**Summary for Legislative Testimony**

**Data Summary**

1. Over 9.8 million Illinoisans (78%) live in a designated mental health shortage area.1 Mental Health America ranks Illinois 28th in the country in mental health workforce availability based on its 410-to-1 ratio of population to mental health professionals2,and the Kaiser Family Foundation estimates that only 22% of Illinoisans’ mental health needs can be met with its current workforce. 3
2. Not every licensed or self-reported social worker, counselor, or psychiatric nurse has the competencies necessary to participate in an integrated interdisciplinary team, to provide trauma-informed and recovery-oriented services, to serve as care managers for members of managed care organizations, or to provide specific treatment models, such as prolonged exposure therapy for PTSD4 and medication-assisted treatment (MAT) for opioid use disorders.
3. From 2017-2019, 53.6% of the 1.8 million Illinois adults who have experienced a mental illness did not receive treatment. 5
4. An annual average of 744,000 people in Illinois aged 12 and older need but do not receive substance use disorder treatment at specialty facilities. 6
5. Only 42.9% of the 145,000 Illinois youth aged 12-17 who experienced a major depressive episode received care. 7
6. 8.0% of people in Illinois over the age of 12 and 16.1% of young adults aged 18- 25 have a substance use disorder. 7
7. Between 2013 and 2021, depression in adults aged 65 and older increased from 12.2% to12.8% in Illinois. 8
8. Rural counties in Illinois have an average of 1.2 psychiatrists per 100,000 residents compared to 12.7 in large urban counties and 10.5 in the state overall. 9
9. Rural counties have an average of 44.8 primary care physicians per 100,000 residents compared to a state average of 81.2. 9
10. 76.7% of rural hospitals are in designated primary care shortage areas and 91.9% are in designated mental health shortage areas. 9
11. 26.6% of new mothers in Illinois experience postpartum depression, but 11.1% of women are diagnosed with it. Of those diagnosed, only 57.6% received medication and only 39.7% received counseling. 10
12. Access to behavioral health care is compromised by having the eighth largest number of designated mental health shortage areas in the nation; 9.8 million people live in one of Illinois’ 221 designated mental health care health professional shortage areas. 11
13. According to HRSA’s new Health Workforce Connector online tool, in January 2023 there were 30 behavioral health job openings in Federally Qualified Health Care Centers throughout Illinois, largely for LCSWs (12). 12
14. Using the popular Internet-based job finder, www.Indeed.com, there were 3,153 full-time job openings in Illinois listed under “behavioral health” and 6,633 full-time listings under “mental health,” which include undergraduate and graduate-level trained professionals. Full-time job listings on Indeed.com by discipline in Illinois included social workers (4055), mental health nurses (93), LCPC (1395), and clinical psychologists (704). 13
15. Using the ratio of 1 behavioral health provider per 60k residents14, we obtained the following data from the Illinois Department of Financial and Professional Regulation15:
16. Regarding licensed clinical social workers (LCSWs), the 3 top counties per capita are Champaign (112.79), Williamson (87.56), and Cook (83.43). Four counties do not have any LCSWs.
17. The 3 counties with the most licensed clinical professional counselors (LCPCs) per capita are Jackson (57.76), Peoria (54.45), and DuPage (52.80). Four counties do not have any LCPCs.
18. The ratio of licensed professional counselors (LPCs) per capita is highest in DuPage (26.95), Piatt (25.19), and Cook counties (24.54). Twenty counties do not have any LPCs.
19. Regarding psychologists, the 3 leading counties per capita are Schuyler (52.16), DuPage (31.32), and Lake (30.74). Forty-three counties do not have any psychologists.
20. The 3 counties with the most licensed social workers (LSWs) per capita are Kendall (64.15), Champaign (62.37), and Adams (60.24). Five counties do not have any LSWs.
21. The ratio of licensed marriage and family therapists (LMFTs) per capita is highest in Bond (7.17), Kane (6.27), and DeKalb (5.97). Fifty-nine counties do not have any LMFTs.
22. The ratio of occupational therapists (OTs) per capita is highest in Effingham (57.11), DuPage (51.13), and Edwards (48.04). Five counties have no OTs.
23. Data on Psychiatrists was obtained from the US Department of Health and Human Services due to a lack of data from Illinois sources. The ratio of psychiatrists per capita is highest in Sangamon (7.18), Lake (5.38), and DuPage (5.15). Sixty-seven counties do not have any psychiatrists. 16

**How other US states increase the supply of behavioral health providers based on literature reviews**

1. Providing technical support and assistance in mental health to non-mental health physicians (e.g., pediatricians and family medicine doctors).
2. Training RNs to provide mental health care.
3. Training residents in rural psychiatry.
4. Increasing the number of peer support specialists.
5. Providing loan repayment programs for individuals in mental health professions.

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