

# **Mental Health Professionals in Delaware, 2014**

by Tibor Tóth, Ph.D.

Center for Applied Demography & Survey Research  
University of Delaware

# **Mental Health Professionals in Delaware 2014**

prepared for

**Delaware Department of Health and Social Services  
Division of Public Health**



***DELAWARE HEALTH AND SOCIAL SERVICES***  
**Division of Public Health**

by

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**Newark, Delaware 19716**

**October, 2014**

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## Overview

In 2005, the Delaware Division of Public Health began an effort to measure the number and spatial distribution of mental health professionals practicing in Delaware. The mental health study was replicated in 2009 and again in 2014. Just like in 2009, all mental health professionals licensed to practice in Delaware received a survey. These included psychiatrists, psychologists, social workers, professional counselors of mental health and chemical dependency care specialists, and psychiatric advanced practice. The design of the study followed a well established protocol of surveying health professionals in Delaware. It included a pre-letter, followed up by the first mailing of the questionnaire, then a reminder card and two more mailings of the questionnaire to those who had not responded. The mailings and repeat contact were an attempt to boost the response rate. Field work (data collection) took place between May and August 2014.

In 2014 there were 2,157 mental health professionals licensed in Delaware. A list of these practitioners was obtained from the Division of Professional Regulation for the purpose of this study. Out of these, 1,378 listed an address in Delaware, and 106 listed addresses in ZIP codes adjacent to Delaware for a total of 1,484 licensed mental health professionals who are likely to practice in Delaware. The list of 1,484 mental health professionals included 48 duplicates. For the purposes of the study, 48 (duplicate) licenses were removed from the list. As a result, a total of 1,436 mental health professionals likely to practice in Delaware (with addresses in Delaware or the adjacent ZIPs) were contacted. After the completion of the field-work, 679 responses were received. The response rate for the survey was 47.2%. Based on the results, which were adjusted for non-respondents, the number of mental health professionals with an active practice in Delaware is approximately 1,004<sup>1</sup>. This total is used to produce all estimates presented throughout this report. The data on mental health professionals is separated into the following two subgroups for the purposes of this report:

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<sup>1</sup> On occasion, the data in the tables may not add to the total of 1,004 mental health professionals because not all respondents provided information for all questions.



psychiatrists and mental health specialists. Psychiatrists include all who indicated their mental health profession as a psychiatrist. Mental health specialists include psychologists, social workers, professional counselors of mental health, chemical dependency professionals, and psychiatric advanced practice nurses. When the term mental health professionals is used throughout this report, it refers to all psychiatrists and mental health specialists together.

As the survey responses indicated that not all mental health professionals deliver direct patient care on a full-time basis, a full-time equivalent (FTE) was calculated. In accordance with federal regulations, a mental health professional engaged in delivering care directly to patients 40 or more hours per week was defined as a full-time provider. A mental health professional working less than 40 hours was considered as less than full-time (for each four hours less than 40 hours, 0.1 FTE was deducted).<sup>2</sup> In other words, a mental health professional delivering 50 hours per week of primary care was counted as 1.0 FTE. A mental health professional working 36 hours per week was counted as 0.9 FTE. This methodology is in accordance with the federal guidelines for calculating provider capacity and shortage designations.

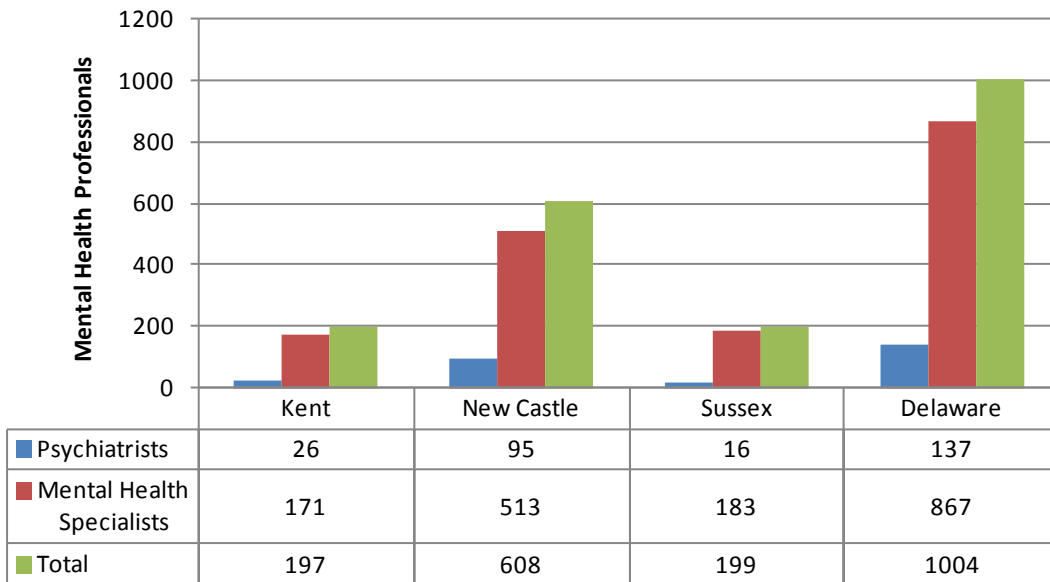
The following sections of the report summarize the findings of the survey. Presented are provider counts, FTE counts, demographic characteristics, practice characteristics, and the spatial distribution of the mental health professionals at the sub-county level.

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<sup>2</sup> Federal Register/Vol.45, No.223/ Monday, November 17, 1980, Part IV Department of Health and Human Services, 42 CFR Part 5, p.76002.

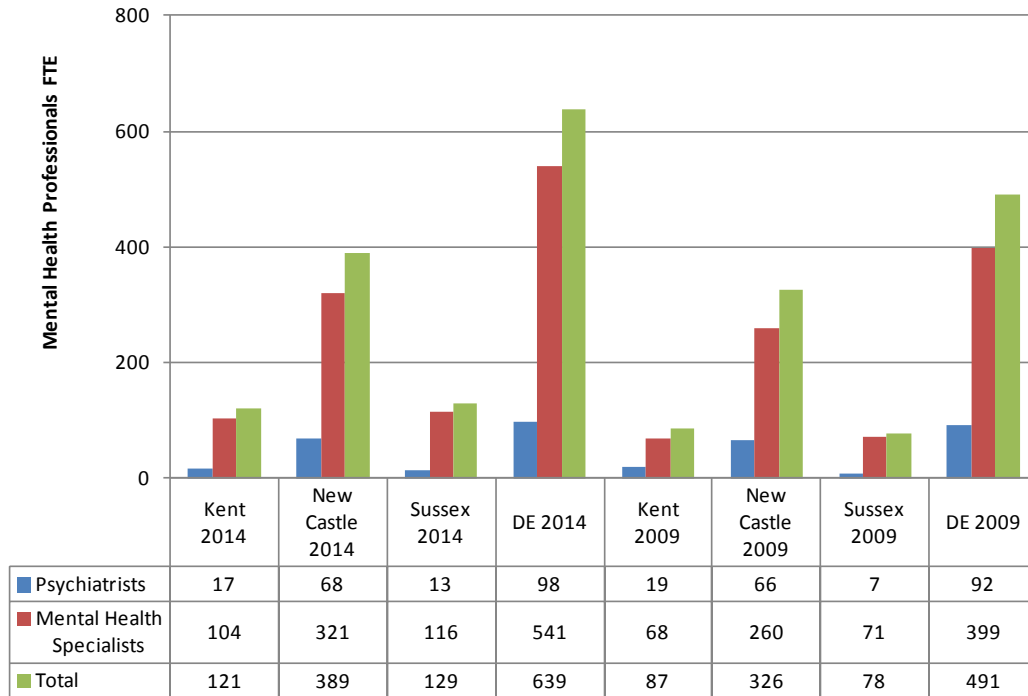
Figure I.1 summarizes the number of mental health professionals in Delaware by county of practice. The highest number of psychiatrists and also the highest number of mental health specialists is in New Castle County. The number of psychiatrists in Kent County is almost double that in Sussex County. The number of mental health specialists is somewhat larger in Sussex County than in Kent County. The overall proportion of psychiatrists to mental health specialists across Delaware is about 1 to 6.3. The proportion varies significantly across counties. The lowest ratio is in New Castle County (1:5.4), followed by Kent County (1:6.6) and Sussex County (1:11.4).

**Figure I.1**  
**Mental Health Professionals by County, Delaware, 2014**



**Source:** Center for Applied Demography & Survey Research  
University of Delaware

**Figure I.2**  
**Full-time Equivalent Mental Health Professionals by County,**  
**Delaware, 2009 and 2014**



Source: Center for Applied Demography & Survey Research  
 University of Delaware

The number of full-time equivalent mental health professionals is provided in Figure I.2. Because full-time equivalent calculations include an adjustment for the number of hours providing direct patient care, FTE counts are often preferred when making comparisons. In addition to considering the number of hours spent providing direct patient care, an important factor is the population density for the geographic area. Given Delaware’s population of 900,131<sup>3</sup> (888,532 in 2009), the statewide ratio of psychiatrist to population in 2014 is 1:9,185 (1:9,658 in 2009) persons. The estimates are 1:9,575 (1:8,286 in 2009) for Kent County and 1:7,936 (1:8,062 in 2009) for New Castle County. Sussex County has a significantly higher ratio of 1:15,206 (1:27,431 in 2009) persons served by each FTE psychiatrist. The population to provider (psychiatrist) ratio required for a federal shortage designation is 1:30,000 (or 1:20,000

if combined with a population-to-core-mental-health-professional ratio greater than or equal to 6,000:1)<sup>4</sup>.

The statewide ratio of each FTE mental health specialist in 2014 is 1:1,664 persons. The Kent County ratio of mental health specialists to population is 1:1,565 persons; the Sussex County ratio is 1:1,734, and New Castle County had the most favorable ratio with 1:1,681 persons. Please note that 2014 FTE count comparisons and comparisons of ratios to data from 2005 and 2009 need to be done carefully. The survey from 2009 and 2014 surveyed providers with addresses in ZIPs adjacent to Delaware, but these were not included in 2005. Also, in 2014 and 2009, psychiatric advanced practice nurses were included in the survey – although they were not part of the survey in 2005. Another caveat for 2014 is that the Division of Professional Regulation reported a significantly larger number of licensed mental health professionals were reported in 2014, compared to 2009. This increased from 1,607 in 2009 to 2,157 in 2014.

**Figure 1.3**  
**Full-time Equivalent Mental Health Professionals by Occupation and County, Delaware, 2014**

	Kent	New Castle	Sussex	Delaware
Psychiatrist	17	68	13	98
Psychologist	12	102	15	129
Social worker	37	112	62	211
Professional counselor of mental health	47	81	28	156
Chemical dependency professional	2	12	7	21
Psych. advanced practice nurse	7	13	4	24
<b>Total</b>	<b>122</b>	<b>388</b>	<b>129</b>	<b>639</b>

**Source:** Center for Applied Demography & Survey Research  
University of Delaware

<sup>3</sup> US Census Bureau, 2012 5 year Population Estimates American Community Survey S0101: Age and Sex

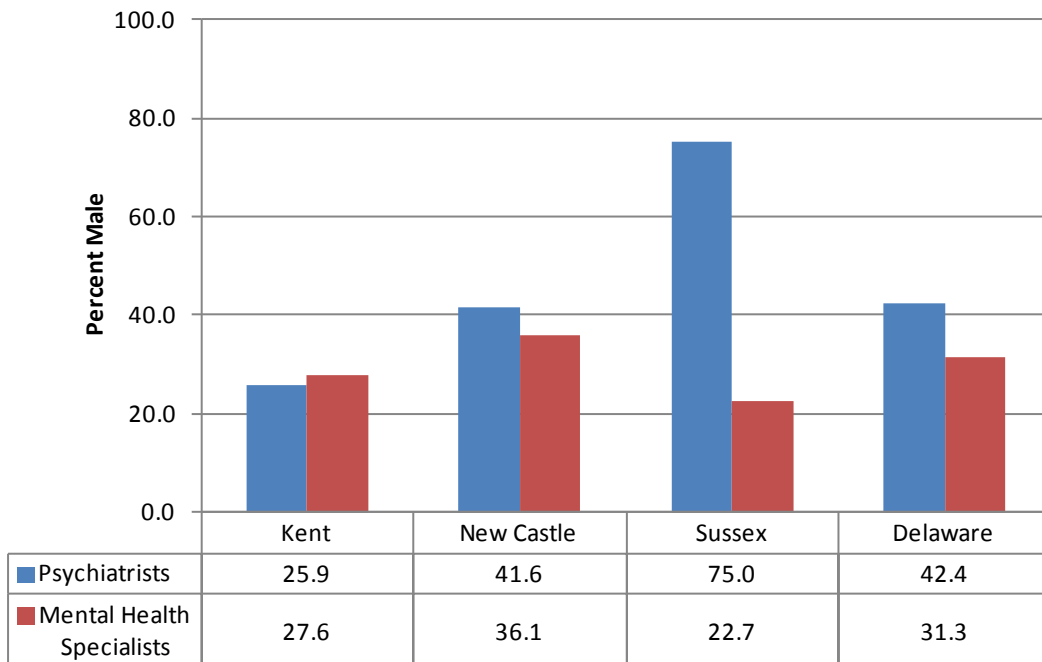
<sup>4</sup> Shortage Designation: Health Professional Shortage Areas (HPSAs), HPSA Designation Criteria for Mental Health, <http://bhpr.hrsa.gov/shortage/hpsacritmental.htm>, Accessed May 12, 2010.

