and, of course, the therapist and client are able to develop a therapeutic relationship because there is not a change in therapist.

I have been a therapist for over twenty years. At the beginning of my career as a therapist, I was supervised by a licensed psychologist and had a master's degree in counseling. I believe I provided good services, but I recognize that my skill level has increased dramatically over the years. In addition, my doctoral training added a depth to my skill and knowledge base that benefit my clients. It seems ironic that a point in my career when I can be most helpful to the neediest of clients, I am limited in doing so.

I have worked with adults on a variety of issues such as anger management, addictions, anxiety attacks, depression, and coping with attention deficits. Often, these conditions have prevented clients from successfully holding a job. Learning to cope with these disorders has often resulted in ability to obtain and successfully engage in employment.

On occasion, I have worked with foster children who have been abused. These individuals often return to therapy as adults when they become parents. It has been helpful that we have been able to address issues that affect their children's development. Often, the issues that they cope with as adult survivors of abuse affect intimate and work relationships. These individuals find it difficult to trust others. They are more comfortable returning to a therapist with whom they have developed trust over a period of time. Thereby, we do not have to spend sessions developing trust but can move forward in therapy, saving time and money.

Please consider reinstating Medicaid funds for adult psychotherapy.

Sincerely

Mary Ann Teitelbaum, PhD  
Psychologist  
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Copies to        Senator Armbruster  
                     Representative Koziura