Template 1

Dear [Senator or Representative],

I’ve been in contact with (or I’m a member of) the Vermont Psychological Association and Dr. Rick Barnett about S.81 and H.139, legislation to help improve access to, and the quality of, mental health, and help balance medication and psychotherapy. Prescribing psychologists are a growing workforce in 5 states to help address mental health workforce shortages across the country. We would like this in Vermont. These specially trained psychologists are not unlike psychiatric nurse practitioners, and are exceptionally well trained to know when meds are and are NOT appropriate, as well as to provide the talk therapy that is so often missing with more traditional prescribers.

Vermont has some of the highest rates of suicide, addiction, and mental health issues in the country. Access for people who can’t see someone who specializes in this area and helping individuals come off their medication when they want is at a critical point. I’m happy to offer more support and info to this worthwhile effort. I hope you can help.

Template 2

Dear [Senator or Representative],

There are bills in the House (H.139) and Senate (S.81) that will help improve access to, and the quality of, mental health care, and help balance pharmacotherapy and psychotherapy. There are five states that allow psychologist-doctorates with additional significant advanced education and training in pharmacology to prescribe and de-prescribe psych meds. Prescribing psychologists are exceptionally well training to know when meds are and are NOT appropriate because they focus on non-pharmacological approaches to stabilization and wellness with authority to manage medications when helpful. Wait times for psychiatrists are unacceptable and getting psych meds mainly from primary care settings is inadequate. This workforce can help and I'm asking you to support it this bill. This is its 4th year in legislature and we'd like to see it get passed. Hoping you can help.