Figure I.3 presents the full-time equivalent counts of mental health professionals by occupation and county. Most frequent among mental health professionals are social workers (particularly in New Castle County).

## Demographics

The topic of demographic diversity within the mental health professional community is important as changes occur in the population of Delaware.

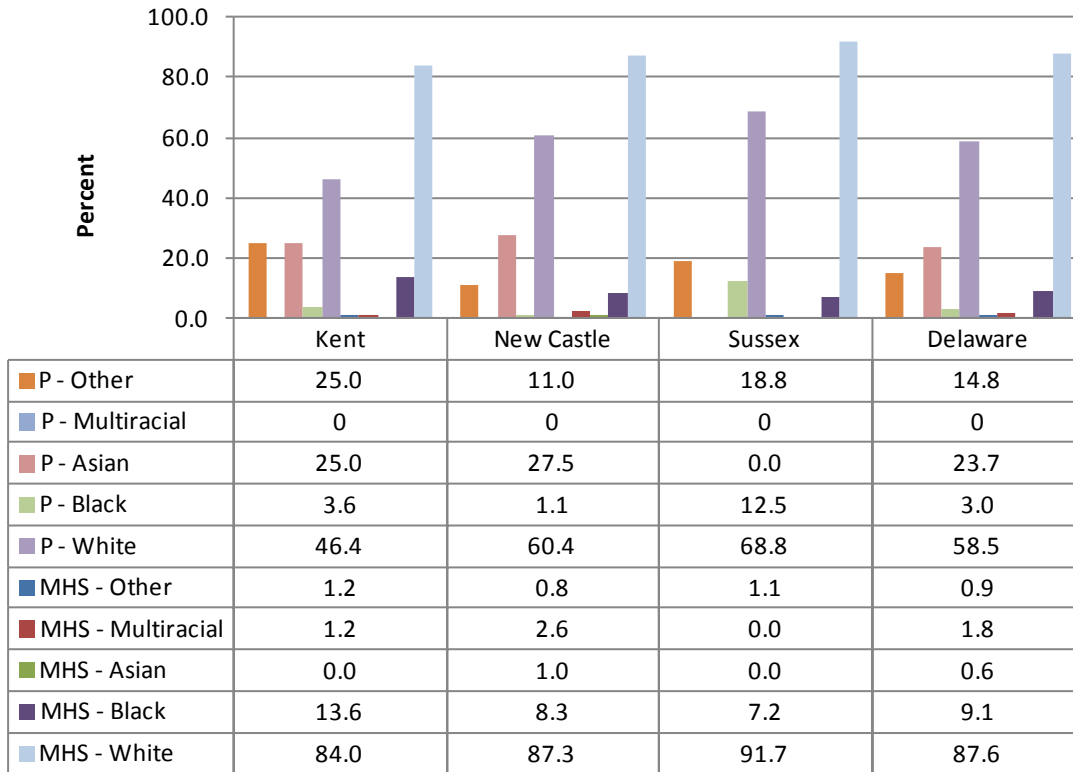
**Figure 2.1**  
**Gender of Mental Health Professionals by County,**  
**Delaware, 2014**



**Source:** Center for Applied Demography & Survey Research  
 University of Delaware

The psychiatrist community in Delaware is about 42% male. There is, however, some variation between the counties. New Castle County (42%) and Sussex County (75%) both have a higher proportion of male psychiatrists than Kent County (26%). A very different pattern appears among mental health specialists across the state, only 31% is male. The variation of males among mental health specialists across counties is less pronounced, with a range of 36% in New Castle County to 23% in Sussex County.

**Figure 2.2**  
**Race of Mental Health Professionals by County,**  
**Delaware, 2014**



**Source:** Center for Applied Demography & Survey Research  
 University of Delaware

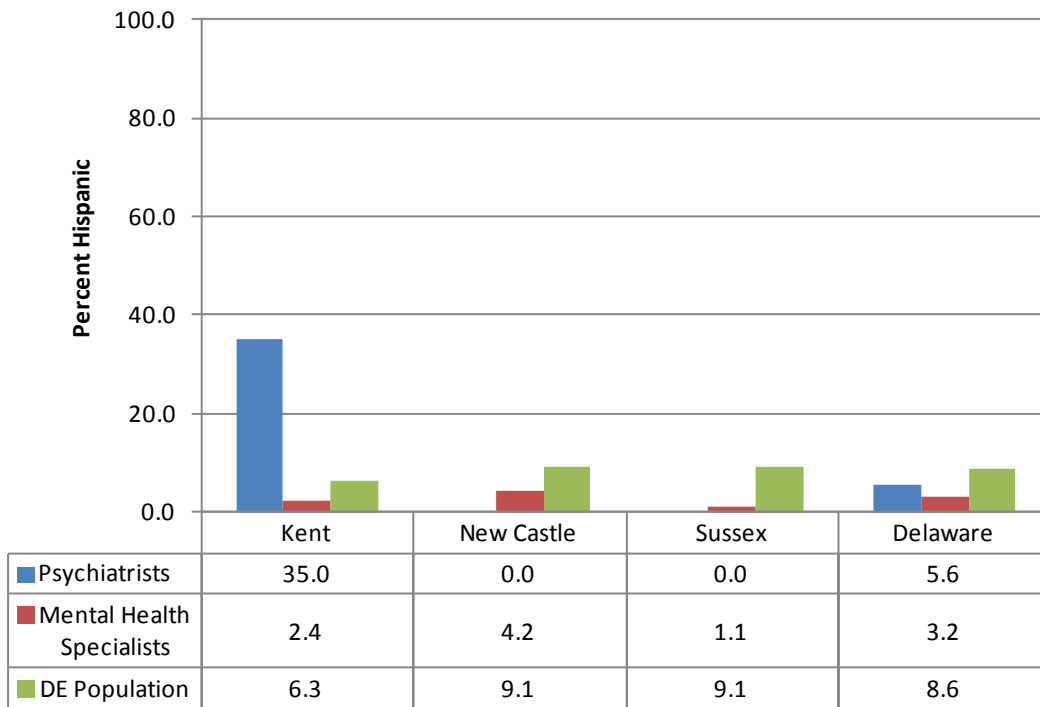
**P** - Psychiatrists  
**MHS** – Mental health specialists

The racial distribution of mental health professionals by county is presented in Figure 2.2. Overall, 58% of all psychiatrists and almost 88% of mental health specialists are Caucasian. Interestingly, only 31% of all psychiatrists in Sussex County are non-Caucasian. Overall, Kent County’s psychiatrists are least likely to report to be Caucasian (46%), while Sussex County’s mental health specialists are most likely to report to be Caucasian (92%). African American psychiatrists are most likely to report from Sussex County (12%), while African American mental health specialists are most likely to report from Kent County (14%). The proportion of

Asian psychiatrists is the highest in New Castle County (27%), but none reported from Sussex County.

Hispanic origin of providers has taken on a particular interest in Delaware with the rapid growth of that population since the 1990s, particularly in Sussex County. The distribution of mental health professionals by Hispanic origin is found in Figure 2.3. The current Hispanic population in Delaware is estimated at 8.6%<sup>5</sup>.

**Figure 2.3**  
**Hispanic Origin of Mental Health Professionals by County,**  
**Delaware, 2014**



**Source:** Center for Applied Demography & Survey Research  
 University of Delaware

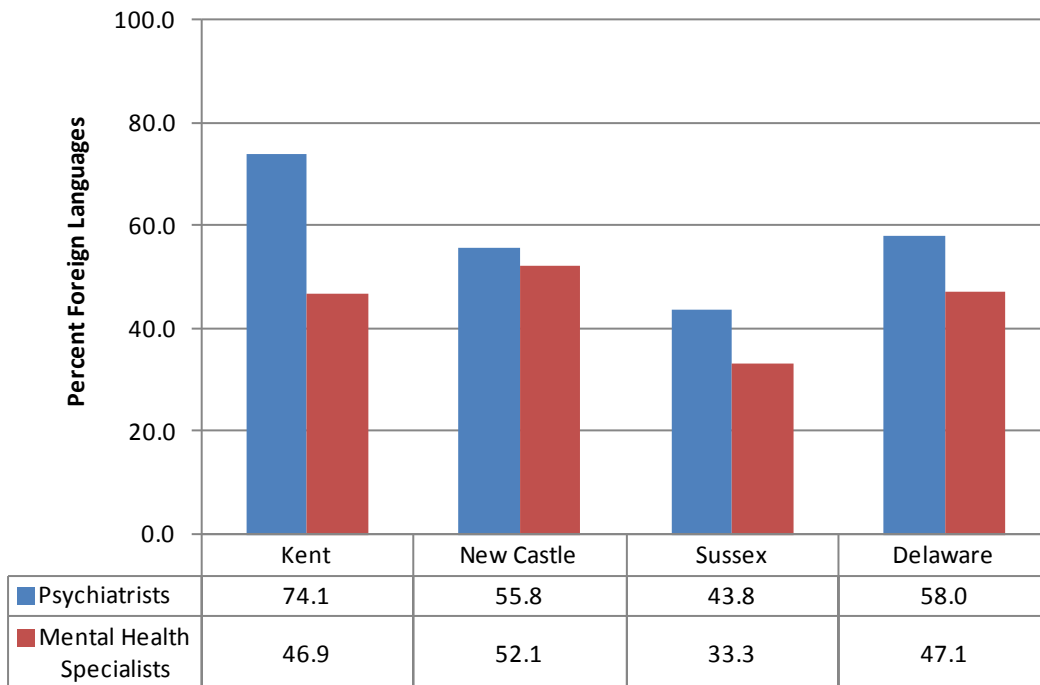
Delaware’s population is nearly 8.6% Hispanic, and the Hispanic mental health professionals essentially mirror that population. However, significant differences exist between psychiatrists and mental health specialists, and across counties. The highest proportion of

<sup>5</sup> Source: U.S. Census Bureau, 2011-2013 3-Year American Community Survey



Hispanic psychiatrists is found in Kent County (35%), but none reported from New Castle and Sussex counties. The proportion of Hispanic mental health specialists lags behind both the general Delaware population and also behind Delaware’s psychiatrists. Particularly, Sussex County reports the lowest proportion (1%) of mental health specialists of Hispanic origin. No Psychiatrists reported from Sussex and New Castle counties.

**Figure 2.4**  
**Languages Spoken by Mental Health Professionals by County,**  
**Delaware, 2014**

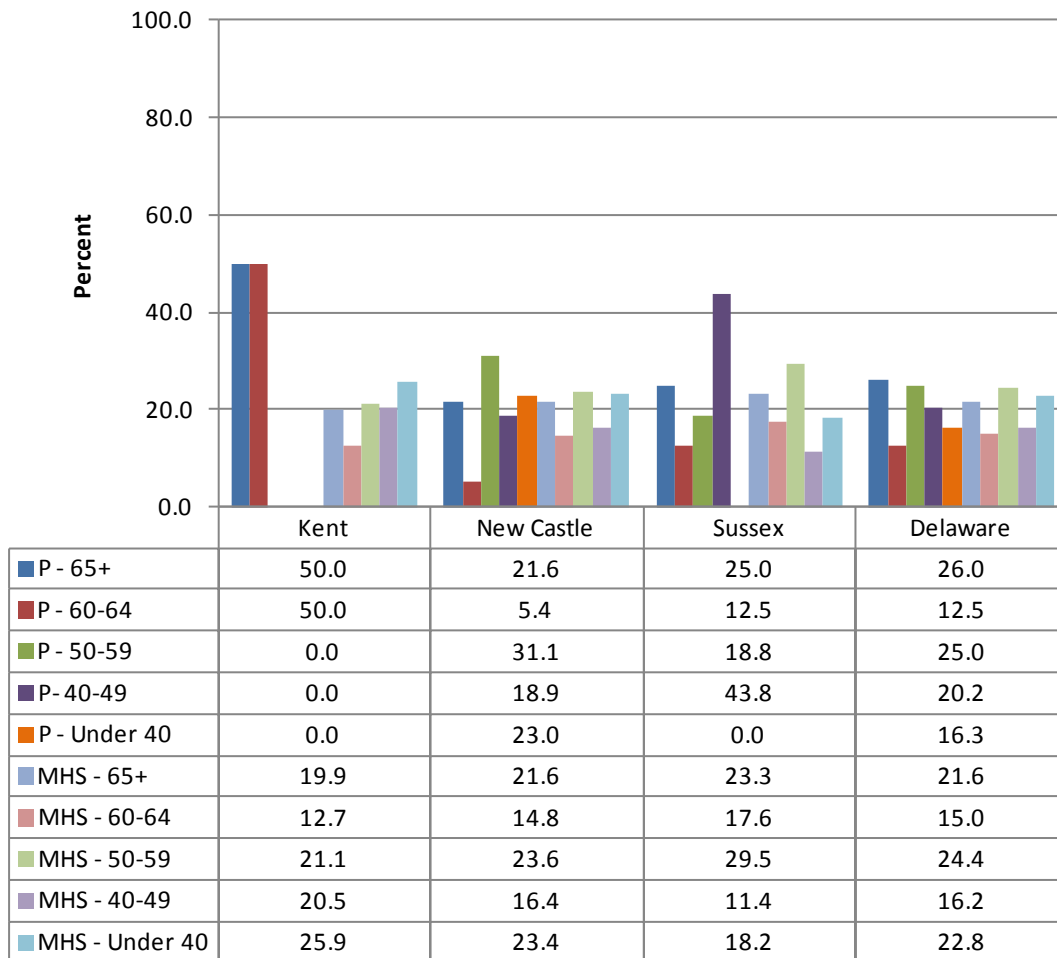


**Source:** Center for Applied Demography & Survey Research  
 University of Delaware

The population of Delaware is becoming more diverse. For example, there was a significant increase in the number of Hispanic Delawareans, particularly in Sussex County. For many, English is a second language or is not spoken at all. This presents a challenge for the mental health community as they try to provide services to this population. Respondents were asked if languages other than English were spoken at their practice site. The results are detailed in Figure 2.4.

