

Mental Health Professionals in Delaware, 2019

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Delaware Department of Health and Social Services
Division of Public Health
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TABLE OF CONTENTS

	Page
Acknowledgements – Contact Information – Citation	i
List of Figures	iii
List of Tables	iv
Executive Summary	I
Methodology	3
Demographics	5
Practice Characteristics	17
Spatial Distribution	33
Appendix	38

LIST OF FIGURES

Figure	Page
2.1 Number of Mental Health Professionals by County, Delaware, 2019	5
2.2 Number of Full-time Equivalent Mental Health Professionals by County, Delaware, 2014 and 2019	6
2.3 Percentage of Mental Health Professionals by Gender and County, Delaware, 2019	9
2.4 Percentage of Mental Health Professionals by Race and County, Delaware, 2019	10
2.5 Percentage of Mental Health Professionals by Hispanic Origin and County, Delaware, 2019	11
2.6 Percentage of Mental Health Professionals who Speak Languages other than English, by County, Delaware, 2019	12
2.7 Percentage of Mental Health Professionals by Age and County, Delaware, 2019	13
2.8 Percentage of Mental Health Professionals Anticipating being Active Five Years from Now by County, Delaware, 2019	14
2.9 Percentage of Mental Health Professionals by State of High School Graduation and County, Delaware, 2019	15
2.10 Percentage of Mental Health Professionals by State of College/University Graduation and County, Delaware, 2019	16
3.1 Percentage of Mental Health Professionals by Primary Employment and Class, Delaware, 2019	17
3.2 Percentage of Mental Health Professionals by Clinical Setting and Class, Delaware, 2019	18
3.3 Mean Work Hours of Mental Health Professionals by Activity and Class, Delaware, 2019 ...	19
3.4 Percentage of Mental Health Professionals at Current Location by Years and County, Delaware, 2019	20
3.5 Mean Number of Patient Encounters of Mental Health Professionals by County, Delaware, 2019	21
3.6 Percentage of Mental Health Professionals Seeing Pediatric Patients by County, Delaware, 2019	22
3.7 Percentage of Mental Health Professionals Offering Saturday Hours by County, Delaware, 2019	23
3.8 Percentage of Mental Health Professionals Offering Evening Hours by County, Delaware, 2019	24
3.9 Percentage of Mental Health Professionals Offering Same Day Access by County,	

	Delaware, 2019	24
3.10	Percentage of Mental Health Professionals Currently Accepting New Patients by County, Delaware, 2019	25
3.11	Percentage of Mental Health Professionals by Type of Referral and County, Delaware, 2019	26
3.12	Percentage of Insurance Plan Participation of Mental Health Professionals by Class, Delaware, 2019	27
3.13	Percentage of Mental Health Professionals by Current Form of Bill Submission and Class, Delaware 2019	28
3.14	Percentage of Mental Health Professionals Participating in Value Based Reimbursement Methods by Class, Delaware, 2019	29
3.15	Percentage of Therapy Types Offered by Mental Health Professionals by Class, Delaware, 2019	30
3.16	Percentage of Mental Health Professionals Who Can Prescribe Medicine and Have Prescribed Buprenorphine for the Treatment of Opioid Use by Class, Delaware, 2019.....	31
3.17	Percentage Distribution of Barriers to Incorporating Buprenorphine into Practice Reported by Mental Health Professionals Who Can Prescribe Medicine by Class, Delaware, 2019.....	32
4.1	Number of Psychiatrist FTE's by Census County Division, Delaware, 2019	34
4.2	Number of Mental Health Specialist FTE's by Census County Division, Delaware, 2019	35
4.3	Number of Persons per FTE Psychiatrist by Census County Division, Delaware, 2019	36
4.4	Number of Persons per FTE Mental Health Specialist by Census County Division, Delaware, 2019.....	37

LIST OF TABLES

Table		Page
2.1	Number of Full-time Equivalent Mental Health Professionals by Occupation and County, Delaware, 2019	8

Executive Summary

This is the fourth time a study of this type was conducted among mental health professionals in Delaware. The first study, conducted in 2005, was followed by studies in 2009, 2014, and 2019. The field work for the current study was conducted in the fall/winter of 2019. Just like in previous years, the current survey included improvements to the questionnaire and the contact protocol. The results presented in the report provide information that will be useful to policymakers in Delaware. Several findings about Delaware's mental health professionals 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 1,409; this represents 829 full-time equivalent mental health professionals.
- According to estimates, Delaware has 86 full-time equivalent psychiatrists and 743 full-time equivalent mental health specialists (psychologists, social workers, professional counselors of mental health, chemical dependency care specialists, and psychiatric nurse practitioners/clinical nurse specialists, marriage and family therapists, professional art therapists, psychological assistants, and associate counselors of mental health).
- Sussex County has the least favorable ratio (1:54,885) of persons served by one full-time equivalent psychiatrist, compared to 1:8,741 in Kent County and 1:9,101 in New Castle County. The statewide ratio of a full-time equivalent psychiatrist to the population is 1:11,171.
- Mental health specialists are more likely to be female in all counties, while psychiatrists are more likely to be male in Kent and Sussex counties.
- About 47% of all psychiatrists in Delaware are non-white, compared to 12% of mental health specialists indicating a race other than white.
- No Hispanic psychiatrists reported from across Delaware. About 2% of mental health specialists report their ethnicity as Hispanic.
- Sussex County, with the oldest residents on average, has the highest proportion (31%) of mental health specialists age 65 and above.
- About 10% of mental health specialists and 18% of psychiatrists indicated that they do not expect to be active in the field five years from now.

- The majority (79%) of Delaware's mental health specialists grew up in Delaware or in the region; 39% are from Delaware. Almost half (43%) of psychiatrists grew up in Delaware or in the region and about 11% of psychiatrists grew up in Delaware.
- Over 63% of psychiatrists practicing in Delaware graduated from colleges and universities outside of Delaware or the region, while 74% of mental health specialists practicing in Delaware graduated from colleges and universities in the region or in Delaware.
- About 32% of psychiatrists and 47% of mental health specialists report to be self-employed.
- On average, psychiatrists spend about 28 hours of their work week on direct patient care, while mental health specialists spend about 24 hours per week on direct patient care. The remainder of their time is spent mostly on administration.
- About 43% of mental health professionals have practiced at their current location for less than five years.
- On average, psychiatrists see about 37 patients per week, while mental health specialists report seeing 23 patients per week.
- Approximately 52% of psychiatrists indicate seeing pediatric patients, compared with 71% of mental health specialists serving children.
- Mental health specialists are more likely to offer flex hours than psychiatrists. Among mental health specialists, providing evening hours is more than twice as popular as Saturday hours.
- An overwhelming majority of all mental health specialists (84%) and psychiatrists (84%) are accepting new patients.
- Mental health specialists are most likely (83%) to refer a patient to a hospital when they cannot see a patient. Psychiatrists are most likely (100%) to refer patients they can't see to a hospital emergency room or private practice.
- The acceptance of medical insurance among psychiatrists stands at 43%. A significantly higher percentage of mental health specialists (about 47%) participate in pay-for-performance value-based reimbursement methods.
- Cognitive behavioral therapy is the most frequently used therapy among psychiatrists (38%) and mental health specialists (88%).
- About 43% of psychiatrists and 77% of mental health specialists who can prescribe medicines have prescribed buprenorphine for the treatment of opioid use.

Methodology

In 2005, the Delaware Department of Health and Social Services, Division of Public Health began to measure the number and spatial distribution of mental health professionals practicing in Delaware. The mental health study was replicated in 2009, 2014, and again in 2019. In 2014, surveys were sent to all mental health professionals licensed to practice in Delaware, including: psychiatrists, psychologists, social workers, professional counselors of mental health and chemical dependency care specialists, and psychiatric nurse practitioners/clinical nurse specialists. In 2019, the survey contained these additional mental health professionals: marriage and family therapists, professional art therapists, psychological assistants, and associate counselors of mental health.

The design of the study followed a well-established protocol of surveying health professionals in Delaware. It included a pre-letter, then the mailing of the questionnaire, and finally, a follow-up reminder card to those who had not responded. The mailings and repeat contacts were an attempt to boost the response rate. Field work (data collection) took place between September and December 2019.

In 2019, there were 2,805 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. The list included 49 inactive licenses, four on probation, 61 duplicates, and six licenses with three entries. For the purposes of the study, these licenses (multiples and inactive/probation) were removed from the list, yielding 2,685 active, unique licenses. Out of these, 1,753 listed an address in Delaware, and 120 listed addresses in ZIP codes adjacent to Delaware for a total of 1,873 licensed mental health professionals who are likely to practice in Delaware. As a result, a total of 1,873 mental health professionals likely to practice in Delaware (with addresses in Delaware or the adjacent ZIPs) were contacted.

After the fieldwork was completed, 504 usable responses were received. The response rate for the survey was 26.9%. Based on the results, which were adjusted for non-respondents, the number of mental health professionals with an active practice in Delaware is approximately 1,409¹. This total is used to produce all estimates presented throughout this report. The data on mental health professionals is separated into the following two classes for the purposes of this report: 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, psychiatric nurse practitioners/clinical nurse specialists, marriage and family therapists, professional art therapists, psychological assistants, and associate counselors of mental health. When the term “mental health professionals” is referenced 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).² 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 survey findings. Presented are provider counts, FTE counts, demographic characteristics, practice characteristics, and the spatial distribution of the mental health professionals at the sub-county level.

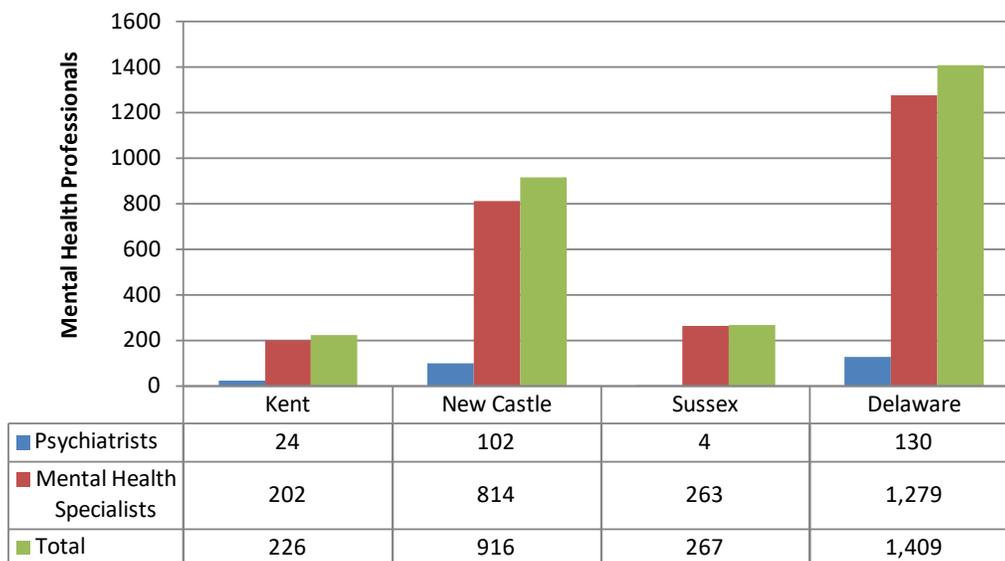
¹ On occasion, the data in the tables may not add to the total of 1,409 mental health professionals because not all respondents provided information for all questions.

