



Minnesota Association
for Marriage and Family Therapy

2136 Ford Parkway, #8068
Saint Paul, MN 55116
MAMFT.net

February 25, 2025

Dear Chair Wicklund and members of the Senate Health and Human Services Committee,

I am the President of the Minnesota Association for Marriage and Family Therapy (MAMFT) and I write to you today to express our support for SF 1402/HF 1005 which will address the current rate disparity between individual and family mental health services in Minnesota Medical Assistance (MA) reimbursement rates.

MAMFT is the professional association for the 3,270 marriage and family therapists (MFTs) practicing in communities throughout the state in health systems, mental health clinics, veterans' affairs, and correctional facilities. MFTs specialize in providing relational and family therapy services. We are the only mental health professionals required to prove proficiency in relational therapy in order to obtain our licensure. Every MFT is trained to understand the impact of mental health concerns, and other systemic issues, on the whole family system. Providers in our field often work with the entire family to support the mental health needs of Minnesota children and families, including those in historically underserved populations.

Current MA rates for mental health services reimburse a family therapy hour at \$70.01 (billing codes 90846 and 90847). Whereas an individual therapy hour is paid at \$130.71 (billing code 90837). It makes no sense to pay family therapy at a 40% lower rate, given that family therapy is a specialty service.

The result of this disparity often includes MFTs forgoing insurance, and developing private pay practices, in order to be adequately compensated for their work. This increases the waitlist times for providers who do accept insurance and MA, and ultimately limits access to care for most Minnesotans, especially those who have been historically underserved by mental health providers.

Adopting the mental health rates in this bill would address the significant rate disparity, bringing family therapy service reimbursement on par with individual services. When providers are adequately compensated for their work, it increases access to quality family mental health services. And when families have the ability to understand and support their mental health concerns together, the whole family has the opportunity to heal.

Thank you,
Sincerely yours,

A handwritten signature in black ink that reads 'Leah Seeger'.

Leah Seeger, MA, LMFT, LADC
President, MAMFT