Across the state, 58% of psychiatrists and about 47% of mental health specialists have someone in their office who can speak a language other than English. Sussex County’s psychiatrists (44%) and mental health specialists (33%) report the lowest capability to communicate in a language other than English. Spanish was by far the most frequently mentioned language.

**Figure 2.5**  
**Age of Mental Health Professionals by County,**  
**Delaware, 2014**

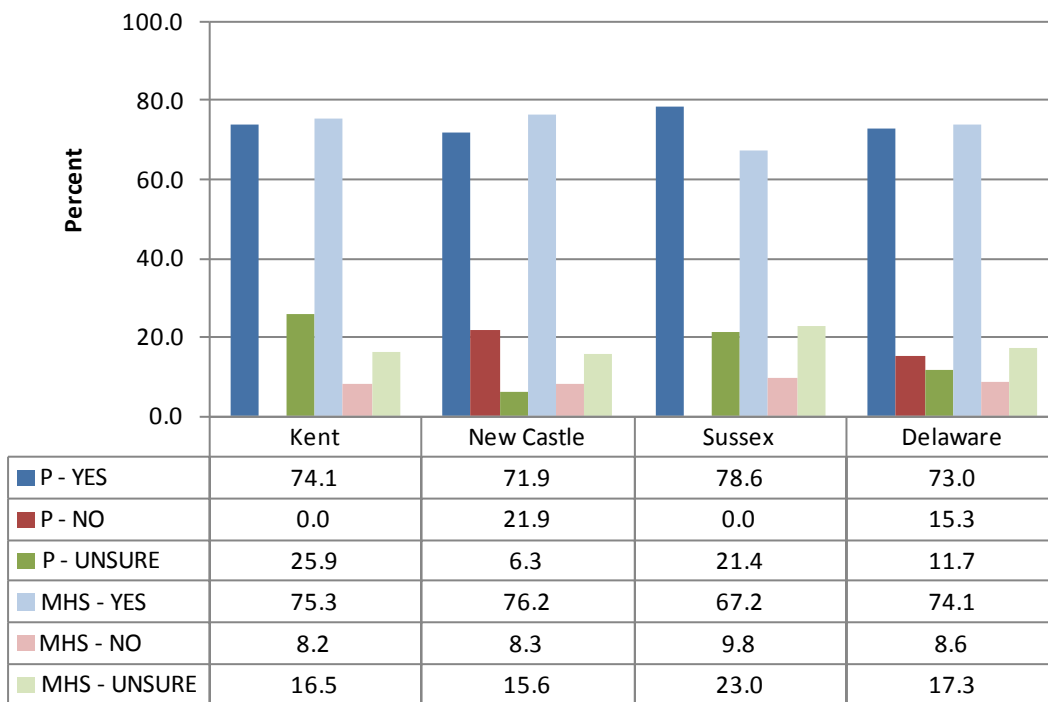


**Source:** Center for Applied Demography & Survey Research  
 University of Delaware

**P** - Psychiatrists  
**MHS** – Mental health specialists

The age of mental health professionals is ultimately a factor in their future availability. The higher the proportion of older providers, the higher the likelihood that they will retire. The age distribution of mental health professionals is found in Figure 2.5. There are several points of interest in this display. First, no psychiatrists under 50 reported from Kent County. Across Delaware, about 36% of psychiatrists are under the age of 50. Second, the highest proportion of psychiatrists aged 60 and above reports from Kent County (100%). Third, the proportion of mental health specialists is almost evenly distributed across age groups and counties with some variation for the 40-49 age group.

**Figure 2.6**  
**Mental Health Professionals Anticipating to be Active Five Years from Now**  
**by County, Delaware 2014**



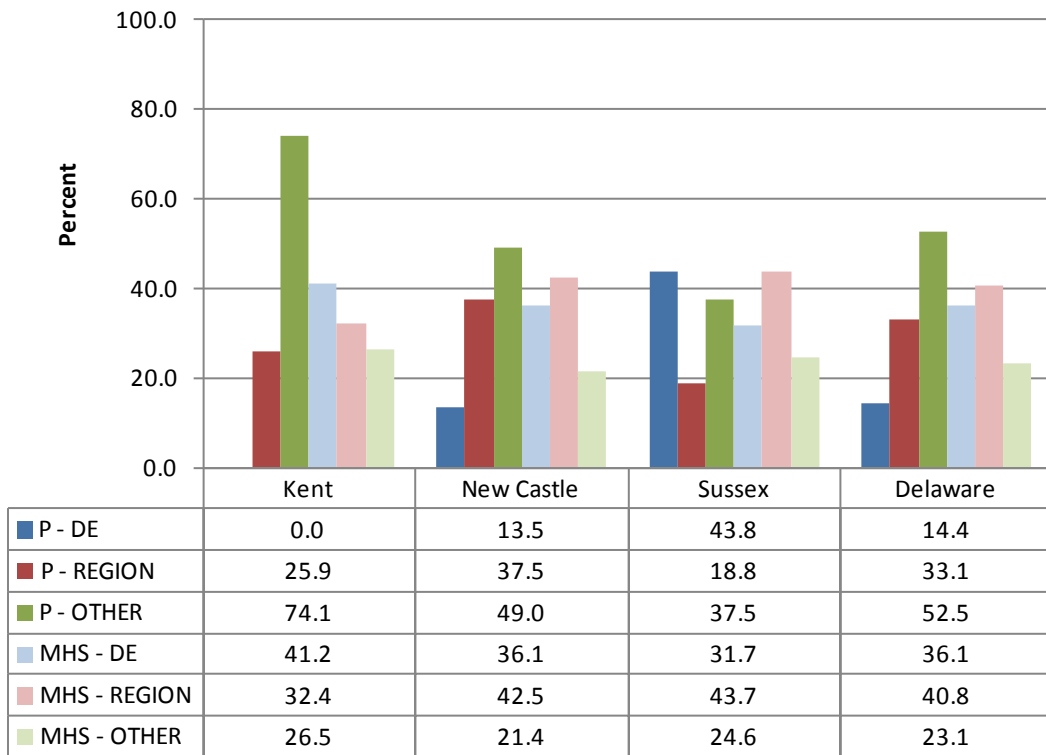
**Source:** Center for Applied Demography & Survey Research  
 University of Delaware

Mental health professionals were asked if they planned to be active in their chosen profession five years from now. Those answers are summarized in Figure 2.6. In general, 74% of mental health professionals expect to be active in five years. The lowest proportion of those

planning to be active 5 years from now is found among Sussex County’s mental health specialists (67%).

It is necessary to analyze why mental health professionals licensed in Delaware choose to practice in Delaware and why others choose to practice in other states. The way this choice is made determines the adequacy of the supply for serving Delaware’s residents. Several factors determine this choice. The first factor is where a mental health professional originally resides, as indicated by the state from which they graduated high school. The second factor is the state where the mental health professional attended college or university.

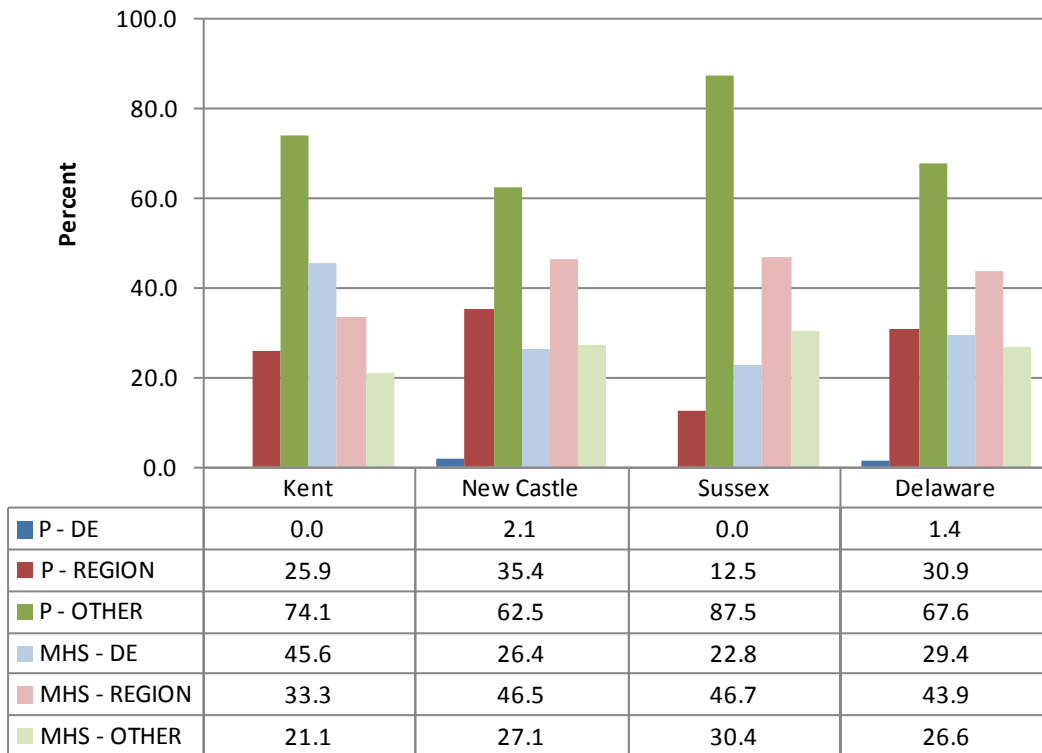
**Figure 2.7**  
**State of High School Graduation of Mental Health Professionals by County, Delaware, 2014**



**Source:** Center for Applied Demography & Survey Research  
 University of Delaware

Figure 2.7 shows the distribution of the state of mental health professionals' high school graduation. The first interesting aspect of this figure is that 47% of Delaware's psychiatrists and 77% of mental health specialists grew up in Delaware and the region (defined here as Maryland, New Jersey, Pennsylvania, and New York). While about 36% of the mental health specialists are from Delaware, only 14% of psychiatrists are from Delaware. The second interesting aspect of the figure is that about 52% of all psychiatrists in Delaware come from high schools outside of the region, while only 23% of mental health specialists come from outside the region.

**Figure 2.8**  
**State of College/University Graduation of Mental Health professionals**  
**by County, Delaware 2014**



**Source:** Center for Applied Demography & Survey Research  
 University of Delaware

The pattern observed for the state of high school graduation is replicated in part for the state of university/college graduation (Figure 2.8). Overall, 73% of Delaware's mental health specialists graduated in Delaware or the region (defined here as Maryland, New Jersey,

Pennsylvania, and New York). About 29% of mental health specialists graduated from a college or university in Delaware.

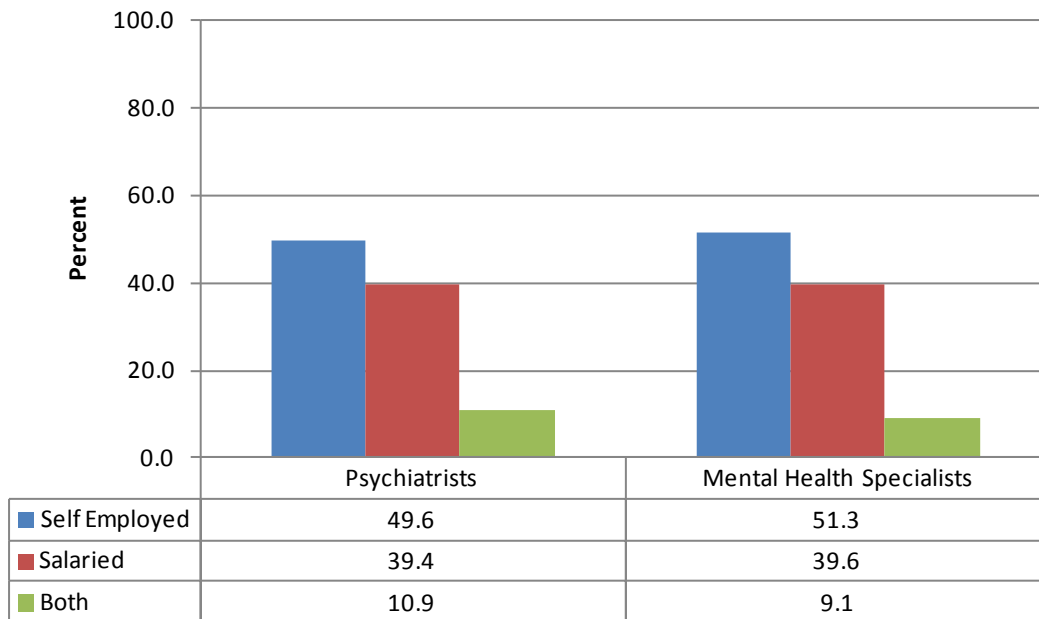
The majority of Delaware's psychiatrists (68%) graduated from outside of the region. About 2% of psychiatrists reported receiving a degree from a university or college in Delaware.