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

Demographics

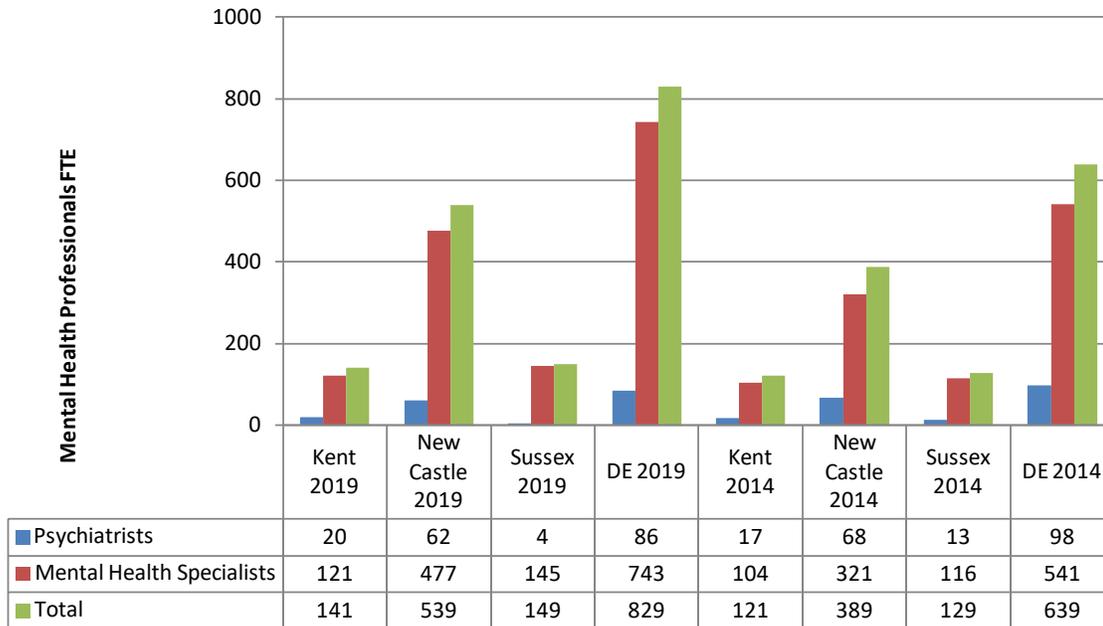
The topic of demographic diversity within the mental health professional community is important as changes occur in the population of Delaware. Figure 2.1 summarizes the number of mental health professionals in Delaware by county of practice as reported in survey responses. Among all three counties in Delaware, New Castle County has the most psychiatrists and the mental health specialists. The number of psychiatrists in Kent County is almost six times that in Sussex County. The number of mental health specialists is about 30% larger in Sussex County than in Kent County. The overall proportion of psychiatrists to mental health specialists across Delaware is about 1 to 9.8. The proportion varies significantly across counties. The lowest ratio is in New Castle County (1:8.0), followed by Kent County (1:8.4) and Sussex County (1:65.7). The Sussex County psychiatrist data needs to be treated with caution due to the low estimated number of these providers in that county.

Figure 2.1
Number of Mental Health Professionals by County, Delaware, 2019



Source: Delaware Department of Health and Social Services, Division of Public Health, *Mental Health Professionals in Delaware, 2019*.

Figure 2.2
Number of Full-time Equivalent Mental Health Professionals
by County, Delaware, 2014 and 2019



Source: Delaware Department of Health and Social Services, Division of Public Health, Mental Health Professionals in Delaware, 2019.

The number of full-time equivalent (FTE) mental health professionals is provided in Figure 2.2. Because FTE 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 949,495³ (900,131 in 2014), the statewide ratio of psychiatrist to population in 2019 is 1:11,171 (1:9,185 in 2014) persons. The estimates are 1:8,741 (1:9,575 in 2014) for Kent County and 1:9,101 (1:7,936 in 2014) for New Castle County. Sussex County has a significantly higher ratio of 1:54,885 (1:15,206 in 2014) persons served by each FTE psychiatrist – a ratio which must be treated with caution here, given the low (4 FTE) estimated psychiatrists in that county. Subsequent surveys will have to confirm (or refute) if this is the new status

quo or just the result of a low response rate among psychiatrists in Sussex County. 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)⁴.

The statewide ratio of each FTE mental health specialist in 2019 is 1:1,278 persons. The Kent County ratio of mental health specialists to population is 1:1,433 persons; the Sussex County ratio is 1:1,504; and New Castle County had the most favorable ratio with 1:1,196 persons. Comparing the 2019 FTE count and the ratios from 2009 and 2014, needs to be done carefully. The 2019 survey included marriage and family therapists, professional art therapists, psychological assistants, and associate counselors of mental health – although they were not part of previous surveys. Another caveat for 2019 is that the Division of Professional Regulation reported a significantly larger number of licensed mental health professionals – an increase of about 30% from 2,157 in 2014 to 2,805 licenses in 2019.

Table 2.1 presents the full-time equivalent counts of mental health professionals by occupation and county. Most frequent among mental health professionals are clinical social workers and professional counselors of mental health (particularly in New Castle County).

³ U.S. Census Bureau, 2018 5-year Population Estimates American Community Survey S0101: Age and Sex

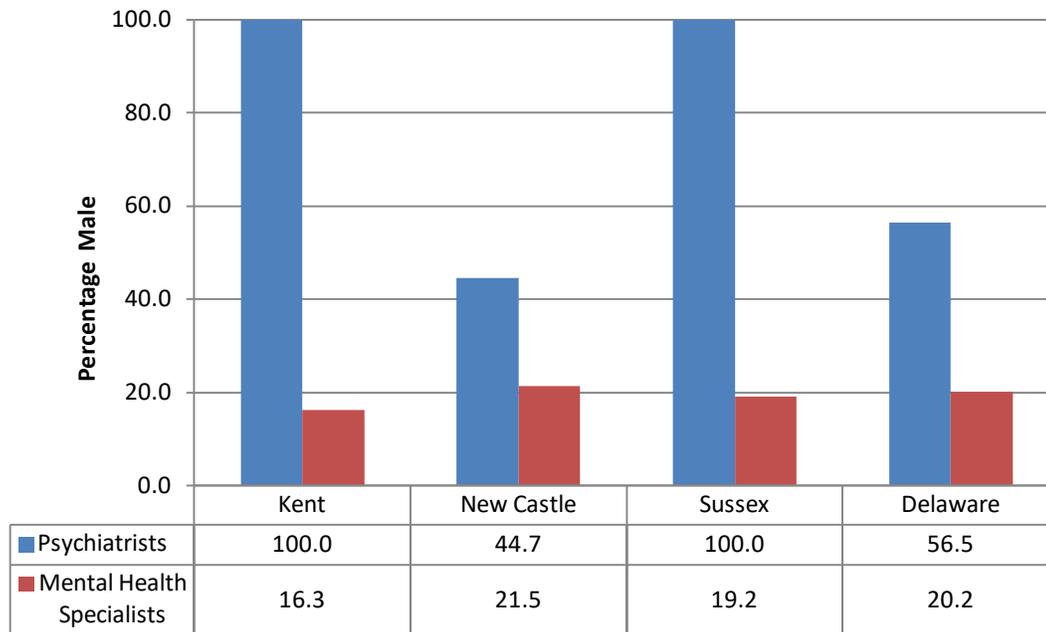
⁴ Shortage Designation: Health Professional Shortage Areas (HPSAs), HPSA Designation Criteria for Mental Health, <http://bhpr.hrsa.gov/shortage/hpsacritmental.htm>, accessed May 12, 2010.

Table 2.1
Number of Full-time Equivalent Mental Health Professionals
by Occupation and County, Delaware, 2019

	Kent	New Castle	Sussex	Delaware
Psychiatrist	20	62	4	86
Psychologist	5	131	15	151
Clinical Social Worker	58	154	61	273
Professional Counselor of Mental Health	32	149	46	227
Chemical Dependency Professional	4	8	4	16
Psychiatric Clinical Nurse Specialist or Nurse Practitioner	1	30	9	40
Marriage and Family Therapist	4	4	2	10
Professional Art Therapist	13	0	0	13
Associate Counselor of Mental Health	4	0	8	12
Total	141	538	149	828

Source: Delaware Department of Health and Social Services, Division of Public Health, *Mental Health Professionals in Delaware, 2019*.

Figure 2.3
Percentage of Mental Health Professionals
by Gender and County, Delaware, 2019



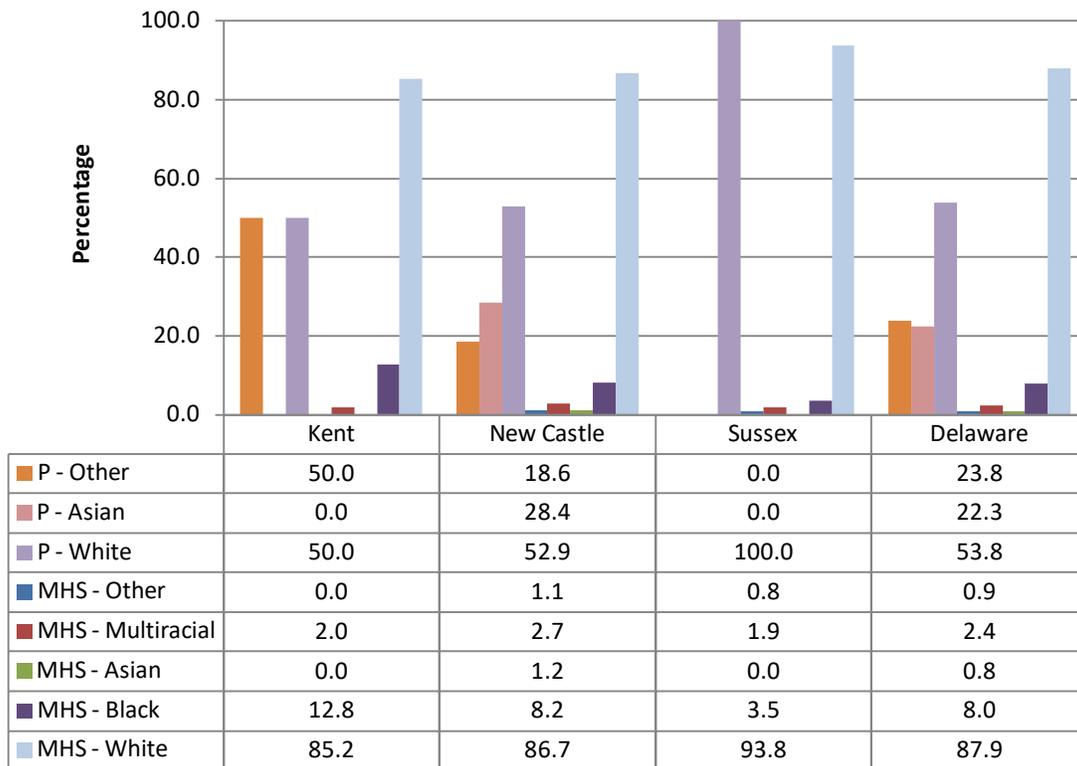
Source: Delaware Department of Health and Social Services, Division of Public Health, *Mental Health Professionals in Delaware, 2019*.

The psychiatrist community in Delaware is about 57% male. There is, however, some variation between the counties (Figure 2.3). About 45% of New Castle County's psychiatrists report being male and all responding psychiatrists from Kent and Sussex counties reported being male. A very different pattern appears among mental health specialists across the state; only 20% is male. The variation of males among mental health specialists across counties is less pronounced, with a range of 16% in Kent County to 21% in New Castle County.

The racial distribution of mental health professionals by county is presented in Figure 2.4. Overall, 54% of all psychiatrists and almost 88% of mental health specialists are Caucasian. Sussex County's mental health specialists are most likely to report to be Caucasian (94%). African American mental health specialists are most likely to report from Kent County (13%). No African American

psychiatrists responded to the survey. The proportion of Asian psychiatrists is the highest in New Castle County (28%), there were no respondents from neither Kent nor from Sussex counties.

