



Compounding Issues from the Psychiatrist Shortage in the United States

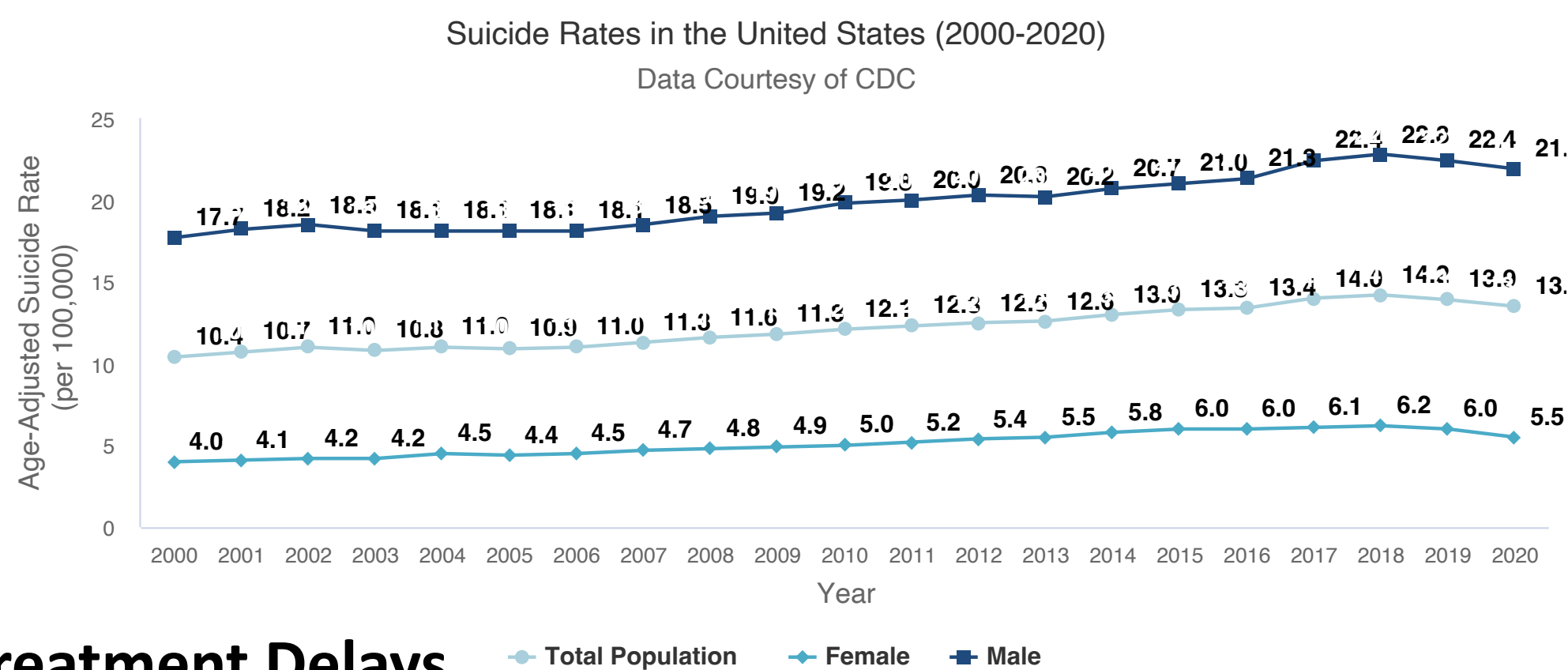
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Background: Increased Need for Psychiatrists

Increasing Demands for Mental Health Services

- Suicide is the 2nd leading cause of death in ages 10 -14 after unintentional injury
- Pediatric mental health-related emergency department visits have almost doubled in the past 10 years
- 1 in 5 adults in the U.S. experience mental illness each year



Treatment Delays

- The average delay between onset of mental illness symptoms and treatment is 11 years
- 47.2% of U.S. adults with mental illness received treatment in 2021
- Nearly 60% of patients who receive mental health treatment do so through their primary care physician