## Practice Characteristics

Mental health professionals may practice in a variety of settings, including self employed, salaried, or both. Some differences between psychiatrists and mental health specialists are apparent, while other differences are surprisingly small.

One of the key decisions a mental health professional will make is whether to become self-employed or to join an existing practice as a salaried employee. While one would tend to think that this decision is an either/or decision, that presumption is not supported in Figure 3.1.

**Figure 3.1**  
**Primary Employment**  
**by Mental Health Professional Class, Delaware 2014**

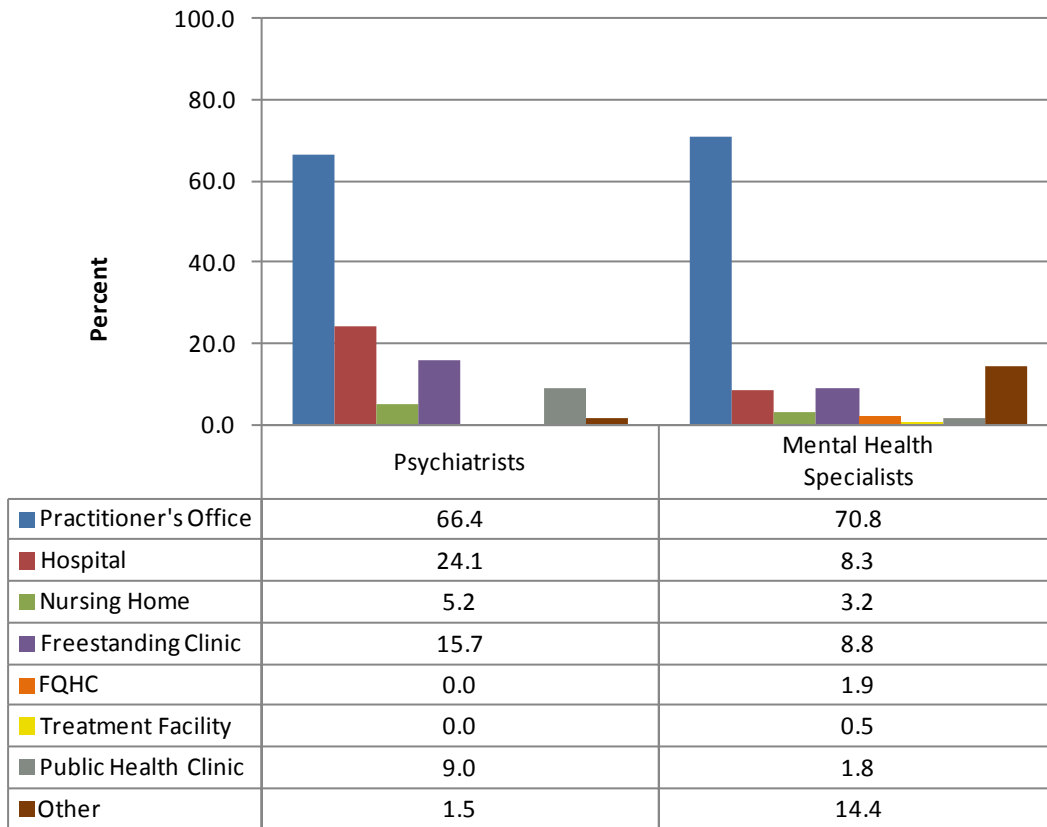


**Source:** Center for Applied Demography & Survey Research  
 University of Delaware

When mental health professionals were asked about their primary employment, they could choose more than one answer. About 11% of health professionals indicated that they were involved in both primary types of employment (see Figure 3.1). Presumably this suggests that they are salaried but are engaged in consulting activities outside of their primary

employment. About 50% of psychiatrists and mental health specialists indicate that their primary form of employment is self employment.

**Figure 3.2**  
**Clinical Setting**  
**by Mental Health Professional Class, Delaware, 2014**



**Source:** Center for Applied Demography & Survey Research  
University of Delaware

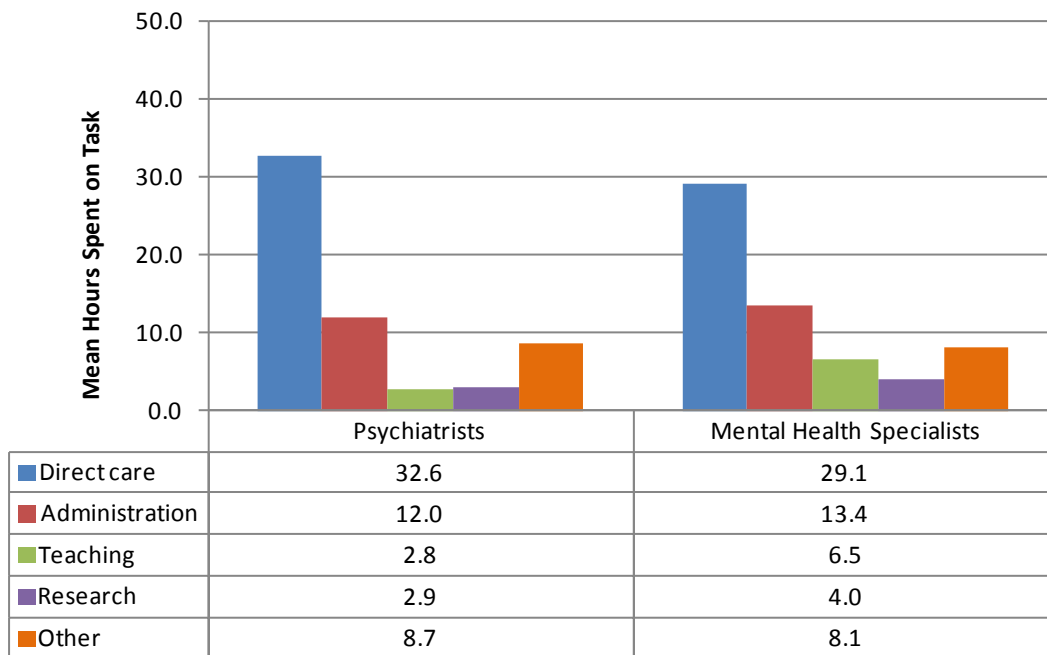
Mental health professionals were also asked to describe the setting of their employment. The detailed responses within the clinical care setting are shown in Figure 3.2. These categories are not mutually exclusive. Many mental health professionals selected more than one setting. Most psychiatrists (66%) and mental health specialists (71%) indicated that they primarily work in a practitioner's office. Psychiatrists (24%) are more likely to work in a hospital than mental health specialists (8%). About 16% of psychiatrists work in freestanding



clinics, while about 9% of mental health specialists indicated this setting for their primary employment.

To calculate full-time equivalencies, mental health professionals were asked to describe the way they distributed their time over a typical week. The categories included direct patient care, administration, teaching, research, and other. In general, the responding psychiatrist's work week on average was slightly over 41 hours and the mental health specialist's work week was about 36 hours.

**Figure 3.3**  
**Mean Work Hours of Mental Health Professionals**  
**by Activity, Delaware 2014**

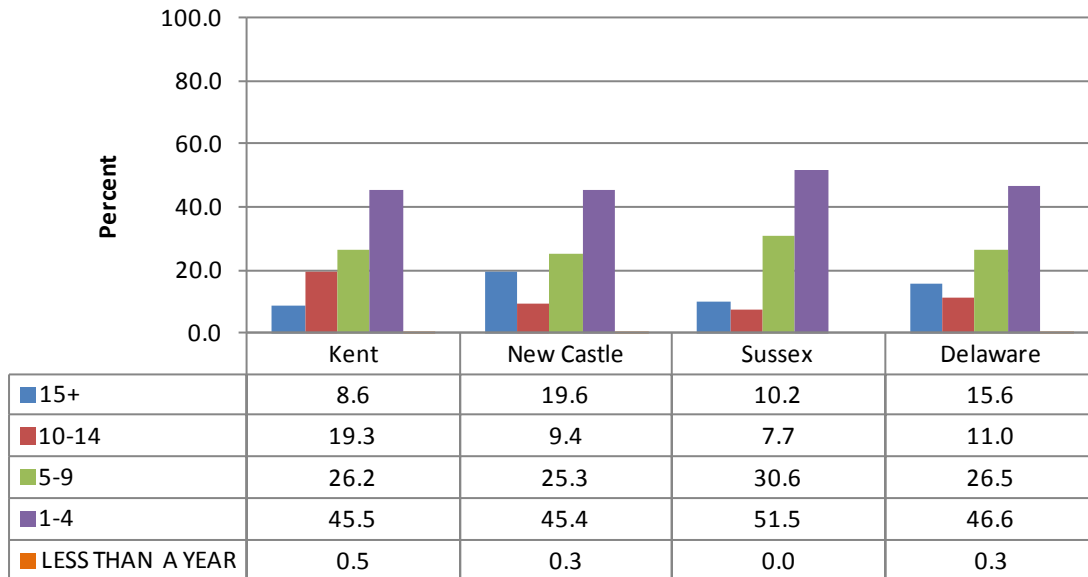


**Source:** Center for Applied Demography & Survey Research  
University of Delaware

The breakdown for the detailed categories is shown in Figure 3.3. Not surprisingly, both groups of mental health professionals spend the majority of their week on direct care. Psychiatrists spend 33 hours of the week on direct care, while mental health specialists spend

about 29 hours of their week on direct patient care. Mental health specialists spend about 13 hours of their work hours on administrative duties, while psychiatrists spend about 12 hours.

**Figure 3.4**  
**Length of Practice at Current Location of Mental Health Professionals by County, Delaware, 2014**



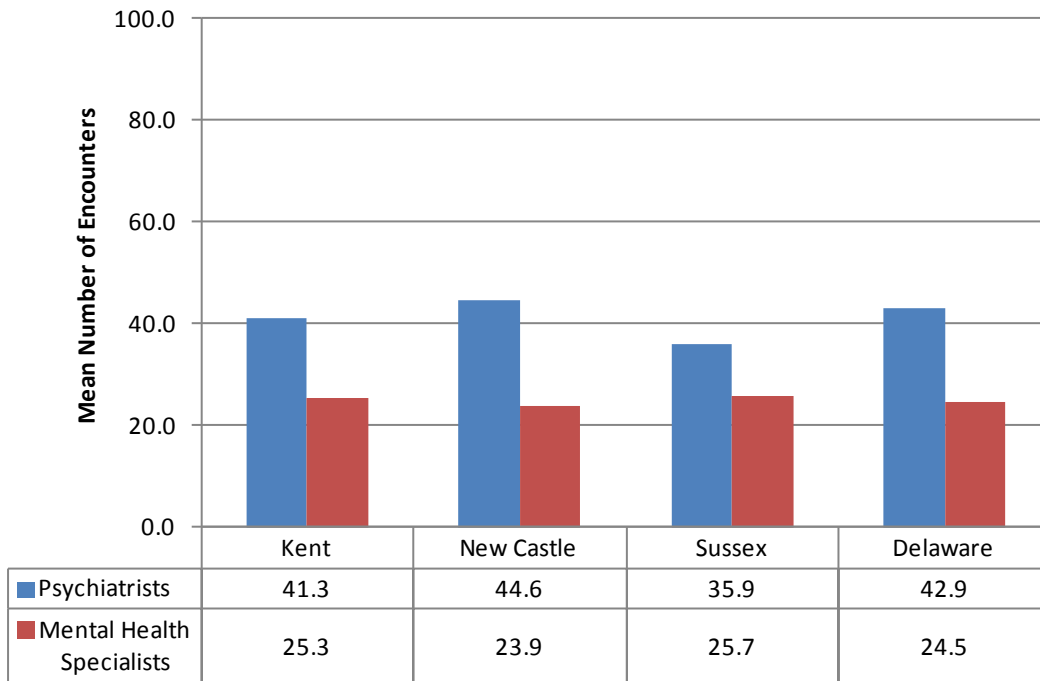
**Source:** Center for Applied Demography & Survey Research  
University of Delaware

Mental health professionals were asked to indicate the length of time they have practiced at their current location. The responses are tabulated in Figure 3.4. Overall, about 47% of all mental health professionals have practiced at the same location between one and four years. Only 16% have practiced at the current location for more than 15 years. New Castle County has the highest proportion (20%) of mental health professionals who practiced at their current location for over 15 years. Overall, less than 1% of Delaware's mental health professionals report from locations where they have been practicing for less than 1 year.

The survey asked respondents to indicate the number of patient encounters they have in a week. Detailed tabulation of the average patient encounters is provided in Figure 3.5. The average number of patient encounters for mental health specialist is 24 per week and is much

lower than what is reported by psychiatrists (43). This difference is caused by the nature of the work performed by these two groups.