Figure 2.4
Percentage of Mental Health Professionals
by Race and County, Delaware, 2019



P - Psychiatrists

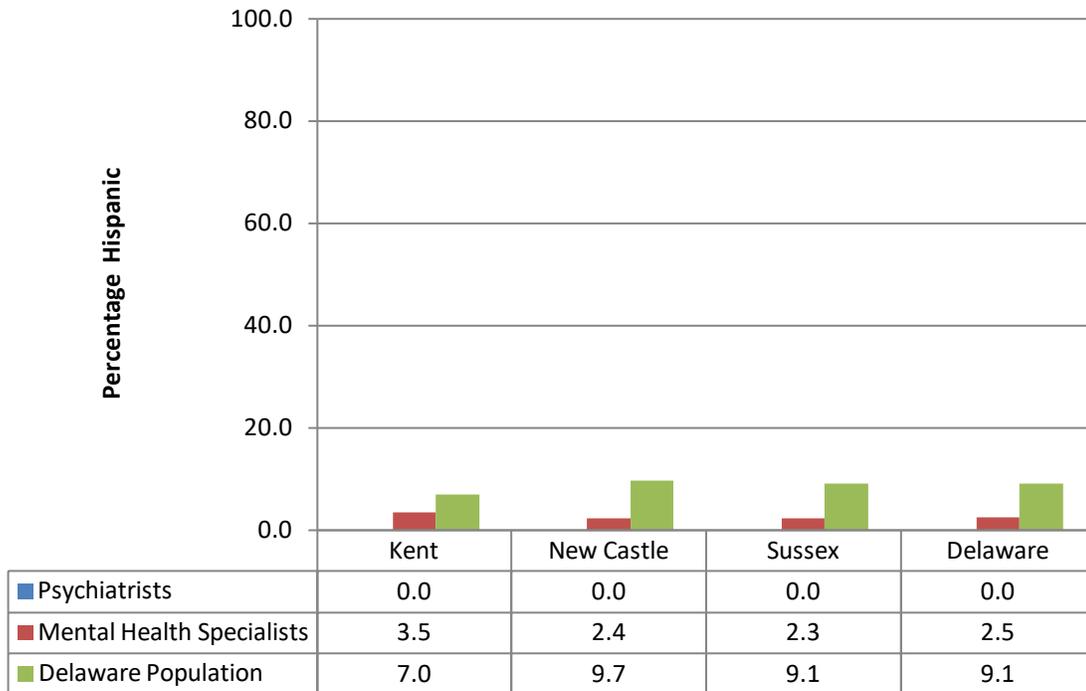
MHS – Mental Health Specialists

Source: Delaware Department of Health and Social Services, Division of Public Health, *Mental Health Professionals in Delaware, 2019*.

Hispanic origin of providers has taken on interest in Delaware due to 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 2.5. The current Hispanic population in Delaware is

estimated at 9.1%⁵. No Hispanic psychiatrists responded to the survey. The proportion of Hispanic mental health specialists basically mirrors the proportion of Hispanic population in Delaware. Overall, Kent County reports the lowest proportion (7%) of mental health specialists of Hispanic origin.

Figure 2.5
Percentage of Mental Health Professionals
by Hispanic Origin and County, Delaware, 2019

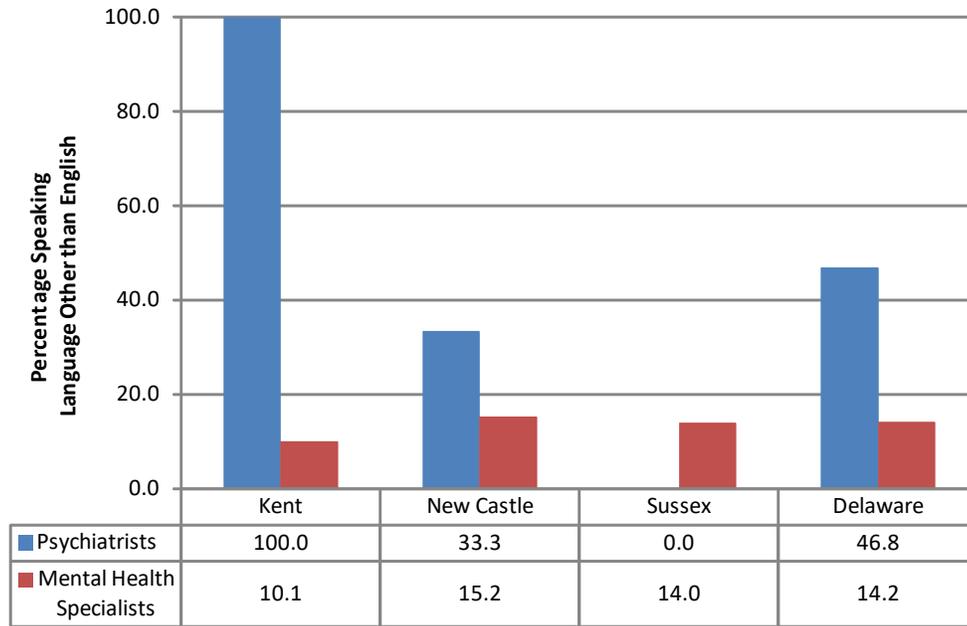


Psychiatrists – No psychiatrists reported Hispanic Background

Source: Delaware Department of Health and Social Services, Division of Public Health, Mental Health Professionals in Delaware, 2019.

⁵ Source: U.S. Census Bureau, 2014-2018 5-Year American Community Survey

Figure 2.6
Percentage of Mental Health Professionals who
Speak Languages other than English, by County, Delaware, 2019

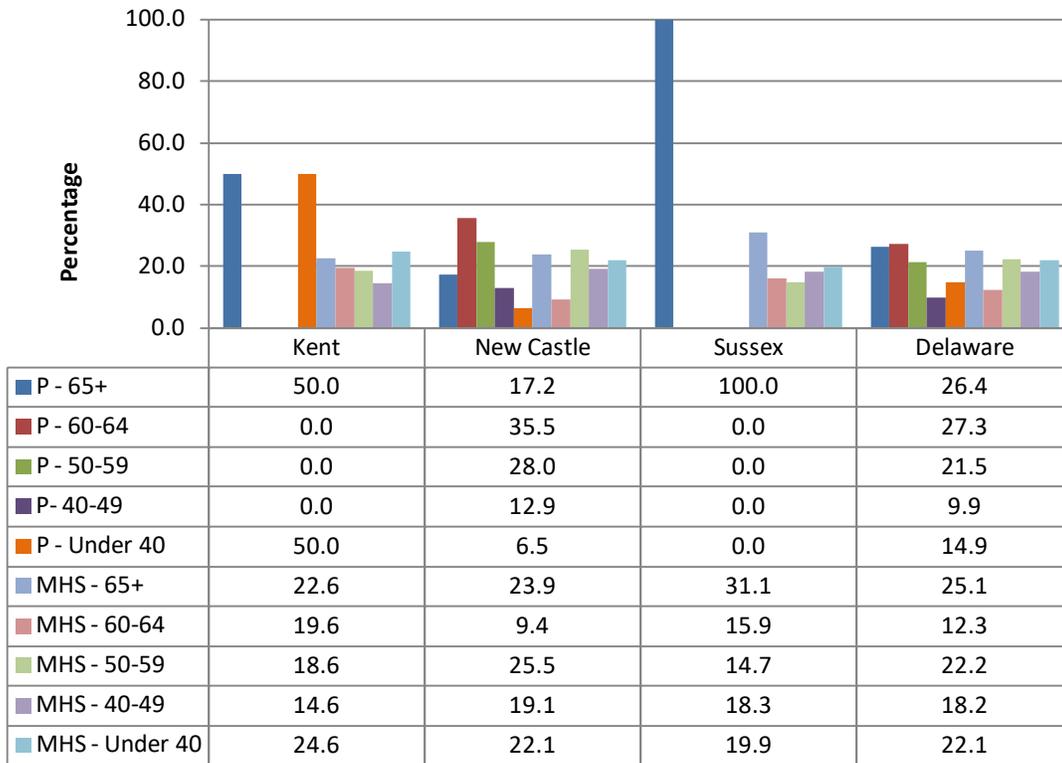


Source: Delaware Department of Health and Social Services, Division of Public Health, Mental Health Professionals in Delaware, 2019.

The population of Delaware is becoming more diverse. 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 (Figure 2.6).

Across the state, 47% of psychiatrists and about 14% of mental health specialists have someone in their office who can speak a language other than English. In Sussex County, no psychiatrists and 14% of mental health specialists report being able to communicate in a language other than English. Spanish was by far the most frequently mentioned language.

Figure 2.7
Percentage of Mental Health Professionals
by Age and County, Delaware, 2019

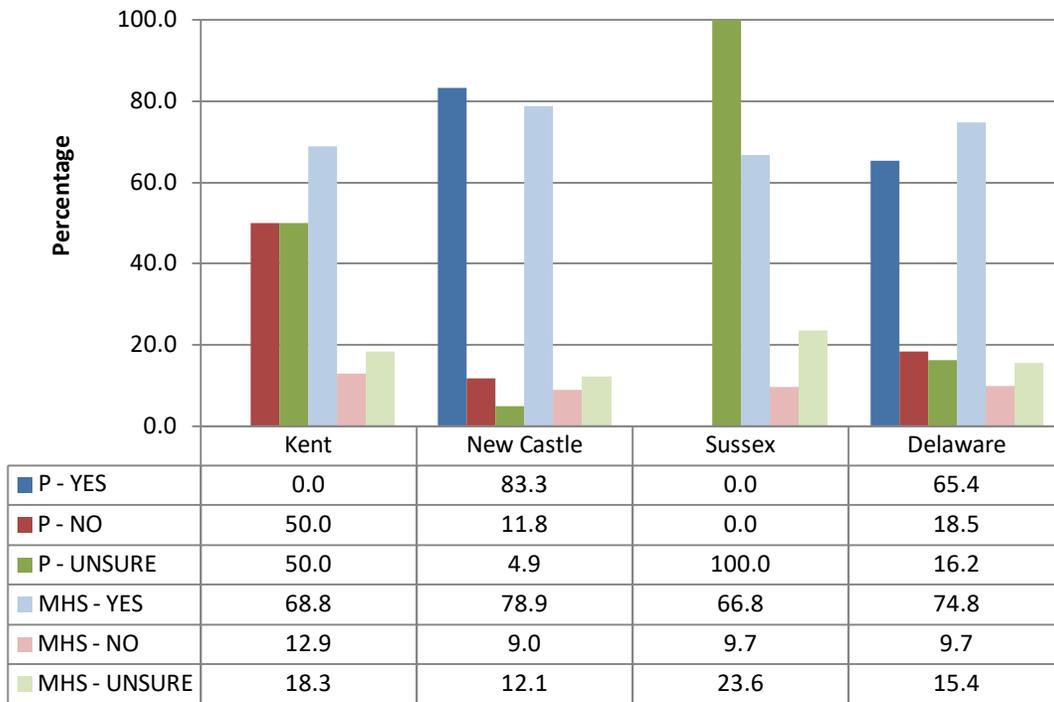


P - Psychiatrists
MHS – Mental health specialists

Source: Delaware Department of Health and Social Services, Division of Public Health, Mental Health Professionals in Delaware, 2019.

The age of mental health professionals is a factor in their future availability. In general, 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 2.7. There are several points of interest. First, no psychiatrists under 65 reported from Sussex County. Second, across Delaware, about 10% of psychiatrists are under the age of 50. Second, a significantly lower proportion (17%) of psychiatrists is 65 and older in New Castle County, compared to both Sussex and Kent counties.