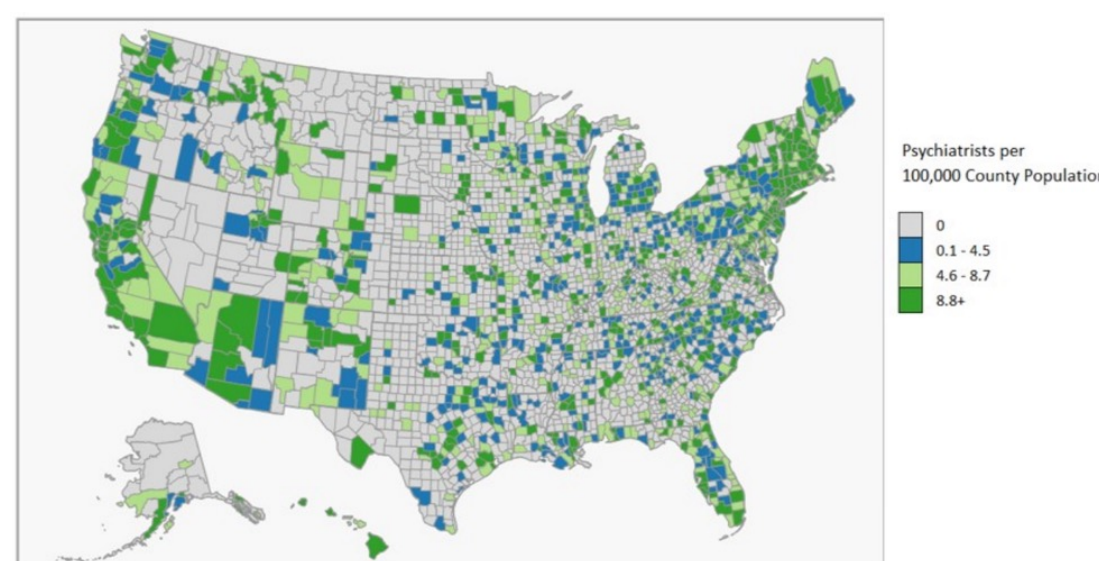
Shortage Areas

- 164 million people live in mental health professional shortage areas

Psychiatrist Shortage

More than half of U.S. counties lack a psychiatrist

- Of 3,135 total counties in the United States, 1,446 had at least one psychiatrist (46.1%).