**Figure 3.5**  
**Average Number of Patient Encounters of Mental Health Professionals**  
**by County, Delaware, 2014**

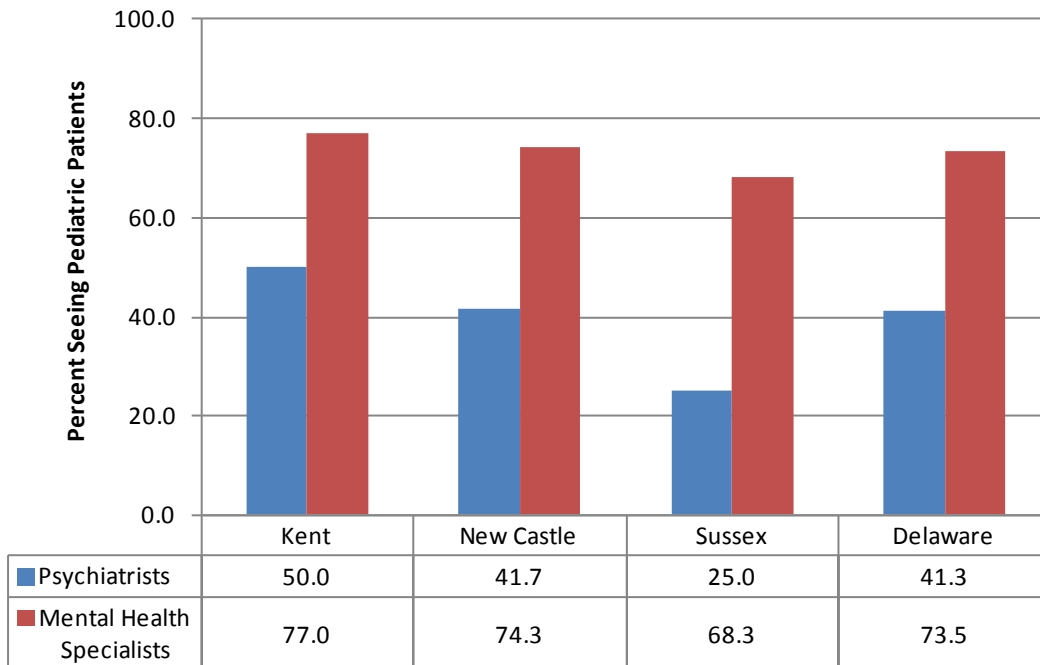


**Source:** Center for Applied Demography & Survey Research  
University of Delaware

Among psychiatrist statewide the average number of patient encounters per week stands at 43; however, significant differences exist among psychiatrists reporting from different counties. Psychiatrists in New Castle County report the highest average number of patient encounters (45 per week), followed by psychiatrists in Kent County (41 patient encounters per week) and Sussex County's psychiatrists (36 patient encounters per week). Because Sussex County has the lowest psychiatrist-to-population ratio (see page 3), the expectation is that the average number of patient encounters would be highest in Sussex County. There are at least two plausible explanations why it is not. First, the demand for psychiatrists in Sussex County may be significantly lower. The second explanation is that the demand for psychiatrists in

Sussex County is comparable to the demand Kent and New Castle counties, but, due to a perceived shortage of psychiatrists, patients chose not to see a psychiatrist at all or see one outside of Sussex County.

**Figure 3.6**  
**Mental Health Professionals Seeing Pediatric Patients by County,**  
**Delaware, 2014**



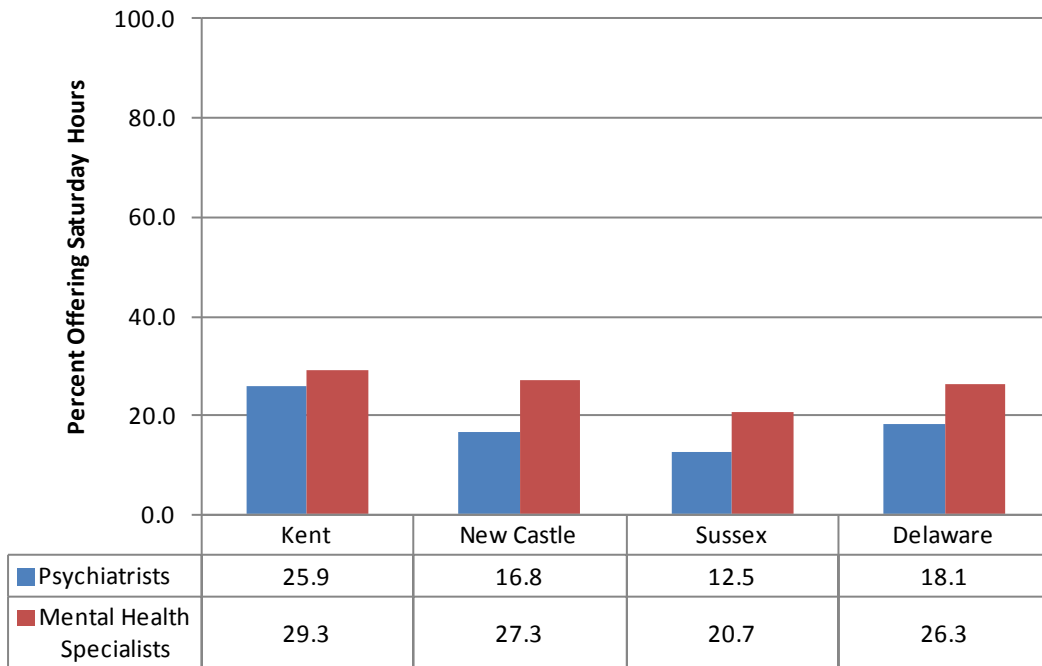
**Source:** Center for Applied Demography & Survey Research  
University of Delaware

To understand the availability of mental health services to pediatric patients, the survey asked respondents to indicate if they see patients under age 21. The tabulated responses are presented in Figure 3.6. Kent County has the highest proportion of psychiatrists (50%) indicating that they see pediatric patients. About 73% of mental health specialists across the state report seeing pediatric patients.

Accessibility to mental health services has a number of dimensions. One dimension is flexible office hours, i.e. hours other than weekday work. The survey asked respondents if they provided either Saturday or evening office hours. (See Figures 3.7 and 3.8). Mental health

specialists are more likely to offer flexible office hours than psychiatrists. Offering evening hours is roughly twice as popular as providing Saturday hours. Mental health specialists in Kent County are more likely to offer evening and Saturday hours than mental health specialists in New Castle and Sussex County.

**Figure 3.7**  
**Mental Health Professionals Offering Saturday Hours by County, Delaware, 2014**



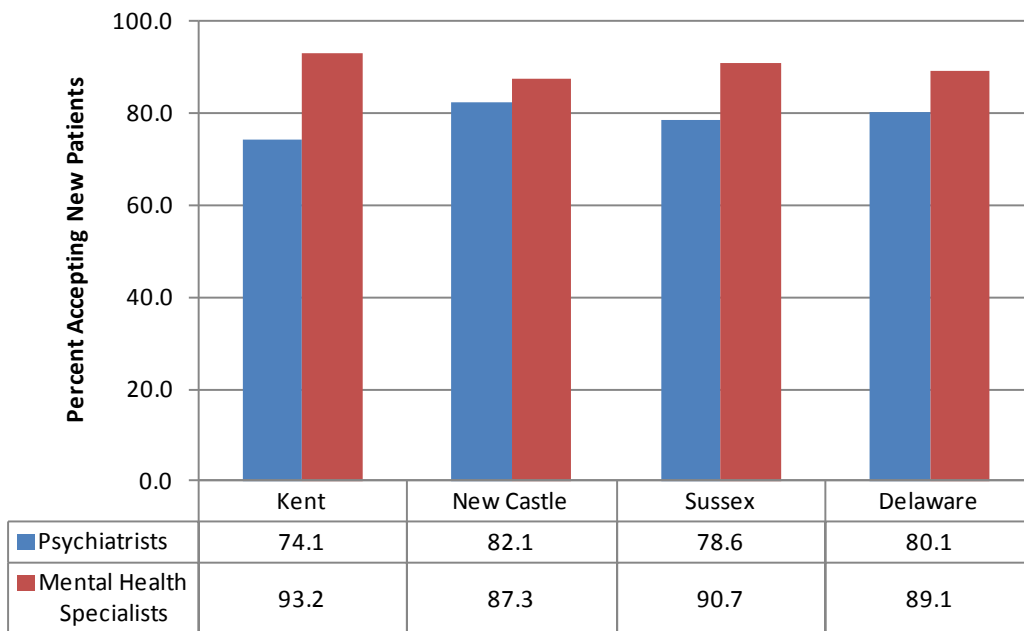
**Source:** Center for Applied Demography & Survey Research  
 University of Delaware

**Figure 3.8**  
**Mental Health Professionals Offering Evening Hours by County, Delaware, 2014**



**Source:** Center for Applied Demography & Survey Research  
 University of Delaware

**Figure 3.9**  
**Mental Health Professionals Currently Accepting New Patients by County, Delaware, 2014**

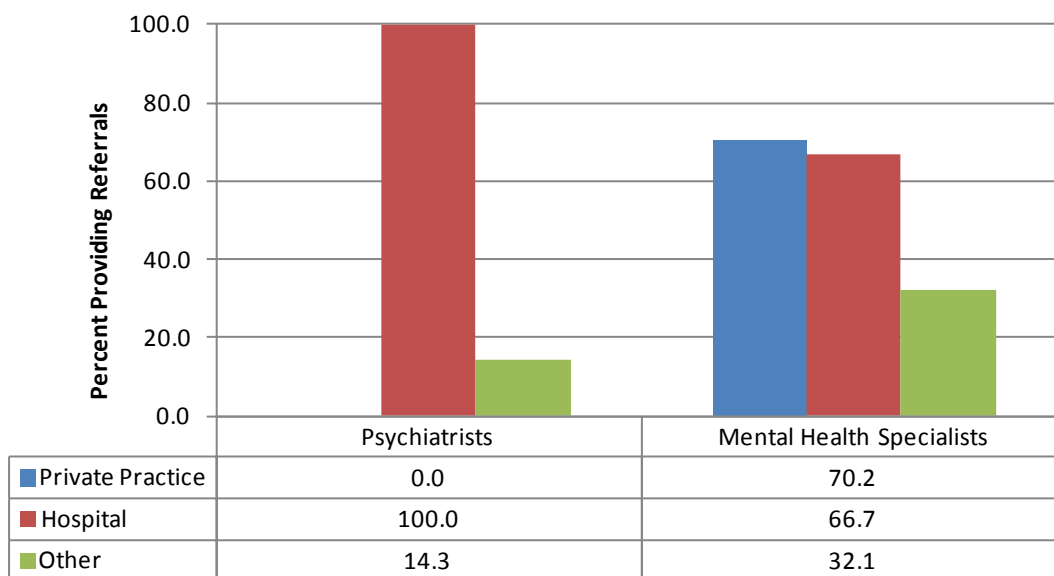


**Source:** Center for Applied Demography & Survey Research  
 University of Delaware

The survey asked mental health professionals if they are accepting new patients. Results are found in Figure 3.9. Almost all mental health specialists (around 89%) accept new patients. The percentage of psychiatrists accepting new patients is lower (around 80%).

Even though the majority of mental health professionals across Delaware is accepting new patients, some do not see new patients or cannot make emergency appointments. To learn what happens to these unserved patients, the survey asked the respondents to identify the types of referrals they provide. Around 90% of mental health professionals who do not see new patients or cannot accommodate emergency appointments provide referrals. Detailed tabulation of the types of referrals is presented in Figure 3.10. Psychiatrists are most likely (100%) to refer a patient to a hospital emergency room, and mental health specialists are most likely (70%) to refer a patient they can't see to a private practice.

**Figure 3.10**  
**Type of Referrals Provided by Mental Health Professionals by County, Delaware, 2014**

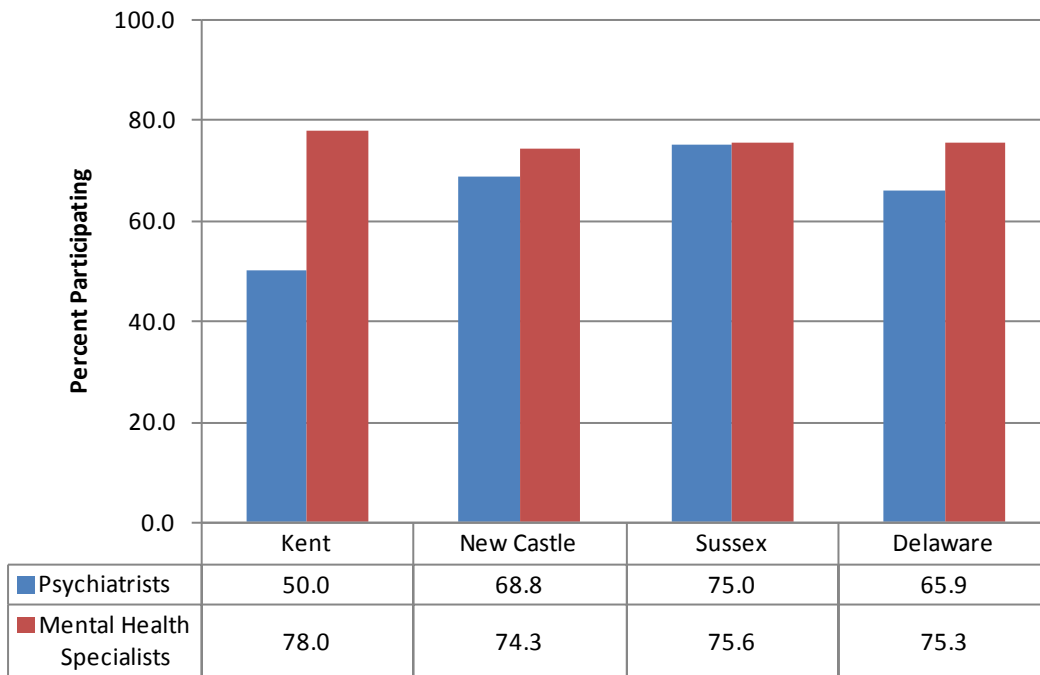


**Source:** Center for Applied Demography & Survey Research  
University of Delaware

Access to mental health services can be affected by the acceptance of insurance plans. The survey asked if mental health professionals participated in such plans. Overall, around 34%

of psychiatrists and about 25% of mental health specialists do not participate in insurance plans. There are differences between the counties. New Castle and Sussex County psychiatrists are more likely to accept insurance plans than their counterparts located in Kent. Mental health specialist participation in insurance plans varies marginally across counties.