Figure 2.8
Percentage of Mental Health Professionals Anticipating being Active
Five Years from Now, by County, Delaware, 2019



P - Psychiatrists
MHS – Mental health specialists

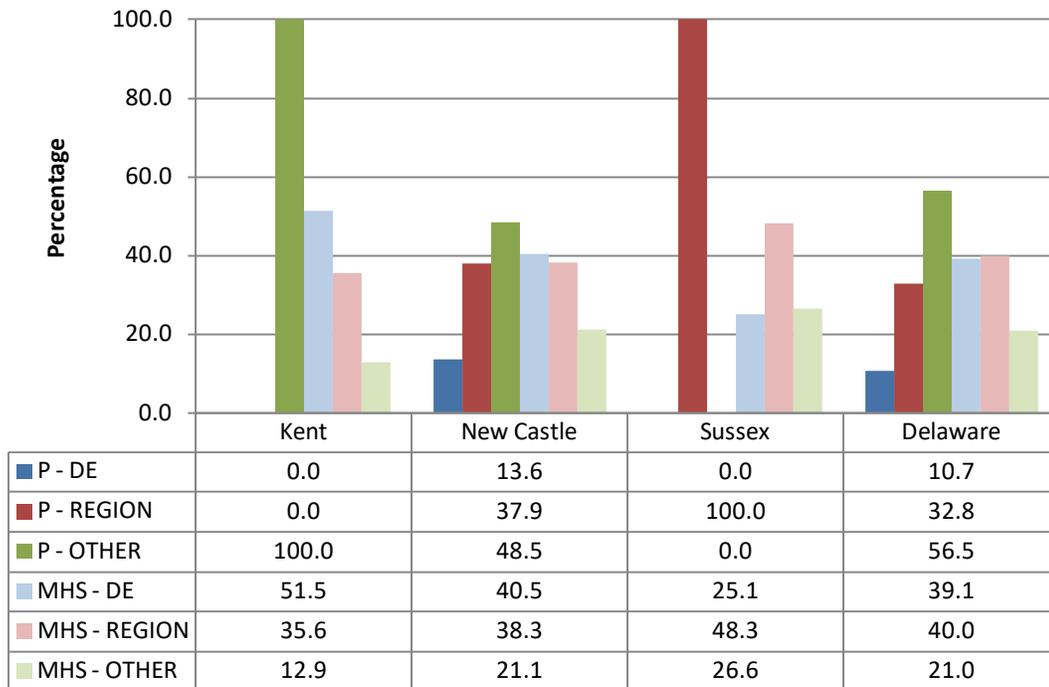
Source: Delaware Department of Health and Social Services, Division of Public Health, Mental Health Professionals in Delaware, 2019.

Mental health professionals were asked if they planned to be active in their chosen profession five years from now (Figure 2.8). In general, 65% of psychiatrists and 75% of mental health specialists expect to be active in five years. The lowest percentage of those planning to be active five years from now is found among psychiatrists in Kent and Sussex counties.

It is necessary to examine why the mental health professionals licensed in Delaware choose to practice in Delaware. 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 resided, as indicated by the state from which they graduated high school. The second factor is the state where the mental health professional attended a college or a university.

Figure 2.9
Percentage of Mental Health Professionals
by State of High School Graduation and County, Delaware, 2019

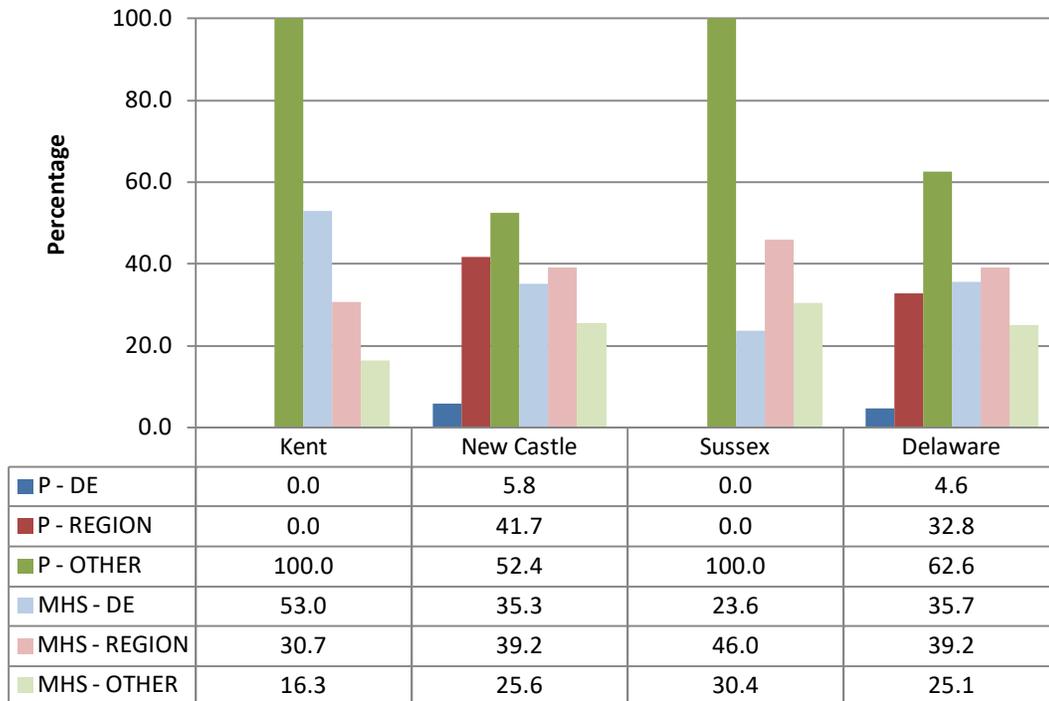


Source: Delaware Department of Health and Social Services, Division of Public Health, *Mental Health Professionals in Delaware, 2019*.

Figure 2.9 shows the distribution of the state of mental health professionals' high school graduation. The first interesting aspect of this figure is that 43% of Delaware's psychiatrists and 79% of mental health specialists grew up in Delaware and the region (defined here as Maryland, New Jersey, Pennsylvania, and New York). While about 40% of the mental health specialists are from Delaware, only 11% of psychiatrists are from Delaware. The second interesting aspect of the figure is that about

57% of all psychiatrists in Delaware come from high schools outside of the region, while only 21% of mental health specialists come from outside the region.

Figure 2.10
Percentage of Mental Health Professionals
by State of College/University Graduation and County, Delaware, 2019



Source: Delaware Department of Health and Social Services, Division of Public Health, Mental Health Professionals in Delaware, 2019.

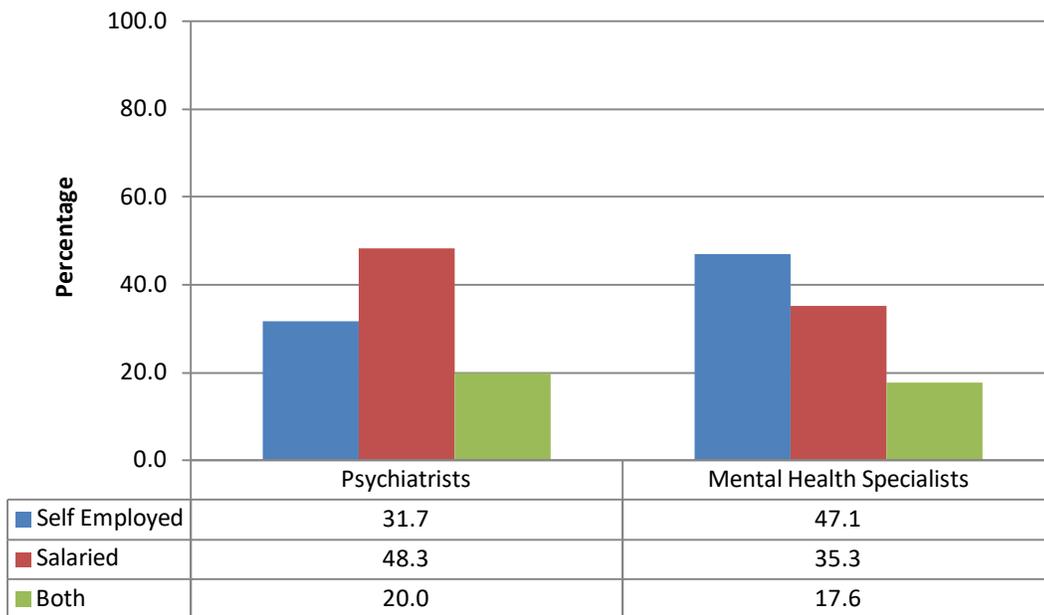
The pattern observed for the state of high school graduation is replicated in part for the state of university/college graduation (Figure 2.10). Overall, 75% of Delaware’s mental health specialists graduated in Delaware or the region (defined here as Maryland, New Jersey, Pennsylvania, and New York). About 25% of mental health specialists graduated from a college or a university in Delaware.

Most of Delaware’s psychiatrists (63%) graduated from outside of the region. About 5% of psychiatrists reported receiving a degree from a university or a college in Delaware.

Practice Characteristics

Mental health professionals may practice in a variety of settings, including being self-employed, working different hours, and seeing varying numbers of patients weekly. In addition, some see pediatric patients while others offer flexible hours, provide different referral types, or participate in different reimbursement methods. 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. Figure 3.1 depicts how that is not necessarily an either/or one decision.

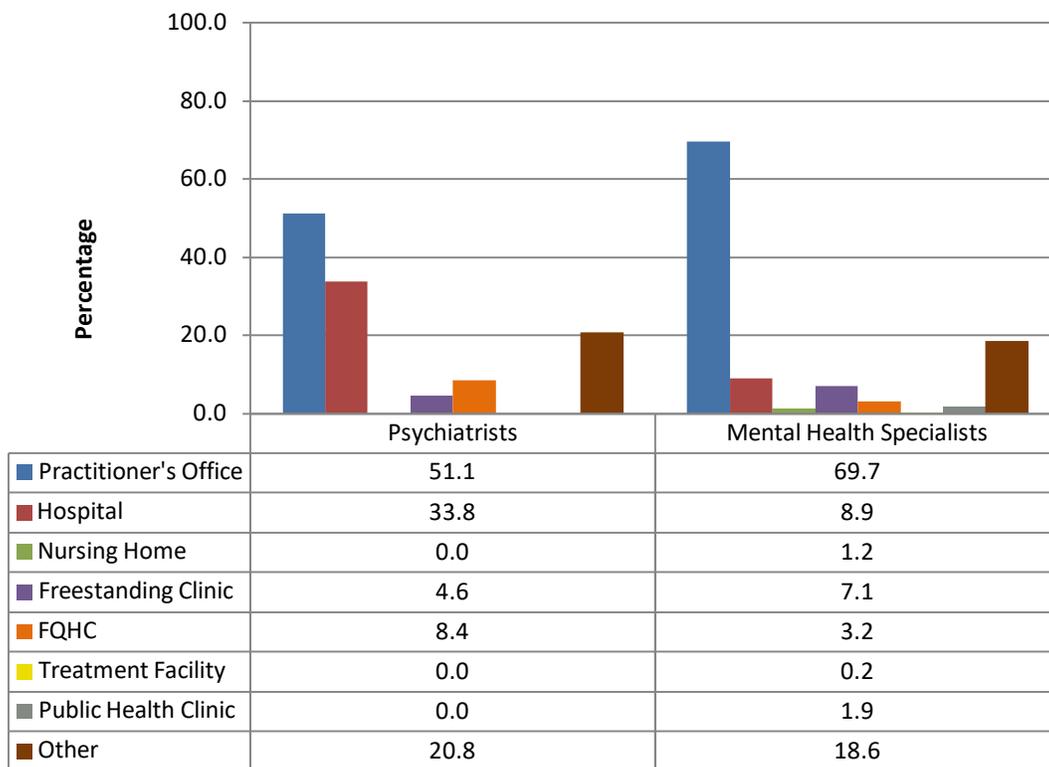
Figure 3.1
Percentage of Mental Health Professionals
by Primary Employment and Class, Delaware, 2019



Source: Delaware Department of Health and Social Services, Division of Public Health, *Mental Health Professionals in Delaware, 2019*.

