

TeleHealth

Continuance/extension of TeleHealth benefits.

- Dear Connecticut State Legislators:
- We master's level talk/support therapists have never been so busy.
- I am an LMFT ~ Robert Wething, LMFT ~ CT License #000870.
- I live in Fairfield and work in both Shelton at the Christian Counseling Center, as well as The Wellness Center in Oxford.
- I am working over full-time attempting to meet the overflow need most of us Social Workers, Marriage & Family Therapists & Licensed Clinical Counselors are experiencing.
- Not only are we literally a lifeline to the poor & shut-ins, but I also know these (1) hour doxy/phone calls go a long way in mitigating high emotional distress within our fellow Connecticut families & neighbors.
- The invisible uncertainty most residents are dealing with due to this Pandemic results in either 1.) increased anxiety (that easily leads to unsafe levels of substance use) or, 2.) a never ending sense of fatigue/depression that grinds many families' inner emotional resources into the ground.
- In extending the logistical benefits for TeleHealth to ALL clients & therapists, it literally is one of the strongest ways you as legislators can say to our citizens:
- "We are in this together."
- Let us continue to do our job with the logistical flexibilities that are currently in place for TeleHealth during this Pandemic.
- It is saving untold lives and suffering.
- Thank you for your time.
- Robert Wething, LMFT
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