**Figure 3.11**  
**Insurance Plan Participation of Mental Health Professionals by County, Delaware, 2014**

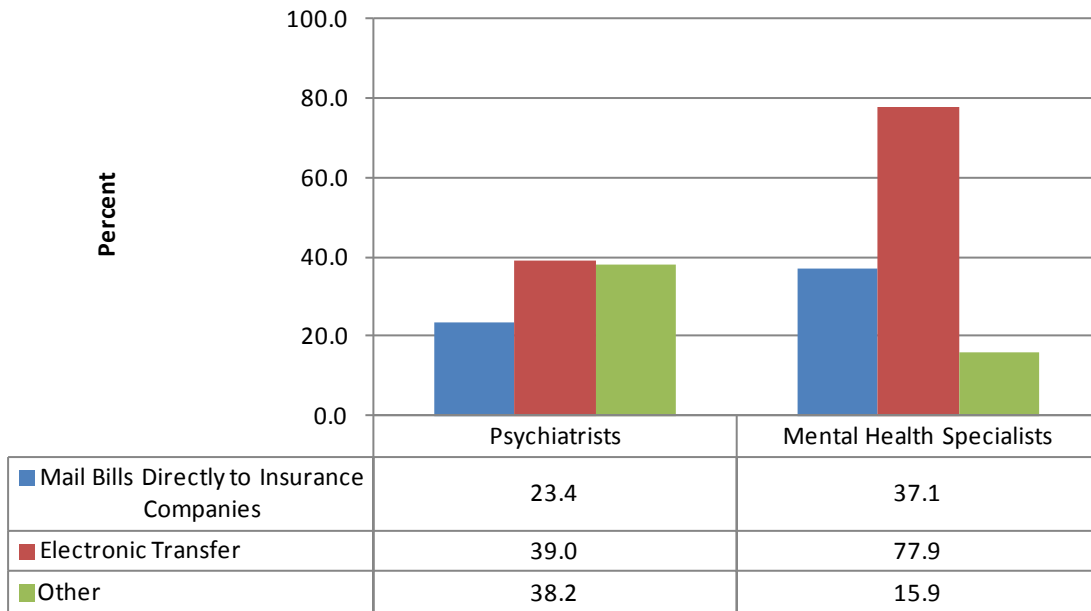


**Source:** Center for Applied Demography & Survey Research  
 University of Delaware



Mental health professionals were asked how they currently submit bills and related paperwork to insurance companies. As shown in Figure 3.12, about 37% of mental health specialists and about one quarter (23%) of psychiatrists submit their bills to insurance companies by mail. About 40% of psychiatrists and three quarters (78%) of mental health specialists submit their bills electronically. A significant proportion of psychiatrists (38%) and mental health specialists (16%) use other bill submission procedures.

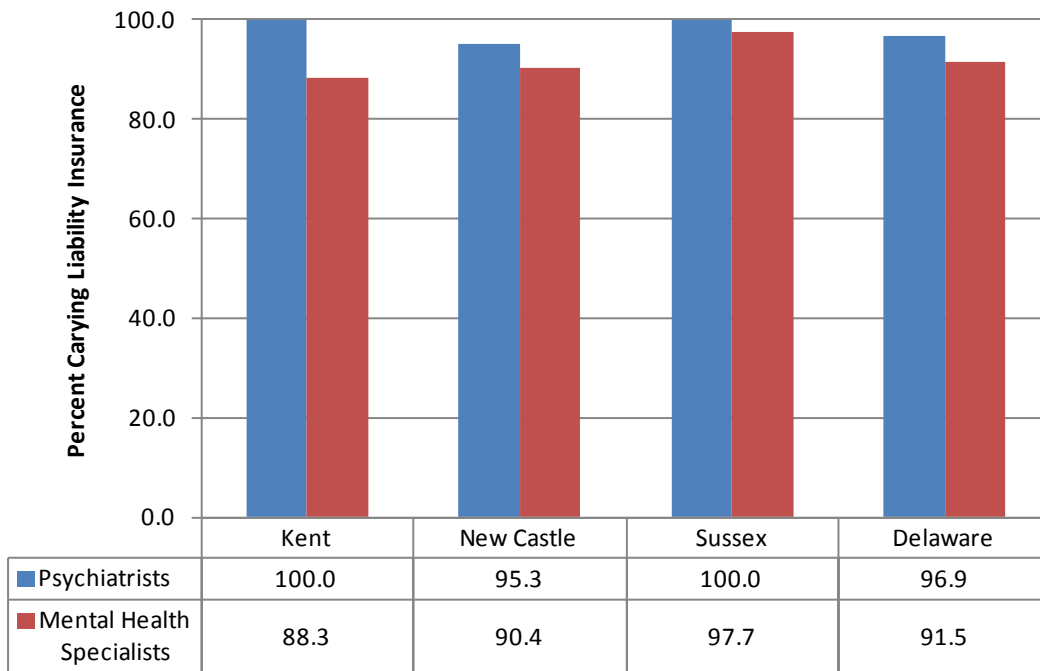
**Figure 3.12**  
**Current Form of Bill Submission, Mental Health Professionals by County, Delaware, 2014**



**Source:** Center for Applied Demography & Survey Research  
 University of Delaware

Mental health professionals were asked if they carry liability insurance. As Figure 3.13 shows, about 98% of all psychiatrists in Delaware indicated that they carry liability insurance, compared to 91% of mental health specialists. Differences among counties range from 88% in Kent County to 98% in Sussex County.

**Figure 3.13**  
**Liability Insurance of Mental Health Professionals by County,**  
**Delaware, 2014**



**Source:** Center for Applied Demography & Survey Research  
 University of Delaware

## Spatial Distribution

The spatial distribution of FTE psychiatrists is shown in Figure 4.1. In Figure 4.2, the spatial distribution of FTE mental health specialists is depicted. Out of the 27 census county divisions in Delaware, responses were received from psychiatrists in 11 census county divisions. Mental health specialists responded in 25 of 27 census county divisions.

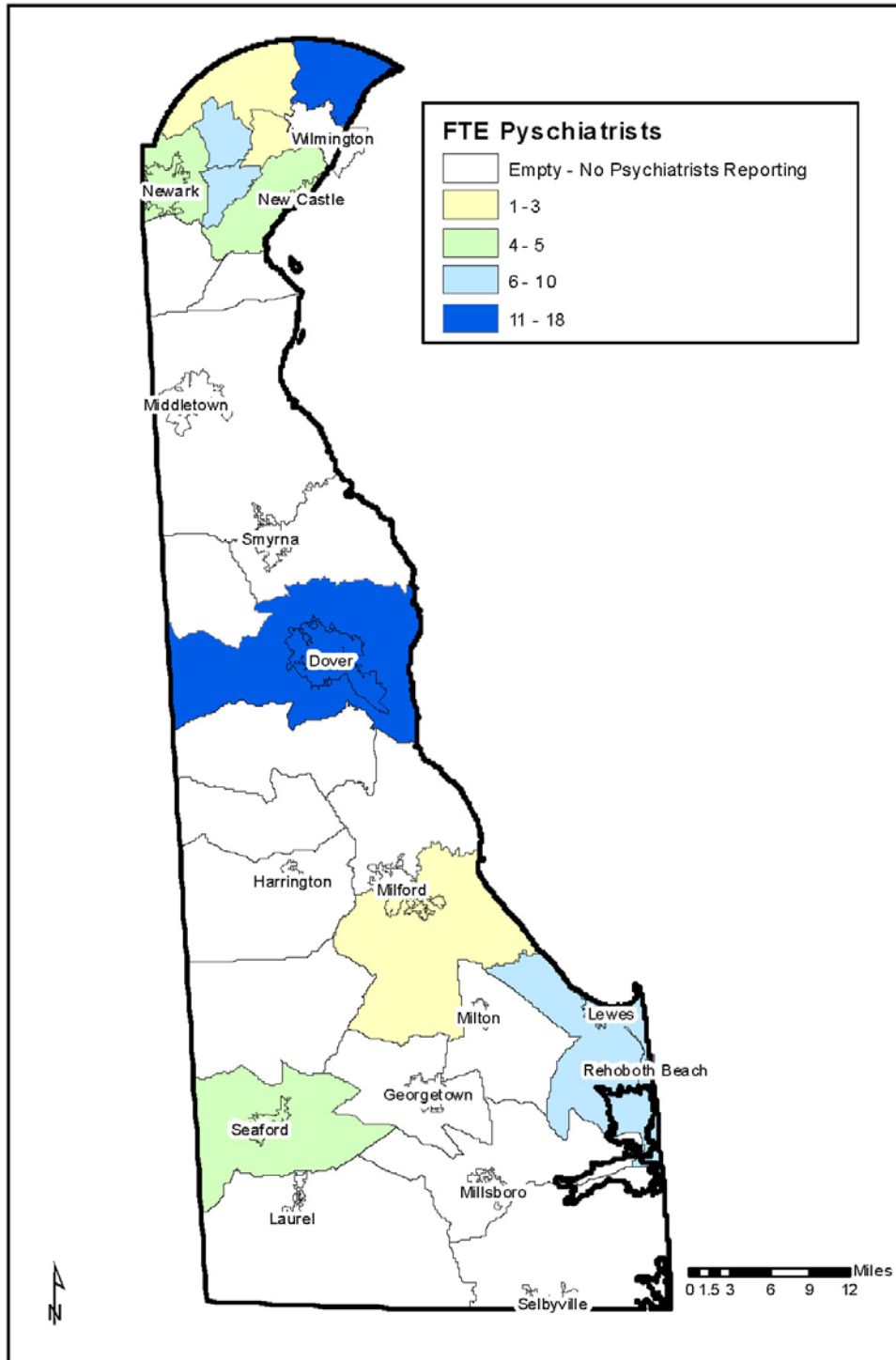
Figures 4.3 and 4.4 show the number of persons served by a full-time equivalent psychiatrist or a mental health specialist.

It is imperative to note that the census county divisions (CCDs) that indicate “No psychiatrists reporting” or “No mental health specialists reporting” really indicate one of two plausible reasons:

- a) There are some psychiatrists/mental health specialists in these CCDs but none responded to the survey; or
- b) There are no psychiatrists/mental health specialists in these CCDs, thus no responses were received.