When mental health professionals were asked about their primary employment, they could choose more than one answer. About 20% of psychiatrists and 18% of mental health specialists indicated that they were involved in both primary types of employment (Figure 3.1). Presumably, this suggests that they are salaried but are engaged in consulting activities outside of their primary employment. About 32% of psychiatrists and 47% of mental health specialists indicate that their primary form of employment is self employment.

Figure 3.2
Percentage of Mental Health Professionals by Clinical Setting and Class, Delaware, 2019



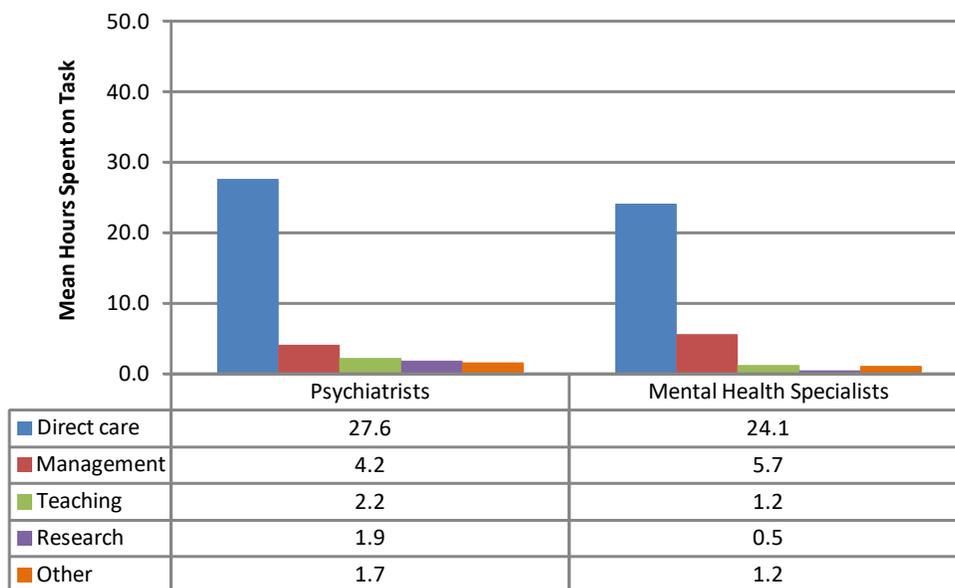
Source: Delaware Department of Health and Social Services, Division of Public Health, Mental Health Professionals in Delaware, 2019.

Mental health professionals were also asked to describe their employment setting (Figure 3.2). These categories are not mutually exclusive. Many mental health professionals selected more than one

setting. Most psychiatrists (51%) and mental health specialists (70%) indicated that they primarily work in a practitioner's office. Psychiatrists (34%) are more likely to work in a hospital than mental health specialists (9%). About 5% of psychiatrists and about 7% of mental health specialists work in freestanding clinics 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 average responding psychiatrist's work week 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 and Class, Delaware 2019

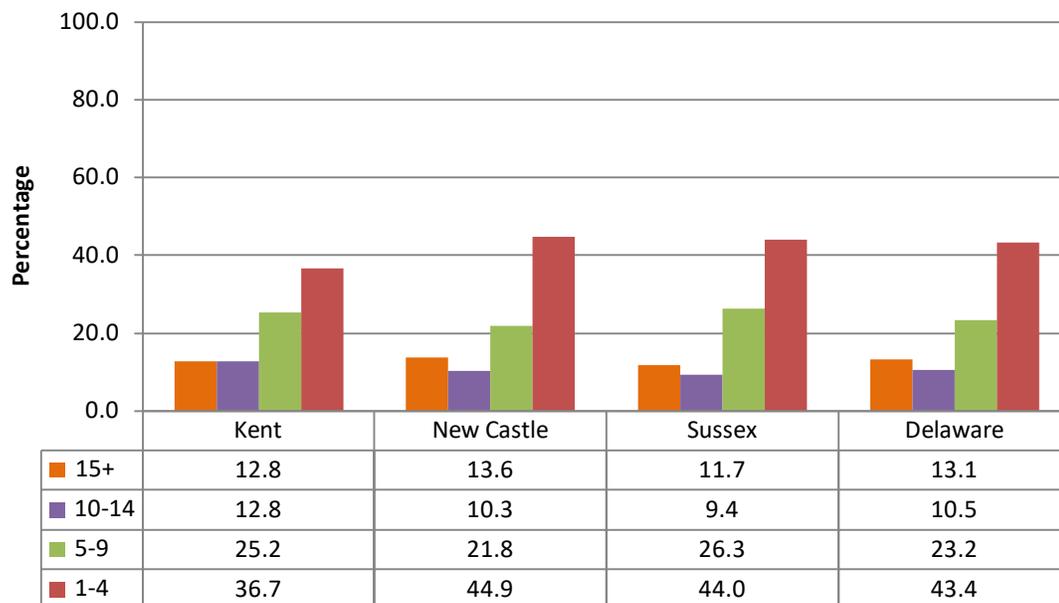


Source: Delaware Department of Health and Social Services, Division of Public Health, *Mental Health Professionals in Delaware, 2019*.

The breakdown for the detailed categories is shown in Figure 3.3. Not surprisingly, both groups of mental health professionals spend most of their week on direct care. Psychiatrists spend 28 hours of the week on direct care, while mental health specialists spend about 24 hours of their week on

direct patient care. On average, mental health specialists spend about six hours of their work hours on administrative duties, while psychiatrists spend about four hours.

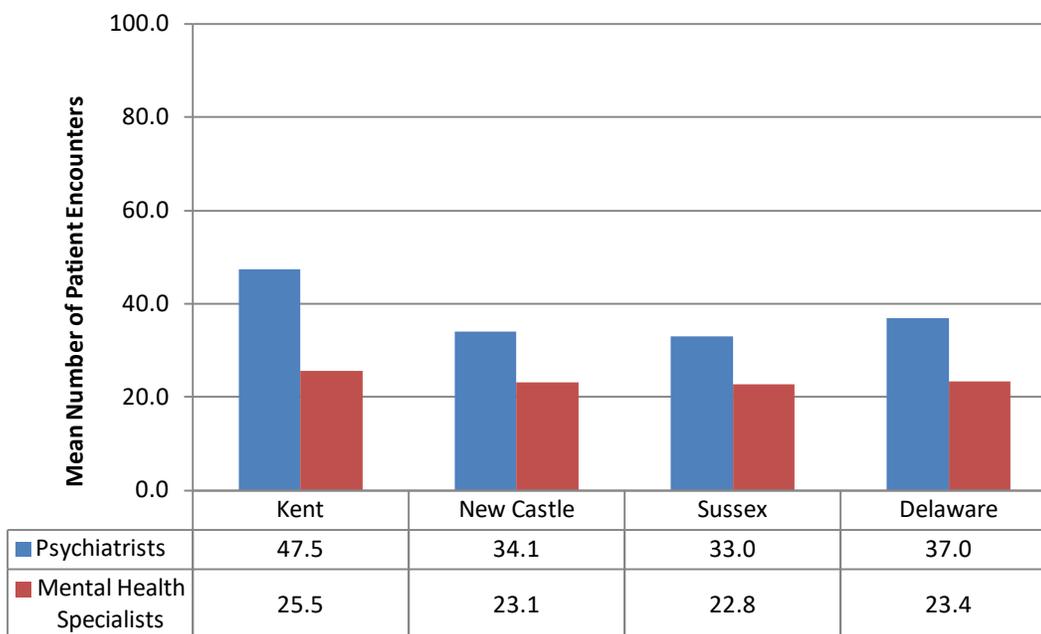
Figure 3.4
Percentage of Mental Health Professionals at current location
by Years and County, Delaware, 2019



Source: Delaware Department of Health and Social Services, Division of Public Health, Mental Health Professionals in Delaware, 2019.

Mental health professionals were asked to indicate the length of time they have practiced at their current location (Figure 3.4). Overall, about 43% of all mental health professionals have practiced at the same location between one and four years. Only 13% have practiced at the current location for more than 15 years. There is little variance across counties. The survey asked respondents to indicate the number of patient encounters they have in a week (Figure 3.5). The average number of patient encounters for a mental health specialist is 23 per week, which is much lower than what is reported by psychiatrists (37). This difference is caused by the nature of the work performed by these two groups.

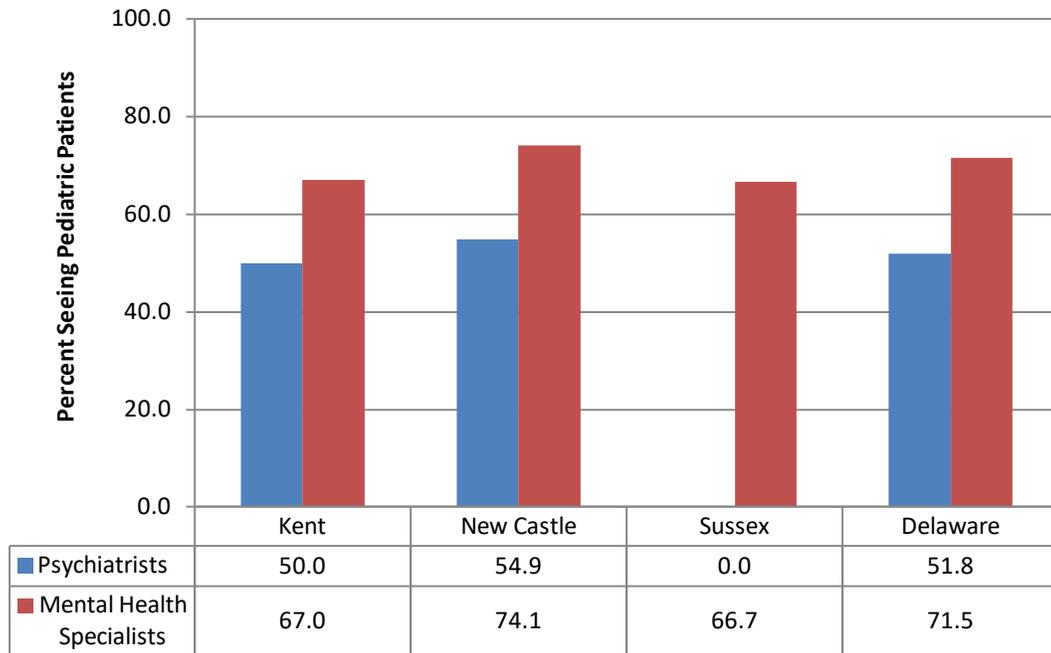
Figure 3.5
Mean Number of Patient Encounters of Mental Health Professionals
by County, Delaware, 2019



Source: Delaware Department of Health and Social Services, Division of Public Health, *Mental Health Professionals in Delaware, 2019*.

