

Mental Health Statistics and Telepsychiatry Trends

TO WATCH IN
2019



From adopting value-based care to addressing clinician shortages, mental health programs across the country are facing a variety of clinical and operational pressures. As digital transformation reshapes healthcare delivery, telepsychiatry is rapidly gaining attention as a way to deliver quality behavioral health services efficiently and effectively. Regroup Telehealth recently surveyed healthcare leaders about their current and future telepsychiatry plans, revealing how many are leveraging virtual care to meet both patient and organizational needs.

Who's Using Telepsychiatry?

28%

currently offer telepsychiatry services

47%

plan to offer telepsychiatry in the near future

Where Do Organizations Need Help?

Unmet patient need	61.98%
Lack of psychiatry coverage	50.77%
Rising cost and budgetary constraints	48.57%
Declining clinician supply	33.63%
Clinician burnout	29.01%
Overwhelmed by managing complexity	26.59%

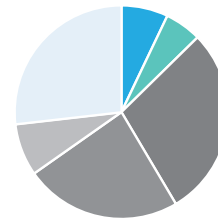
Why Telepsychiatry?

Healthcare organizations believe telepsychiatry services can help them address a broad range of financial, clinical and operational concerns.

Patient access to mental health services	77.03%
Patient satisfaction improvement	52.70%
Optimizing delivery of value-based care	48.07%
Cost savings	43.24%
Managing complexity	27.61%
Revenue generation	17.37%
Reducing leakage to competitors	12.93%
Other	8.69%

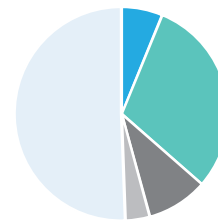
Who Did We Talk to?

By Role



Physician/Clinician	7.08%
Hospital Management	5.56%
Executive/Director	28.84%
Analyst/Consultant	23.78%
Associate	7.93%
Other	26.81%

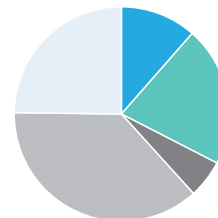
By Organization



Clinic	6.24%
Hospital/Healthcare System	30.19%
Insurance Company	9.27%
Advocacy Group	3.71%
Other*	50.59%

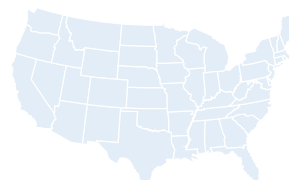
*Includes IT/software, pharmaceuticals and consulting.

By Payer



Predominantly Medicaid	11.47%
Predominantly Medicare	21.08%
Predominantly Cash	5.73%
Predominantly Commercial	36.93%
Other	24.79%

By Geography



48 states
represented



48% of organizations

are turning behavioral health patients away that they'd like to treat internally

Partnering to Deliver Behavioral Care via Telepsychiatry

The right telepsychiatry partner can help organizations access a broad network of clinicians, meet clinical and operational best practices, and help ensure ongoing success.

22%

have a preferred provider or partnership in place

73%

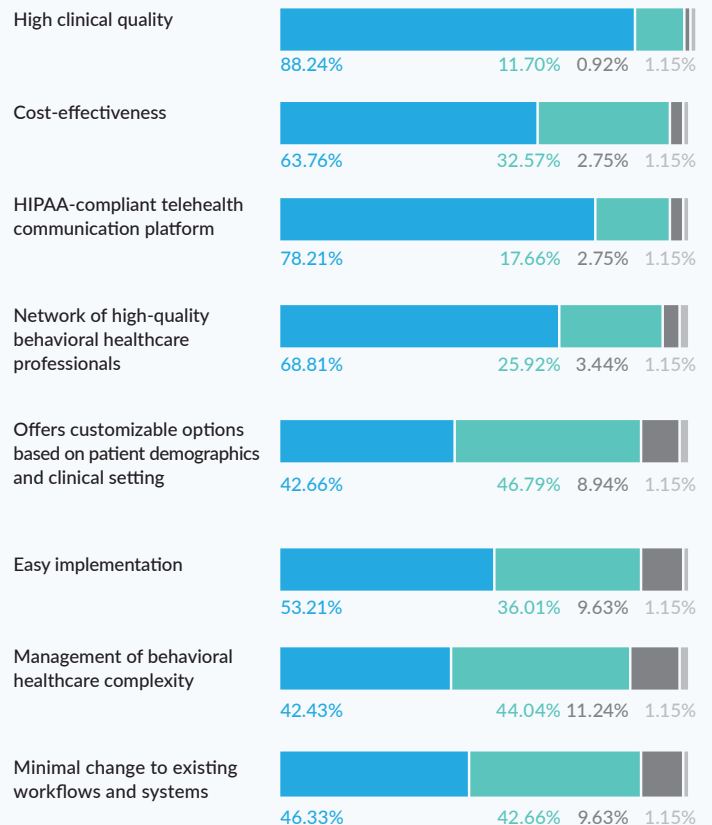
of organizations say they believe that external telepsych companies are effective

Concerns with Implementing Telepsychiatry

Reimbursement for behavioral health services	56.54%
Integration and continuity of care	44.63%
Perceived clinical limitations (e.g., prescribing of controlled substance)	37.62%
Quality of clinicians	31.07%
Cost and time of implementation	28.50%
Telemedicine parity laws	28.27%
Patient receptiveness (satisfaction with telehealth)	25.47%
Control and oversight of clinicians	21.03%

What Do Organizations Look for in a Telepsychiatry Partner?

Very Important • Moderately Important • Slightly Important • Not Important



Partnering for Success

As more organizations recognize the clinical and operational benefits of telepsychiatry, adoption is poised to expand across the country. While an external telepsych partner can provide valuable support, not all partners are created equal. By working with a partner that combines a diverse clinician network and hands-on, ongoing support, organizations can launch successful programs that deliver care where and when it's needed most.

Learn how telepsychiatry can help deliver financial and operational benefits to your organization in our white paper, **"4 Ways to Drive ROI with Telepsychiatry,"** at info.regrouptelehealth.com/4-ways-to-drive-roi-with-telepsychiatry