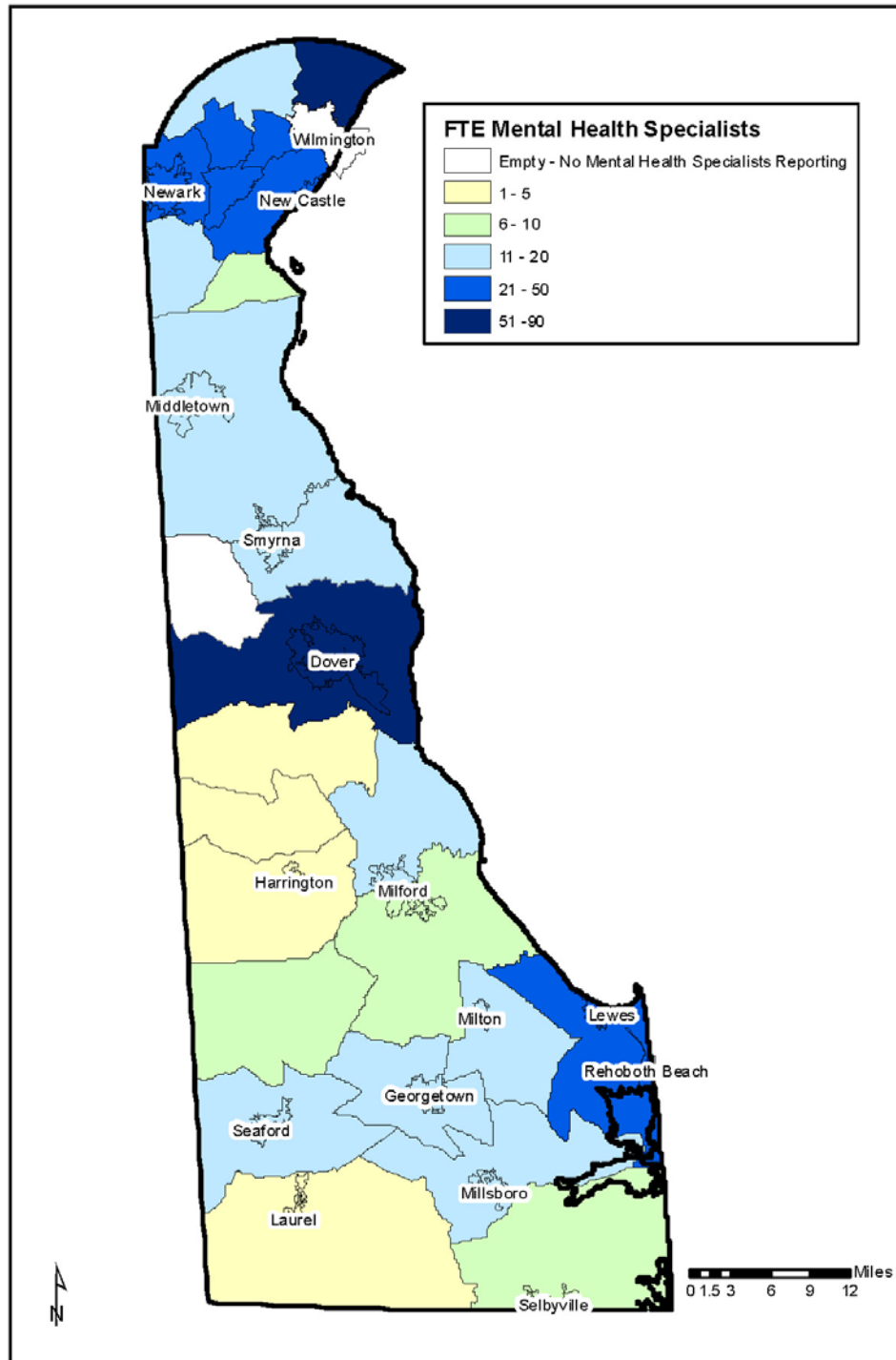
Consequently, the adequacy of mental health care in census county divisions indicating “No psychiatrists reporting” or “No mental health specialists reporting” needs to be evaluated along with the data shown for adjacent CCDs.

**Figure 4.1**  
**Number of Psychiatrist FTEs by Census County Division,**  
**Delaware, 2014**



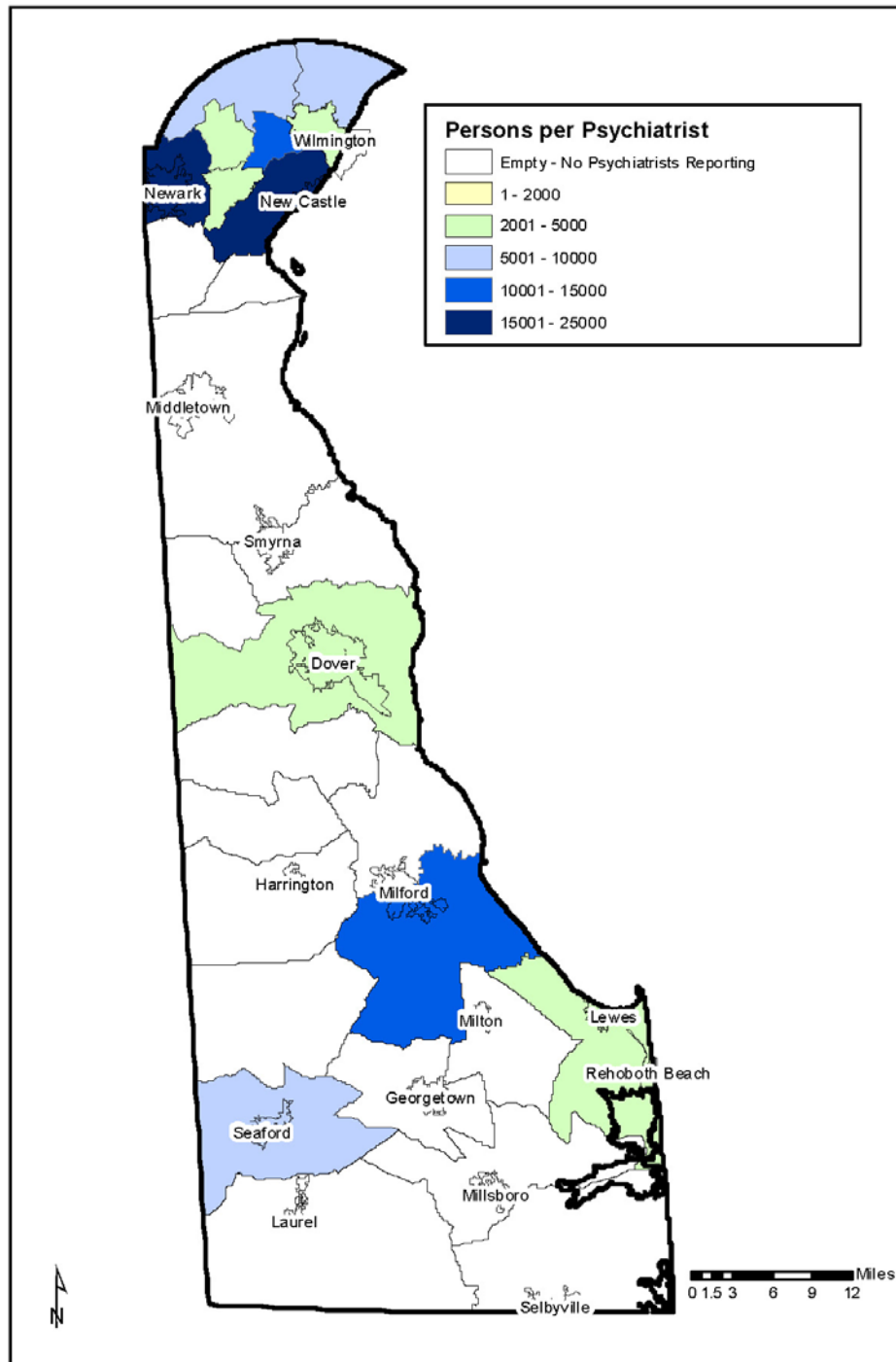
**Source:** Center for Applied Demography & Survey Research  
University of Delaware

**Figure 4.2**  
**Number of Mental Health Specialist FTEs by Census County Division,**  
**Delaware, 2014**



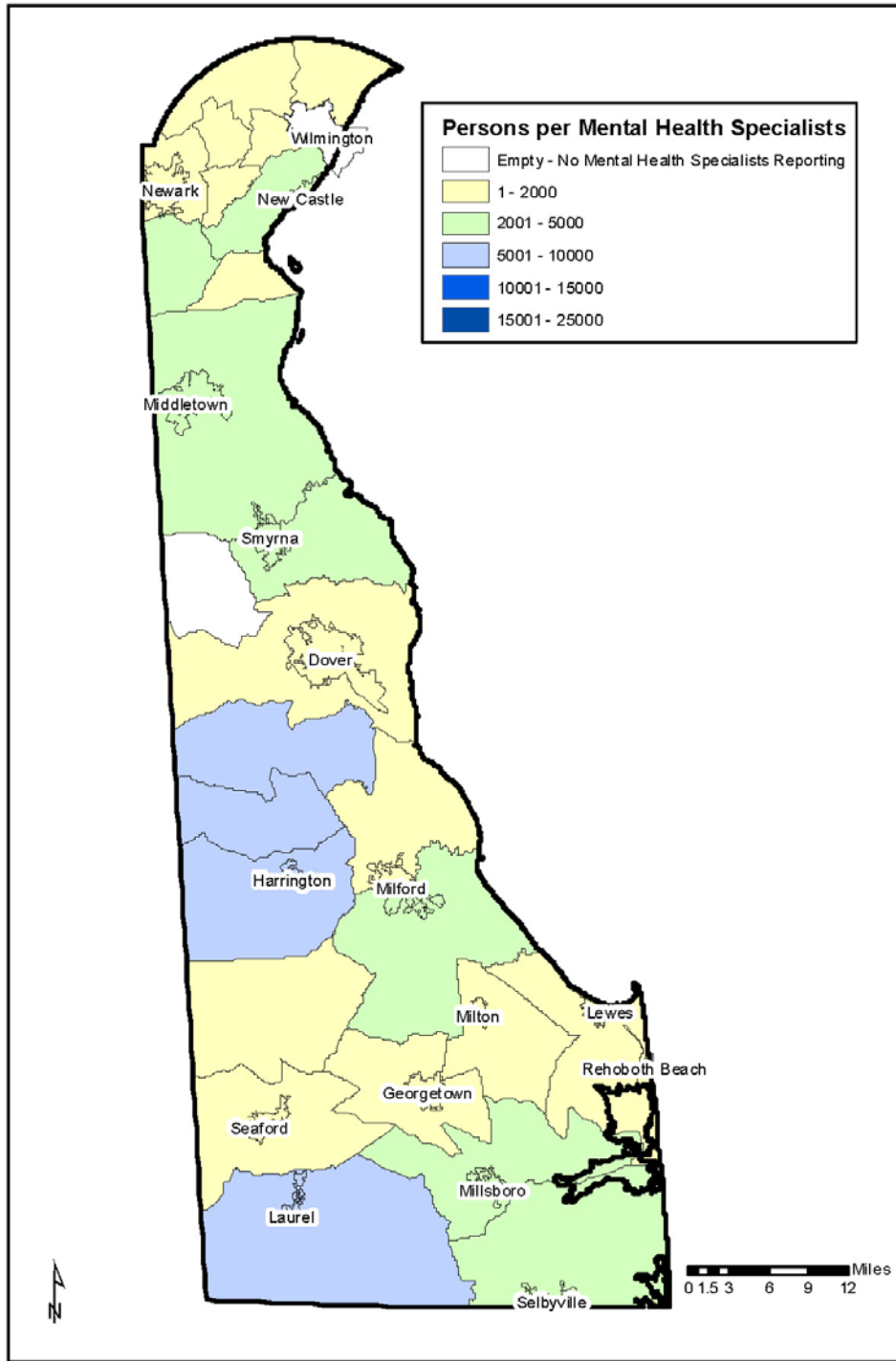
Source: Center for Applied Demography & Survey Research  
 University of Delaware

**Figure 4.3**  
**Number of Persons per FTE Psychiatrist by Census County Division,**  
**Delaware, 2014**



**Source:** Center for Applied Demography & Survey Research  
 University of Delaware

**Figure 4.4**  
**Number of Persons per FTE Mental Health Specialist by Census County Division, Delaware, 2014**



**Source:** Center for Applied Demography & Survey Research  
University of Delaware

## Observations

This is the third time a study of this type was conducted among mental health professionals in Delaware. The first study was conducted in 2005 and followed up in 2009. The field work for the current study was conducted in the summer of 2014 and included improvements to the questionnaire and the protocol. The results presented in the report provide information that will be useful to policymakers in Delaware. Even without a complete reporting, the observations about mental health professionals in Delaware collected and analyzed in this study are statistically sound, and a number of findings can be drawn from the data:

- Based on the survey results, adjusted for non-respondents, the number of mental health professionals with an active practice in Delaware is 1,004; this represents 639 full-time equivalent mental health professionals.
- According to estimates based on this study, in Delaware there are 98 full-time equivalent psychiatrists, and 541 full-time equivalent mental health specialists (psychologists, social workers, professional counselors of mental health, chemical dependency care specialists, and psychiatric advanced practice nurses).
- Sussex County has the least favorable ratio of 15,206 persons served by one full-time equivalent psychiatrist, compared to 1:9,575 in Kent County and 1:7,936 in New Castle County. The statewide ratio of full-time equivalent psychiatrist to the population is 1:9,185.
- Mental health specialists are more likely to be female in all counties, while psychiatrists are more likely to be male in Sussex County. About three quarters of psychiatrists in Sussex County are male.
- About 24% of all psychiatrists in Delaware are Asian, compared to 1% of mental health specialists indicating Asian as their race.
- The highest proportion (35%) of psychiatrists reporting with Hispanic origin can be found in Kent County. None reported from New Castle and Sussex counties.
- Sussex County, the fastest growing county with the oldest residents on average, has the highest proportion (41%) of mental health specialists age 60 years and above.