Among psychiatrists statewide, the average number of patient encounters per week stands at 37; however, significant differences exist among psychiatrists reporting from different counties. Psychiatrists in Kent County report the highest average number of patient encounters (48 per week), compared to about 34 in New Castle County and 33 in Sussex County. 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 might be that the demand for psychiatrists in Sussex County is comparable to the demand in 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
Percentage of Mental Health Professionals Seeing Pediatric Patients
by County, Delaware, 2019



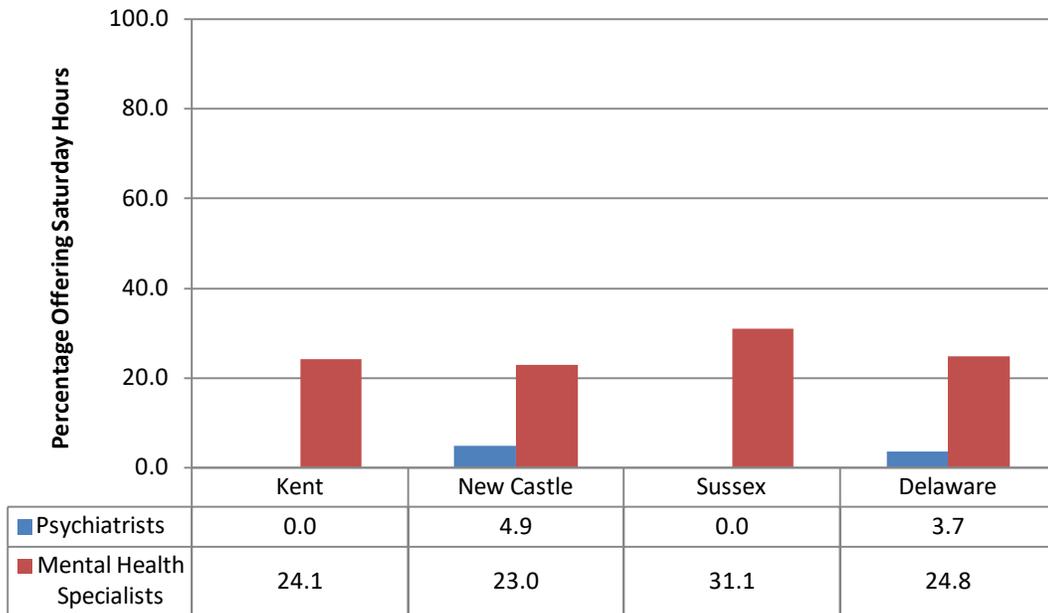
Source: Delaware Department of Health and Social Services, Division of Public Health, *Mental Health Professionals in Delaware, 2019*.

To understand the availability of mental health services for pediatric patients, the survey asked respondents to indicate if they see patients under age 21 (Figure 3.6). About 71% of mental health specialists across the state report seeing pediatric patients. About 55% of psychiatrists in New Castle County and 50% of psychiatrists in Kent County indicated seeing pediatric patients. None of the psychiatrists responding from Sussex County reported seeing pediatric patients.

Flexible office hours are one dimension of access to mental health services. Among mental health specialists, offering evening hours is almost three times as popular as providing Saturday hours (Figures 3.7 and 3.8). Mental health specialists in Sussex County (31%) offer Saturday hours than those in Kent County (24%) and New Castle County (23%). Mental health specialists are more likely to offer flexible office hours than psychiatrists. Only psychiatrists reporting from New Castle County offer

Saturday or evening hours (5%). About 60% of Mental Health Specialists offer same day access (Figure 3.9).

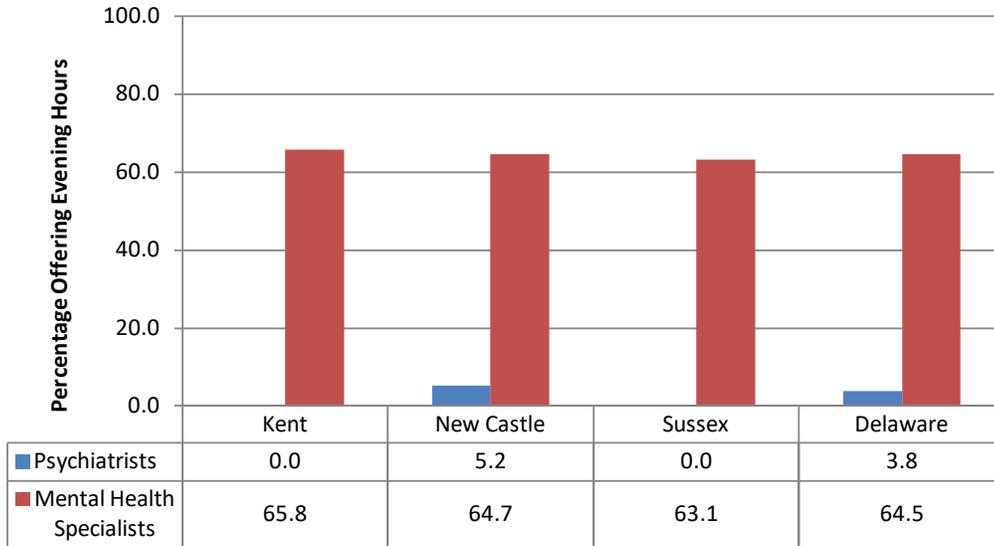
Figure 3.7
Percentage of Mental Health Professionals Offering Saturday Hours
by County, Delaware, 2019



Source: Delaware Department of Health and Social Services, Division of Public Health, Mental Health Professionals in Delaware, 2019.

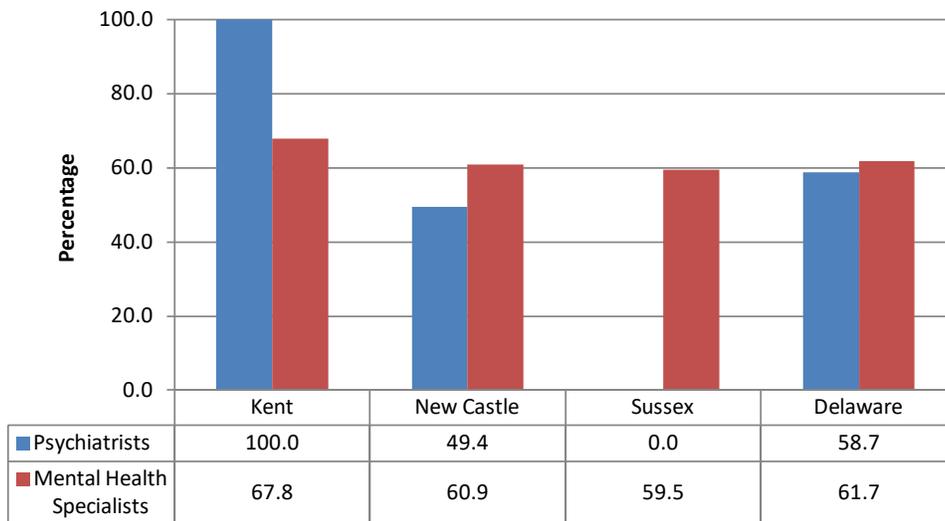
Almost all mental health specialists and psychiatrists (84%) stated that they are accepting new patients (Figure 3.10). However, some do not see new patients, or they cannot make emergency appointments. To learn what happens to these unserved patients, the survey asked the respondents to identify the types of referrals they provide.

Figure 3.8
Percentage of Mental Health Professionals Offering Evening Hours
by County, Delaware, 2019



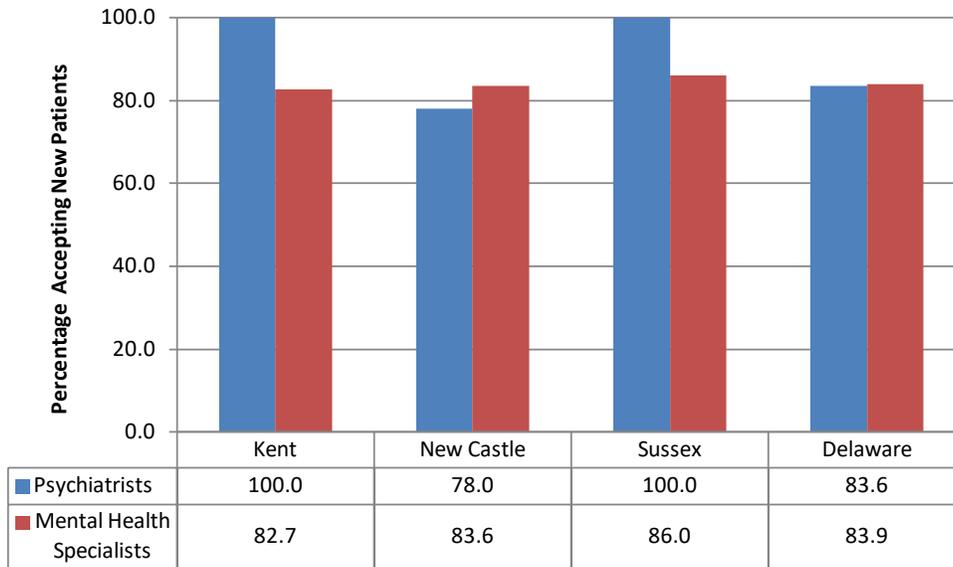
Source: Delaware Department of Health and Social Services, Division of Public Health, Mental Health Professionals in Delaware, 2019.

Figure 3.9
Percentage of Mental Health Professionals Offering Same Day Access
by County, Delaware, 2019



Source: Delaware Department of Health and Social Services, Division of Public Health, Mental Health Professionals in Delaware, 2019.

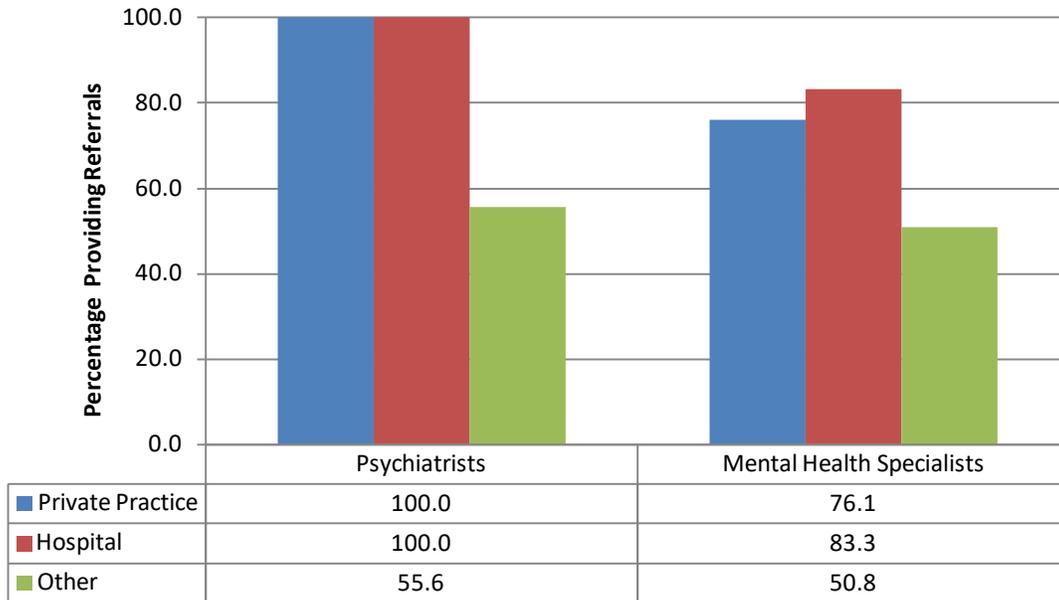
Figure 3.10
Percentage of Mental Health Professionals Currently Accepting New Patients
by County, Delaware, 2019



Source: Delaware Department of Health and Social Services, Division of Public Health, *Mental Health Professionals in Delaware, 2019*.

Around 90% of mental health professionals who do not see new patients or cannot accommodate emergency appointments provide referrals. Psychiatrists are most likely (100%) to refer a patient to a hospital emergency room or private practice (Figure 3.11). About 83% of mental health specialists refer a patient they can't see to a private practice and about 76% of them refer patients to private practice facilities.

