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Sent: Saturday, April 24, 2010 10:39 AM

To: EBSA, E-OHPSCA - EBSA

Subject: Comment in support of RIN 1210-AB30

April 24, 2010

I am writing to support the interim final rule under the Paul Wellstone and Pete Domenici Mental Health Parity and Addiction Equity Act of 2008 (RIN 1210-AB30).

I support the strong rule that would forbid insurance companies from charging higher co-payments, deductibles, and other out-of-pocket expenses for mental health treatment than they would for other physical health care. Thank you for ensuring that mental health care and physical health care coverage are included in a single deductible.

Mental health issues are as crippling and debilitating as any physical ailment. Look into any bar, or even on the street, and one can find people that are debilitated by ailments such as bipolar disorder, post-traumatic stress disorder, chronic depression. Many sufferers attempt to self-medicate by abusing alcohol and drugs, thus rendering them to much less of a life than they are capable of. In the meantime, mainstream thinking still treats them as different, odd, criminal, or problems that should just go away. When President Reagan ended most mental health funding, he forced persons in treatment out onto the streets, thus virtually creating our homeless problem we now witness today.

The Wellstone-Domenici Mental Health Parity Act is a step in the right direction. I urge you to support efforts to better treat and care for those suffering from mental illnesses.

Sincerely,

Tim Knudson
Tacoma, WA

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