- 
- None of the psychiatrists reporting from Kent and Sussex counties indicated that they do not expect to be active five years from now.
  - The majority (77%) of Delaware's mental health specialists grew up in Delaware or the region; 36% are from Delaware. Almost half (47%) of psychiatrists grew up in Delaware or the region and about 14% of psychiatrists grew up in Delaware.
  - Over 66% of psychiatrists practicing in Delaware graduated from colleges and universities outside of Delaware or region, while 73% of mental health specialists practicing in Delaware graduated from colleges and universities in the region (Pennsylvania, New York, New Jersey, and Maryland) or Delaware.
  - About 50% of both psychiatrists and mental health specialists report to be self employed in Delaware.
  - On average psychiatrists spend about 33 hours of their work week on direct patient care while mental health specialists spend about 29 hours per week on direct patient care. The remainder of their time is spent mostly on administration.
  - About 47% of mental health professionals have practiced at their current location for less than 5 years.
  - On average, psychiatrists see about 43 patients per week, while mental health specialists report seeing 24 patients per week.
  - Kent County has the highest proportion of psychiatrists (50%) indicating that they see pediatric patients, compared with 42% in New Castle County and 25% in Sussex County.
  - Mental health specialists are more likely to offer flexible hours than psychiatrists. Offering evening hours is more than twice as popular as providing Saturday hours.
  - An overwhelming majority of all mental health specialists (89%) accept new patients. The percentage of psychiatrists accepting new patients is 80%.
  - Mental health specialists are most likely (70%) to refer a patient to a private practice when they cannot see a patient, while psychiatrists are most likely (100%) to refer patients they can't see to a hospital emergency room.
  - The acceptance of medical insurance among psychiatrists is lowest in Kent County (50%), compared with 69% in New Castle County and 75% in Sussex County.
  - Almost all psychiatrists (97%) in Delaware indicated that they carry liability insurance. The proportion of mental health specialists carrying liability insurance stands at 91%.

## **APPENDIX**



# DELAWARE MENTAL HEALTH SURVEY 2014

Delaware Department of Health and Social Services

(CADSRID)

## INSTRUCTIONS

Mail your completed form in the attached prepaid envelope to:

University of Delaware  
CADSR - Graham Hall  
Newark, DE 19716

- Use either a pen or pencil when completing the questionnaire.
- Follow all "SKIP" instructions after answering a question. If no instructions are provided, continue to the next question.
- If you have any questions, contact the **Center for Applied Demography & Survey Research** at the **University of Delaware** by calling **302-831-3320**.

**PURPOSE** – Results from the survey will be used to help state and local governments along with employers and educational institutions to plan for an adequate supply of health professionals in the state. Your answers will be presented in an aggregate form in a report and utilized for the designation of mental health professional shortage areas in Delaware.

**SCOPE** – All mental health professionals licensed to practice in the State of Delaware. **Even if you do not practice in Delaware please complete the questionnaire.**

**PARTICIPATION** – Your participation is voluntary. However, your responses are important to ensure adequate health care for Delaware's residents.

If you would like to see a copy of the report based on the survey conducted in 2009, point your browser to:

<http://www.cadsr.udel.edu/projects/DOCUMENTS/mentalh0905.pdf>

### 1. Indicate your mental health profession:

- 1  Psychiatrist
- 2  Psychologist
- 3  Licensed Social Worker
- 4  Licensed Professional Counselor of Mental Health
- 5  Chemical Dependency Professional
- 6  Psychiatric Advanced Practice Nurse

### 2. Are you currently active in any of the described mental health professions (i.e.: seeing patients and/or doing tasks necessary for the care of patients):

- 1  Yes, in training
- 2  Yes, working full time
- 3  Yes, working part time (less than 30 hours/ week)
- 4  No, retired (**GO TO QUESTION 27**)
- 5  No, inactive (**GO TO QUESTION 27**)
- 6  No, other (specify): \_\_\_\_\_  
(GO TO QUESTION 27)
- 7  Not practicing in Delaware  
(GO TO QUESTION 27)

**IF RETIRED, INACTIVE, OTHER, OR NOT PRACTICING IN DELAWARE, PLEASE SKIP TO QUESTION 27 ON PAGE 4**

### 3. On average, how many hours per week do you spend on each of the following activities:

- \_\_\_\_ Hours - Direct patient care or services and related paperwork
- \_\_\_\_ Hours - Direct management and related paperwork
- \_\_\_\_ Hours - Teaching
- \_\_\_\_ Hours - Research
- \_\_\_\_ Hours - Other (specify): \_\_\_\_\_

### 4. Setting of primary employment is (check all that apply):

- 1  **Clinical Care Settings:**
  - 1  Practitioner's Office (solo, partner of group practice)
  - 2  Hospital (except federal)
  - 3  Nursing Home
  - 4  Freestanding Clinic (administratively distinct from a hospital, nursing home, etc.)
  - 5  Federally Qualified Health Center
  - 6  Treatment Facility for the Handicapped or Disabled
  - 7  Public Health Clinic
  - 8  Other (specify): \_\_\_\_\_
- 2  **Federal Health Facility:**
  - 1  Veterans' Administration (VA hospital)
  - 2  Other (specify): \_\_\_\_\_
- 3  **School:**
  - 1  University or College
  - 2  Other (specify): \_\_\_\_\_
- 4  **What kinds of services do you provide? (check all that apply)**
  - 1  Addiction Counseling
  - 2  Family Counseling
  - 3  Group Therapy
  - 4  Individual Counseling
  - 5  Other (specify): \_\_\_\_\_

**5. Form of primary employment is (check all that apply):**

- 1  **Self-Employed/Principal:**
  - 1  Solo Practice
  - 2  Partner of Group Practice
  - 3  Professional Corporation
  - 4  Other (specify): \_\_\_\_\_
- 2  **Salaried, Employed by:**
  - 1  Commissioned Associate
  - 2  Partnership or Group Practitioners
  - 3  Other Non-Government Employer (hospital, school, etc.)
  - 4  Federal Government
  - 5  Federally Qualified Health Center
  - 6  State Government
  - 7  Other (specify): \_\_\_\_\_

**6. What are the practice name, facility name, address and zip code for each of the locations in Delaware where you practice your mental health profession?**

1  **Primary Location (most time delivering care)**

\_\_\_\_\_  
Practice Name (example: Psychiatric Associates)

\_\_\_\_\_  
Facility Name (example: People's Plaza)

\_\_\_\_\_  
Street Address

\_\_\_\_\_  
City                      State                      ZIP code

2  **Secondary Location**

\_\_\_\_\_  
Practice Name (example: Psychiatric Associates)

\_\_\_\_\_  
Facility Name (example: People's Plaza)

\_\_\_\_\_  
Street Address

\_\_\_\_\_  
City                      State                      ZIP code

3  **Tertiary Location**

\_\_\_\_\_  
Practice Name (example: Psychiatric Associates)

\_\_\_\_\_  
Facility Name (example: People's Plaza)

\_\_\_\_\_  
Street Address

\_\_\_\_\_  
City                      State                      ZIP code

**7. What percentage of your working hours in Delaware do you spend at each of the locations listed above?**

- 1 \_\_\_\_\_ Percent – Primary Location
- 2 \_\_\_\_\_ Percent – Secondary Location
- 3 \_\_\_\_\_ Percent – Tertiary Location
- 100 Percent – Total

**QUESTIONS BELOW PERTAIN TO YOUR PRIMARY LOCATION IN DELAWARE ONLY**

**8. How long have you been practicing at this location?**

\_\_\_\_\_ (years at this location)

**9. What type of site is at the primary location?**

- 1  Practice Office
- 2  Clinic
- 3  Hospital
- 4  Other (specify): \_\_\_\_\_

**10. How many other types and number of Mental health providers currently practice at this site?**

Type	Number
1 Psychiatrist	_____
2 Psychologist	_____
3 Licensed Social Worker	_____
4 Licensed Professional Counselor of Mental Health	_____
5 Chemical Dependency Professionals	_____
6 Psychiatric Advanced Practice Nurse	_____

**11. About how many patient encounters do you personally have in a week at this site?**

\_\_\_\_\_ (# patient encounters per week)

**12. Do you see pediatric patients (under 21) at this site?**

- 1  Yes
- 2  No

If YES to above, at what age do you begin to see patients?

\_\_\_\_\_ (youngest age of patient)

**13. Do you offer Saturday and Evening hours at this site?**

- Saturday
  - 1  Yes
  - 2  No
- Evening
  - 1  Yes
  - 2  No

**14. When a patient calls your office to request a routine (non-emergency) appointment, what is the usual elapsed time between the request and the resulting appointment for new and established patients (days)?**

- New patients \_\_\_\_\_ 1  Not Applicable  
Days
- Existing Patients \_\_\_\_\_ 1  Not Applicable  
Days

15. When a patient calls your office with a true emergency, what is the usual elapsed time between the request and the resulting appointment for new and established patients (hours)?

New patients [ ] 1 [ ] Not Applicable
Existing Patients [ ] 1 [ ] Not Applicable

16. Are you currently accepting new patients at this site?

1 [ ] Yes
2 [ ] No

17. If you are NOT accepting new patients or at times are unable to make emergency appointments, do you provide any type of patient referral?

1 [ ] Yes
2 [ ] No

If YES to above, to what source(s)? (check all that apply)

1 [ ] Private Practice
2 [ ] Hospital Emergency Room
3 [ ] Other (specify): [ ]

18. Do you participate in insurance plans at this site?

1 [ ] Yes
2 [ ] No

If YES to above, please indicate which plans you participate in? (check all that apply)

1 [ ] Capitation
2 [ ] Reduced fee for service
3 [ ] Medicaid
4 [ ] Traditional insurance with balance billing

19. What are the three biggest problems your practice encounters when dealing with insurance companies?

1 [ ]
2 [ ]
3 [ ]

20. How do you currently submit bills and other related paperwork to your patients' insurance companies at this site? (check all that apply)

1 [ ] Mail bills directly to insurance companies
2 [ ] Electronic transfer
3 [ ] Other (specify): [ ]

21. Do you have liability insurance?

1 [ ] Yes
2 [ ] No

If YES, please indicate what type and the amount of liability insurance you have

Table with 2 columns: Type, Amount. Rows for liability insurance details.

22. Are there people at this site who have the ability to communicate with patients in a language other than English?

1 [ ] Yes
2 [ ] No

If YES, which one (check all that apply)?

1 [ ] Spanish 4 [ ] Asian
2 [ ] French 5 [ ] Sign Language
3 [ ] Arabic 6 [ ] Other (specify): [ ]

23. What percentage of your practice's gross fees are unreimbursed (includes uncollectables, not charity or discounts)?

1 Percent of unreimbursed gross fees: [ ] (percent)

24. Do you provide charity care (no fee expected) inside your office?

1 [ ] Yes
2 [ ] No

If NO, what is your range of fees charged?

1 [ ] \$0 - \$50
2 [ ] \$50 - \$100
3 [ ] \$100 - \$150
4 [ ] \$150 - \$200
5 [ ] Other (specify): \$ [ ]

25. Do you provide charity care (no fee expected) outside your office?

1 [ ] Yes
2 [ ] No

If NO, what is your range of fees charged?

1 [ ] \$0 - \$50
2 [ ] \$50 - \$100
3 [ ] \$100 - \$150
4 [ ] \$150 - \$200
5 [ ] Other (specify): \$ [ ]

26. Do you offer flexible or installment payment plans, which would allow patients to pay for services over a period of time?

1 [ ] Yes
2 [ ] No

QUESTIONS BELOW PERTAIN TO ALL MENTAL HEALTH PROFESSIONALS LICENSED IN DELAWARE

27. Do you expect to be active in your chosen profession in Delaware 5 years from now?

1 [ ] Yes
2 [ ] No
3 [ ] Unsure

28. State (or country if applicable) of residence at time of high school graduation.

[ ]
State (country if applicable)

**29. From which college/university did you graduate?**

Name of school

Year (YYYY)

State (country if applicable)

**30. Did you complete a residency program?**

- 1  Yes
- 2  No

a **If YES, what type of residency was it? (check all that apply)**

- 1  General or Family Residency
- 2  Hospital Residency
- 3  Specialized Residency
- 4  Military Service

5  Other (specify):

b **If YES, please indicate the state(s) where you did your residency (specify below)**

- 1   
State (country if applicable)
- 2   
State (country if applicable)
- 3   
State (country if applicable)

**31. In which states are you currently licensed to practice? (please specify below):**

- 1   
State (country if applicable)
- 2   
State (country if applicable)
- 3   
State (country if applicable)

**32. What is your race?**

- 1  Caucasian or White
- 2  African American or Black
- 3  Native American or Alaskan
- 4  Asian or Pacific Islander
- 5  Multi-Racial
- 6  Other (specify):

**33. Are you of Hispanic origin?**

- 1  Yes
- 2  No

**34. What is your sex?**

- 1  Male
- 2  Female

**35. What is your Year of Birth?**

Year (YYYY)

**36. Do you have a Delaware business license?**

- 1  Yes
- 2  No

**37. If you have any comments, please feel free to include them in the space provided below.**

**Thank you for completing the Delaware Mental Health Survey 2014.**

**Return the completed form to:**

**University of Delaware, CADSR, Graham Hall,  
Newark, DE 19716**

## **Center for Applied Demography & Survey Research**

**College of Arts and Sciences  
University of Delaware**  
287 Graham Hall  
Newark, DE 19716

phone: **302-831-8406**      fax: **302-831-6434**

**[www.cadsr.udel.edu](http://www.cadsr.udel.edu)**

Center for Applied Demography & Survey Research (CADSR) is a project - oriented, policy analysis and survey research center. The Center's primary mission is to ensure that the best possible data and information on important public issues are developed and made available to members of the College, its clients, and, most importantly, to the policy-makers who affect the way we all live and work in Delaware. This mission is accomplished in four different ways: by acting as a clearinghouse for large data sets supplied by local, state, regional, and federal agencies; by maintaining an active survey research capability; by developing and designing custom databases of text, graphical information (including both raster and vector data), drawn from client files; and by using an array of information system technologies.



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