Purpose of the Project

- Develop an estimate of need for children's mental health services in Massachusetts.
- Assess the capacity for child and family mental health service delivery among licensed providers.
- Identify variation in capacity to meet the mental health needs of children and families.
- Document challenges to meeting current demand for services.

Methodology

Three components:

1. Targeted literature review
2. Key informant and stakeholder interviews
3. Mail and web survey of licensed mental health professionals in Massachusetts

- Prescriber Survey
  - Tailored for Psychiatrists and Clinical Nurse Specialists
  - Sampled the universe of providers
- Non-prescriber Survey
  - Tailored for Psychologists, Mental Health Counselors, Marriage and Family Therapists, and Social Workers
  - Random sample, adjusted by provider presence in six regions

Response Rate

- Prescribers: 521 (16%)
- Non-prescribers: 1461 (21%)
- Total: 1982 (19%)

Supply of Child Providers

Criteria for Child Provider:

Clinicians who report serving a case load of at least 10 children and adolescents (ages 0-21):

- 73% (37%) respondents meet this threshold
- 44% (63%) of the 73% child providers have caseloads > 30% of children and adolescents

Demand: Need for Services

- Racial and Linguistic Characteristics of MA Children differ from those of practitioners
  - Statewide: 25% of children are non-white
  - Boston region: 50% of children are Black or Hispanic
  - Northeast and Western Mass.: 17% and 18% Hispanic
- Linguistic diversity (2008-09 school year):
  - 14% of children (3,685) enrolled in schools did not speak English as their first language
  - 6% of children (51,288) enrolled in schools have limited English proficiency

Workforce Dynamics, cont.

- Strategies for Improving Provider Satisfaction
  - Financial support for collaborative work (57%)
  - Child providers spend between 7% and 12% of their time on unreimbursed collaborations, more than adult providers
  - Time spent on unreimbursed collaborative increases with the proportion of children and adolescents on providers' caseloads:
    - Higher pay (55%)
    - Increase in administrative demands (30%)
    - Receiving relevant training and supervision (17%)

Limited Opportunities to Recruit Adult Providers to Work with Children

- Strategies to increase likelihood that providers currently treating adults will work with children:
  - Nothing don't wish to treat children (67%)
  - Receiving relevant training and supervision (19%)
  - Financial support for collaborative work (16%)
  - Reduction of risk/liability (9%)