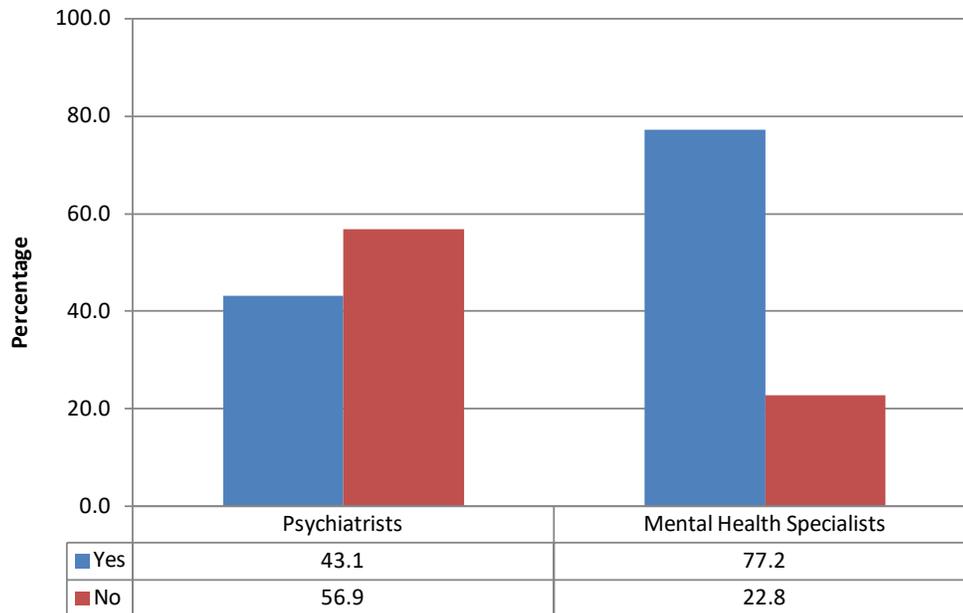
Figure 3.11
Percentage of Mental Health Professionals,
by Type of Referral and County, Delaware, 2019



Source: Delaware Department of Health and Social Services, Division of Public Health, *Mental Health Professionals in Delaware, 2019*.

Access to mental health services can be affected by the acceptance of insurance plans (Figure 3.12). The survey asked if mental health professionals participated in such plans. Overall, around 57% of psychiatrists and about 23% of mental health specialists do not participate in insurance plans.

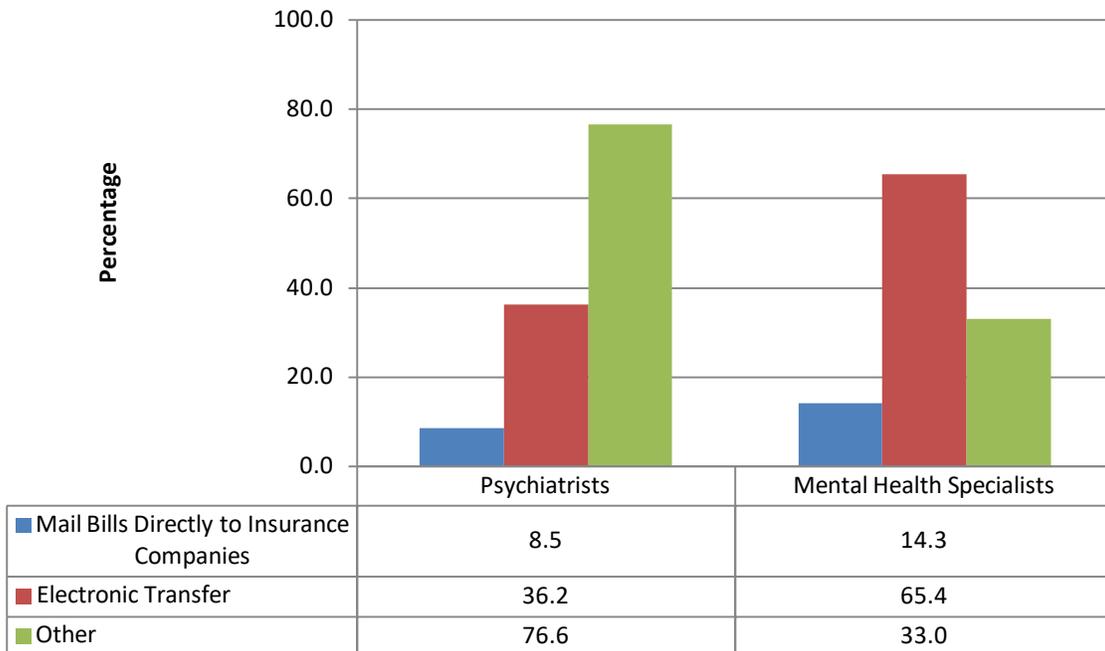
Figure 3.12
Percentage of Insurance Plan Participation of Mental Health Professionals,
Delaware, 2019



Source: Delaware Department of Health and Social Services, Division of Public Health, *Mental Health Professionals in Delaware, 2019*.

Mental health professionals were asked to select all the methods they use to submit bills and related paperwork to insurance companies. About 14% of mental health specialists and about one quarter (8%) of psychiatrists submit their bills to insurance companies by mail (Figure 3.13). About 36% of psychiatrists and three quarters (65%) of mental health specialists submit their bills electronically. A significant proportion of psychiatrists (76%) and mental health specialists (33%) use other bill submission procedures.

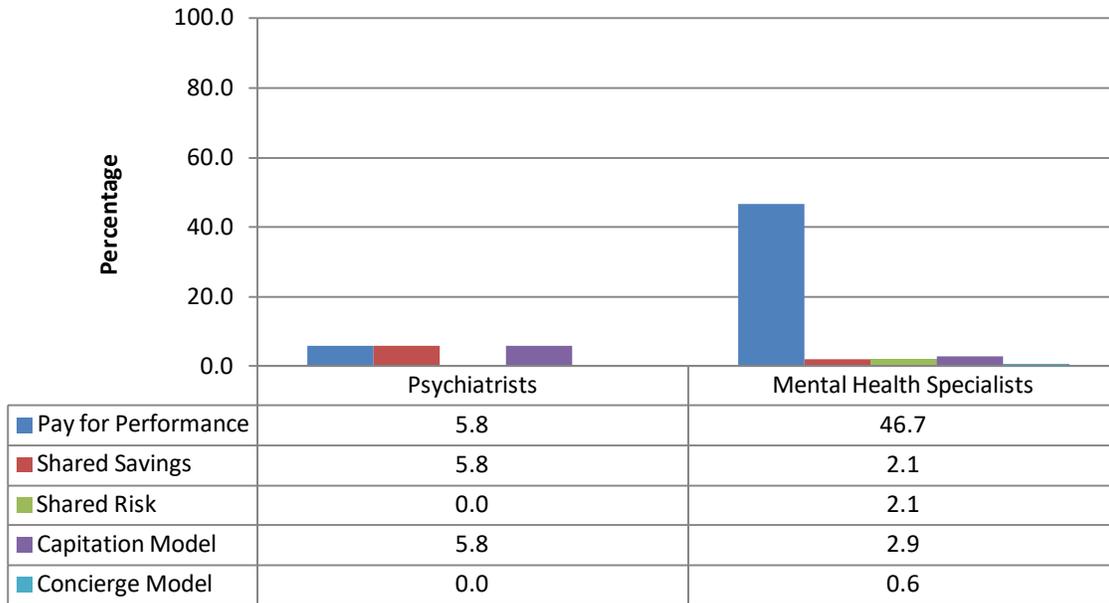
Figure 3.13
Percentage of Mental Health Professionals by Current Form of Bill Submission and Class, Delaware, 2019



Source: Delaware Department of Health and Social Services, Division of Public Health, *Mental Health Professionals in Delaware, 2019*.

Mental health professionals were asked if they participate in a range of value-based reimbursement methods. As Figure 3.14 shows, at the time of data collection, value-based reimbursement methods were not prevalent among psychiatrists. Only about 6% of psychiatrists reported participating in pay for performance, shared savings, and capitation models, respectively. On the other hand, a significantly higher proportion (47%) of mental health specialists indicated participating in pay for performance reimbursement.

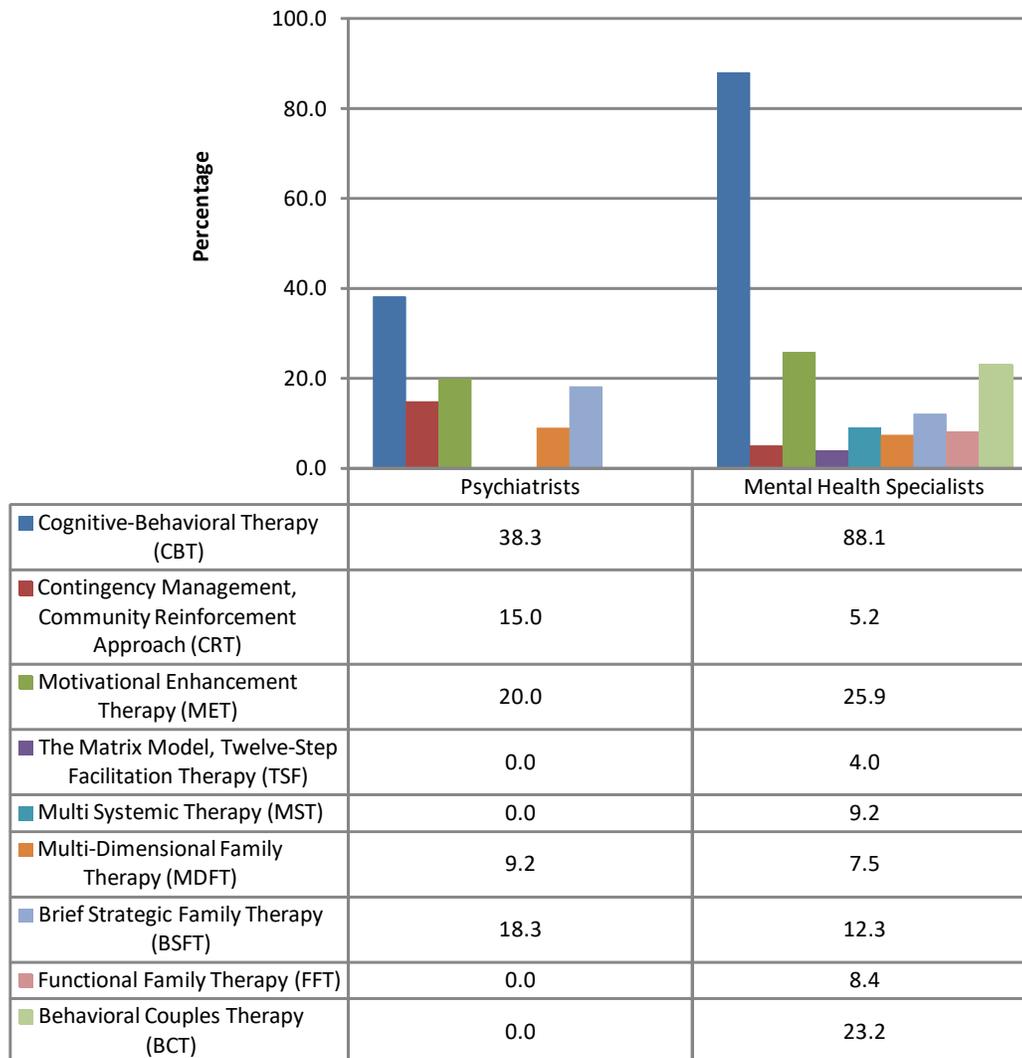
Figure 3.14
Percentage of Mental Health Professionals Participating in Value-Based Reimbursement Methods by Class, Delaware, 2019



Source: Delaware Department of Health and Social Services, Division of Public Health, *Mental Health Professionals in Delaware, 2019*.

Mental health professionals were next asked to consider the last 12 months and indicate which of the common nine therapy approaches they personally employed when treating patients (Figure 3.15). Psychiatrists selected only four of the therapies: cognitive-behavioral therapy (38%), motivational enhancement therapy (20%), Brief strategic family therapy (18%), and multi-dimensional family therapy (9%). As a result of the nature of their work, mental health specialists employ a wider variety of therapeutical approaches. They most frequently employed cognitive-behavioral therapy but at more than double the rate of psychiatrists (38% for psychiatrists vs. 88% for mental health specialists). Motivational enhancement therapy was the second most frequently utilized approach among mental health specialists (26%). The third most common approach among mental health specialists was behavioral couples therapy utilized by 23% of those respondents.