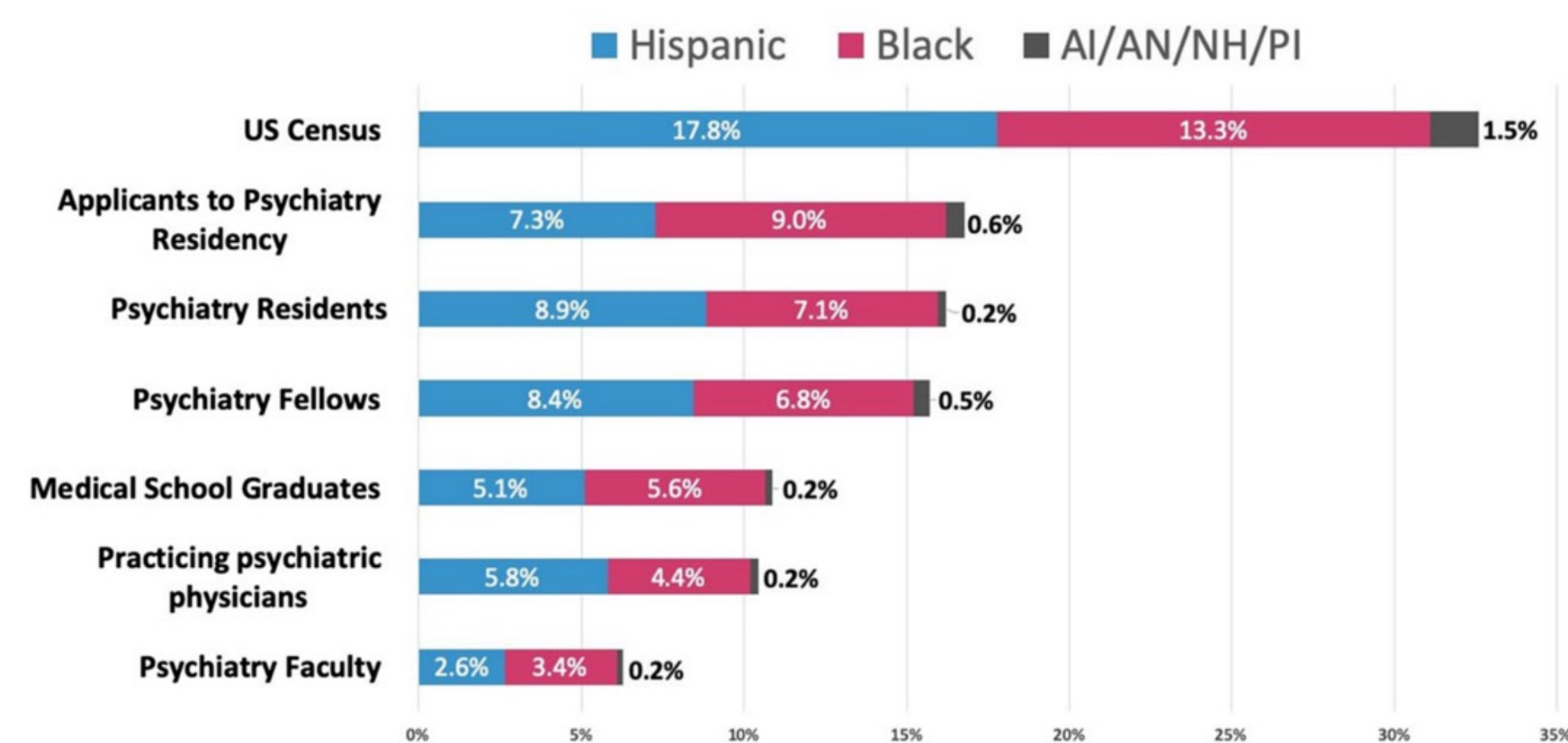
Compounding Issues from the Shortage

Increased Wait times for Psychiatric Care

- Individuals may wait up to several months for an intake appointment with a psychiatrist
- In 2022, the median wait time for in-person appointments was 67 days and for telepsychiatry was 43 days

Underrepresentation of Minorities in Psychiatrists

- Black, Hispanic, and American Indian, Alaskan Native, Native Hawaiian, Pacific Islander (AI/AN/NH/PI) psychiatrists are significantly underrepresented in their field as practicing physicians compared to the U.S. population



What is being done?

Expansion & Addition of Medical Residency Programs

- Legislation in 2020 added 200 residency slots across all medical specialties
- The number of residents in psychiatry has increased by 21%
- 57% of residency programs reported wishes to expand but faced financial barriers

What is being done (*continued*)

Telepsychiatry Services

- 40% of mental health services provided are via telehealth
- Self-paced modules for cognitive behavioral therapy are offered, which may provide patients with coping tools while they wait for an intake appointment

988 Lifeline Established in 2022

- Suicide and crisis lifeline is freely available to anyone 24 hours a day, 7 days a week
- Trained crisis counselors provide confidential support, crisis counseling, and additional resources via text or phone call

What else can be done?

Collaboration between Psychiatrists and Primary Care Physicians

- Nearly 60% of patients who receive mental health treatment do so through their primary care physician
- Collaboration between PCPs & psychiatrists can aid in ensuring patients are treated appropriately and in a time efficient manner

Continued Telepsychiatry & Telehealth Services

- Telepsychiatry offers individuals access to psychiatric treatment regardless if they are in a shortage area

Continued Funding for New Psychiatry Residency Programs and increased number of Residency Slots

- An increased number of psychiatry residents targets the issue at its core by directly increasing the number of practicing psychiatrists in the future

References

