

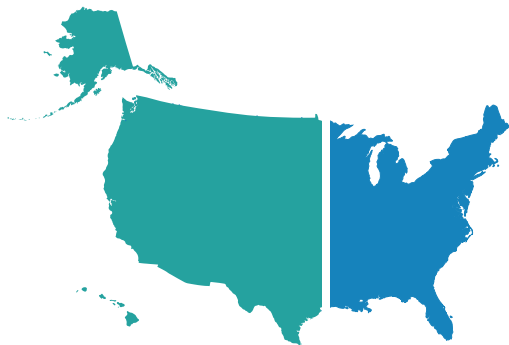
# 4 FACTS YOU NEED TO KNOW ABOUT THE Mental Health Workforce

1

## We're Facing a National Shortage in the Mental Health Workforce

More than 44 million American adults have a diagnosable mental health condition<sup>1</sup>

1 in 5 Americans



More than half (56%) of American adults with a mental illness do not receive treatment<sup>2</sup>

2

## There are Multiple Factors Contributing to the Shortage

The Mental Health Parity and Addiction Equity Act and Affordable Care Act made mental health services more affordable, which enabled more Americans to access services. Additionally, factors such as high provider turnover rates, aging workers, and low compensation have decreased the supply of providers to meet this demand.

$$\text{DEMAND} + \text{SUPPLY} = \text{SHORTAGE}$$

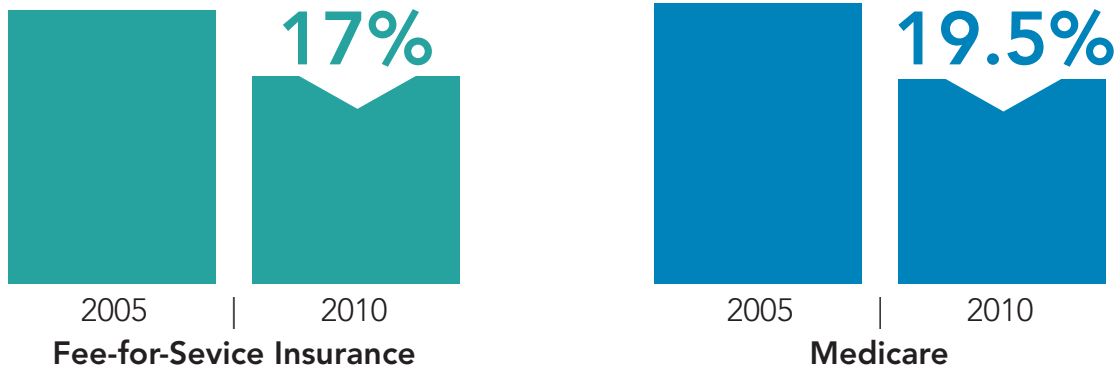
<sup>1</sup> National Institute for Mental Health, Mental Health Information, 2016, Available [www.nimh.nih.gov/health/statistics/mental-illness.shtml](http://www.nimh.nih.gov/health/statistics/mental-illness.shtml)

<sup>2</sup> Mental Health America, The State of Mental Health in America, 2018, Available [www.mentalhealthamerica.net/issues/state-mental-health-america](http://www.mentalhealthamerica.net/issues/state-mental-health-america)

### 3

## Declining Acceptance of Insurance is Worsening the Problem

Percentage of Psychiatrists Accepting Insurance<sup>3</sup>



### 4

## Future Projections Expect the Problem to Get Worse, Not Better

National Supply and Demand, All Behavioral Health Practitioner Categories: 2025 Projections<sup>4</sup>

Occupation	Supply	Demand	Difference
Psychiatrists	45,210	60,610	-15,400
Behavioral Health Nurse Practitioners	12,960	10,160	2,800
Behavioral Health Physician Assistants	1,800	1,690	110
Clinical, Counseling, School Psychologists	188,930	246,420	-57,490
Substance Abuse and Behavioral Disorder Counselors	105,970	122,510	-16,540
Mental Health and Substance Abuse Social Workers	109,220	157,760	-48,540
Mental Health Counselors	145,700	172,630	-26,930
School Counselors	243,450	321,500	-78,050
Marriage and Family Therapists	29,780	40,250	-10,470

Note: All numbers reflect full time equivalents. Numbers may not sum to totals due to rounding. This model assumes that approximately 20 percent of the 2013 U.S. population needed but did not receive treatment for mental illness, substance use and/or substance dependence in 2013. This model also reflects expanded insurance coverage of mental health and substance use disorder services associated with Medicaid expansion and Affordable Care Act marketplaces, as well as federal parity protections.

**57%**

**of all actively practicing psychiatrists in the U.S.**  
are older than 55 and are likely to retire within the next 5 to 10 years.<sup>5</sup>

<sup>3</sup> Bishop, T.F., Press, M.J., Keyhani, S., Acceptance of Insurance by Psychiatrists and the Implications for Access to Mental Health Care, JAMA, 2014, Available <https://jamanetwork.com/journals/jamapsychiatry/fullarticle/1785174>

<sup>4</sup> Health Resources and Services Administration/National Center for Health Workforce Analysis: Substance Abuse and Mental Health Services Administration/Office of Policy, Planning, and Innovation, 2015. National Projections of Supply and Demand for Behavioral Health Practitioners: 2013-2025, Available <https://bhw.hrsa.gov/sites/default/files/bhw/health-workforce-analysis/research/projections/behavioral-health2013-2025.pdf>

<sup>5</sup> Association of American Medical Colleges, 2012 Physician Specialty Data Book, Center for Workforce Studies, 2012:16, Available [https://members.aamc.org/eweb/upload/2012 Physician Specialty Data Book.pdf](https://members.aamc.org/eweb/upload/2012%20Physician%20Specialty%20Data%20Book.pdf)