Figure 3.15
Percentage of Therapy Types Offered by Mental Health Professionals by Class, Delaware, 2019

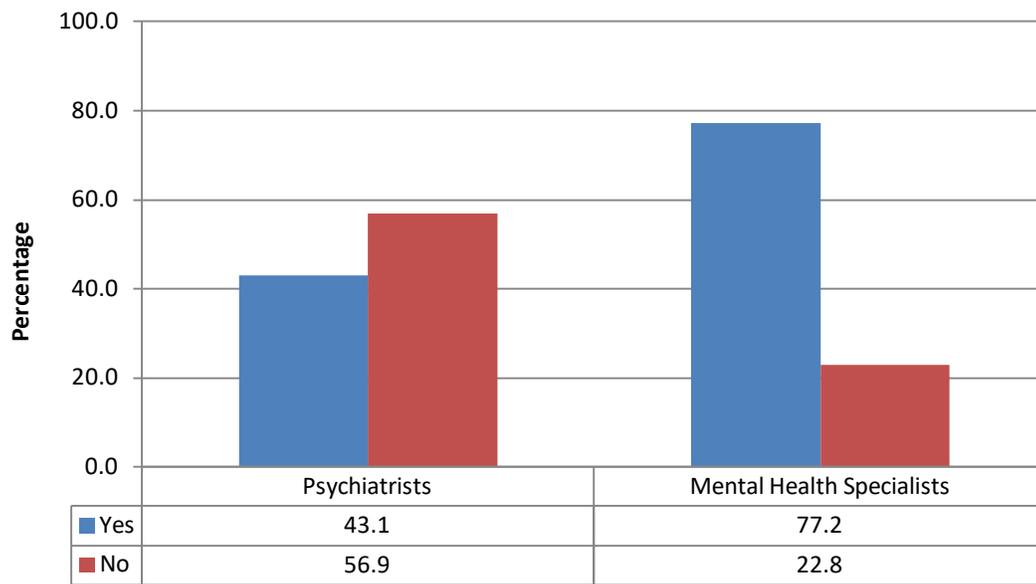


Source: Delaware Department of Health and Social Services, Division of Public Health, Mental Health Professionals in Delaware, 2019.

In 2019, the Delaware Mental Health Professional Survey included new questions to explore the prevalence and estimate the barriers in using Buprenorphine to treat dependence/addiction to opioids. Survey respondents who indicated they are currently allowed to prescribe medicines were asked if they

have prescribed buprenorphine for the treatment of opioid use disorder (Figure 3.16). Across the state, about 43% of psychiatrists and 77% of mental health specialist have prescribed Buprenorphine for the treatment of opioid addiction.

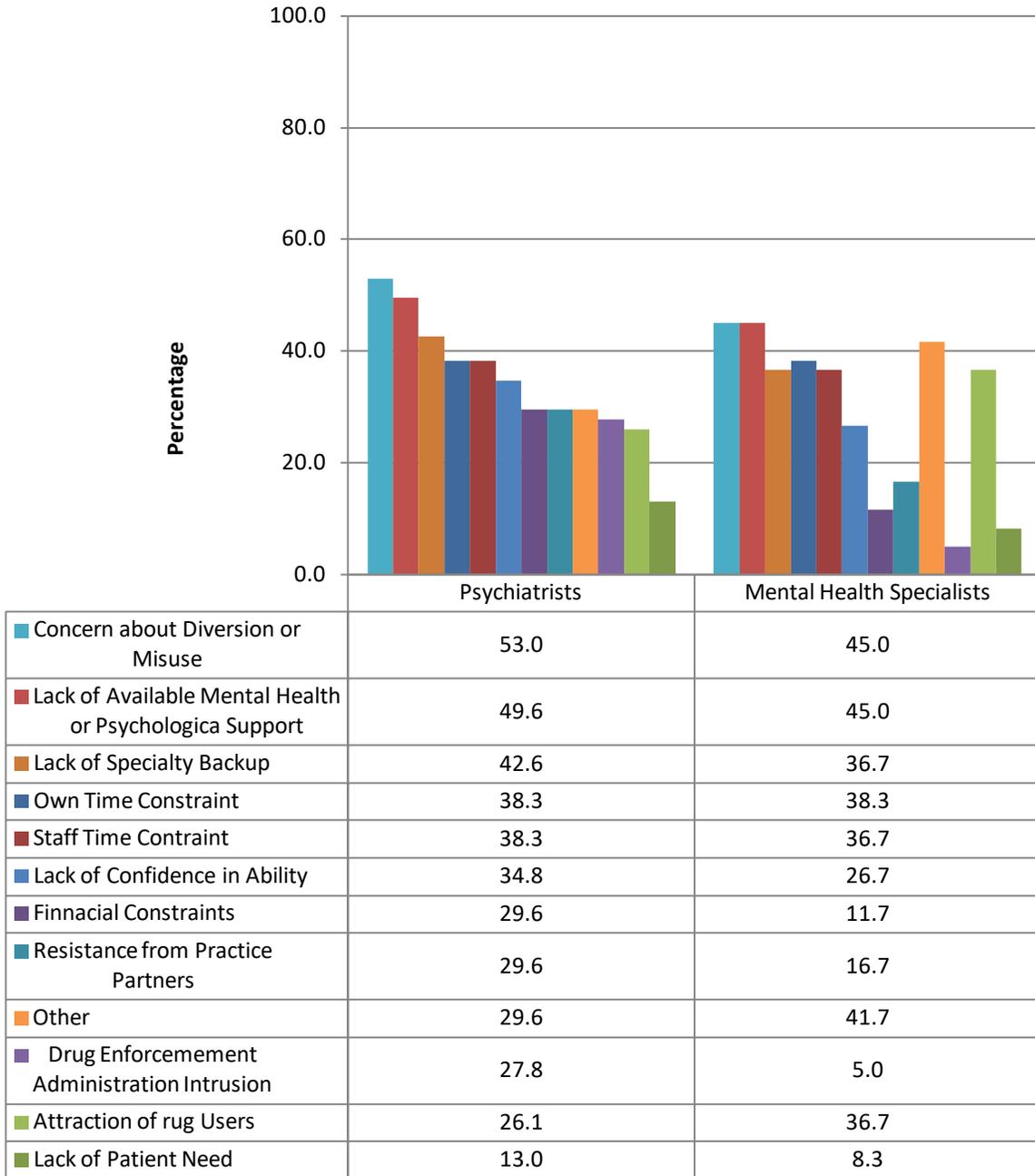
Figure 3.16
Percentage of Mental Health Professionals Who Can Prescribe Medicine and Have Prescribed Buprenorphine for the Treatment of Opioid Use by Class, Delaware, 2019



Source: Delaware Department of Health and Social Services, Division of Public Health, Mental Health Professionals in Delaware, 2019.

All mental health professionals who indicated they are currently allowed to prescribe medicines were asked to select potential barriers to incorporating buprenorphine into their practice for the treatment of opioid use disorder (Figure 3.17). The top two most selected barriers among both psychiatrists and mental health specialists were concerns with diversion or misuse (53% psychiatrists, 45% mental health specialists) and lack of available mental health or psychological support for patients (49% psychiatrists, 45% mental health specialists). These limitations were closely followed by limitations such as lack of specialty backup, own time constraint, and staff constraint.

Figure 3.17
Percentage Distribution of Barriers to Incorporating Buprenorphine into Practice
Reported by Mental Health Professionals Who Can Prescribe Medicine, by Class,
Delaware, 2019



Source: Delaware Department of Health and Social Services, Division of Public Health, Mental Health Professionals in Delaware, 2019.

Spatial Distribution

The spatial distribution of full-time equivalent psychiatrists is shown in Figure 4.1. Figure 4.2 depicts the spatial distribution of full-time equivalent mental health specialists. Out of the 27 census county divisions in Delaware, responses were received from psychiatrists in eight census county divisions. Mental health specialists responded in 23 of 27 census county divisions.

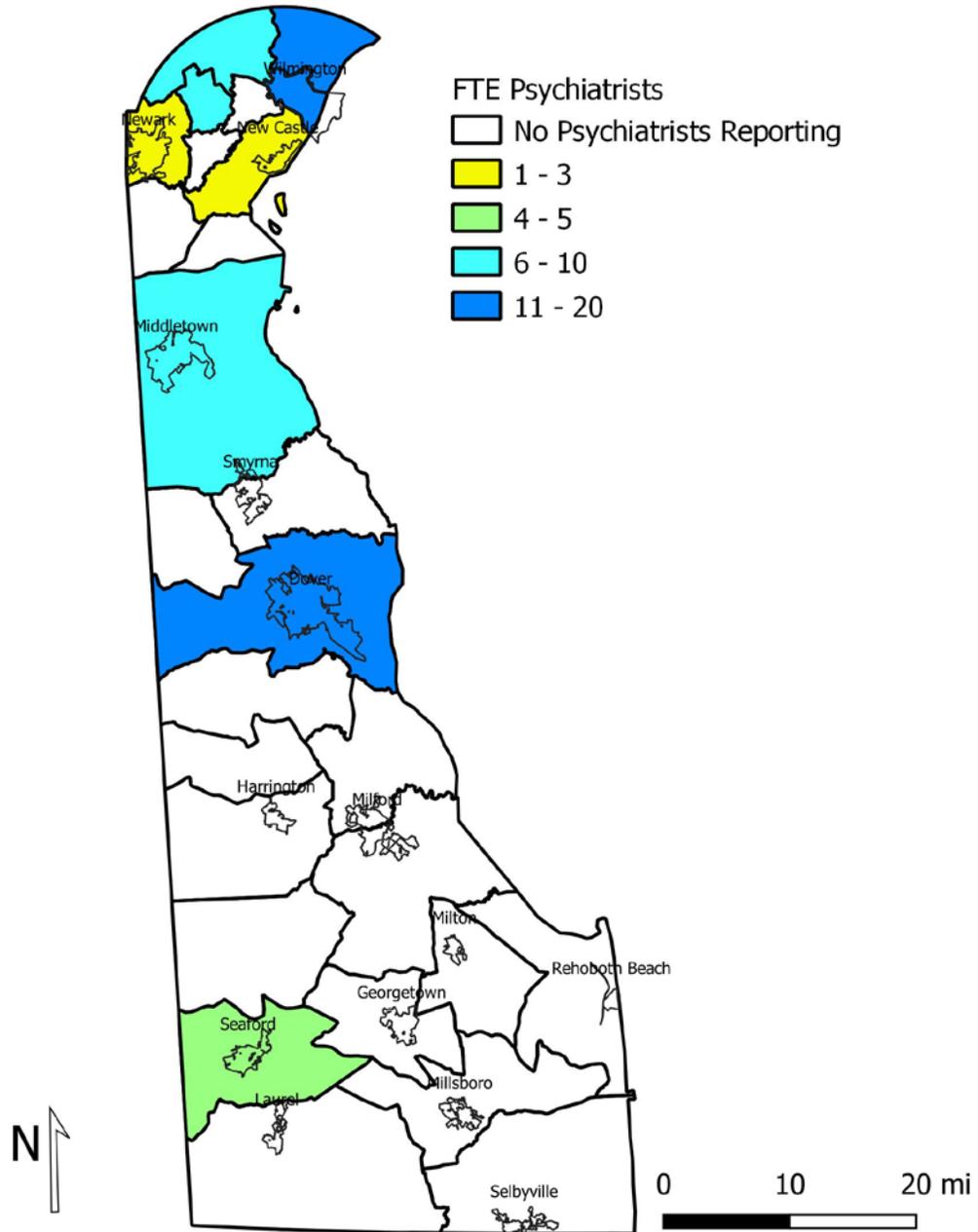
Figures 4.3 and 4.4 show the number of persons served by a full-time equivalent psychiatrist or a mental health specialist.

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.

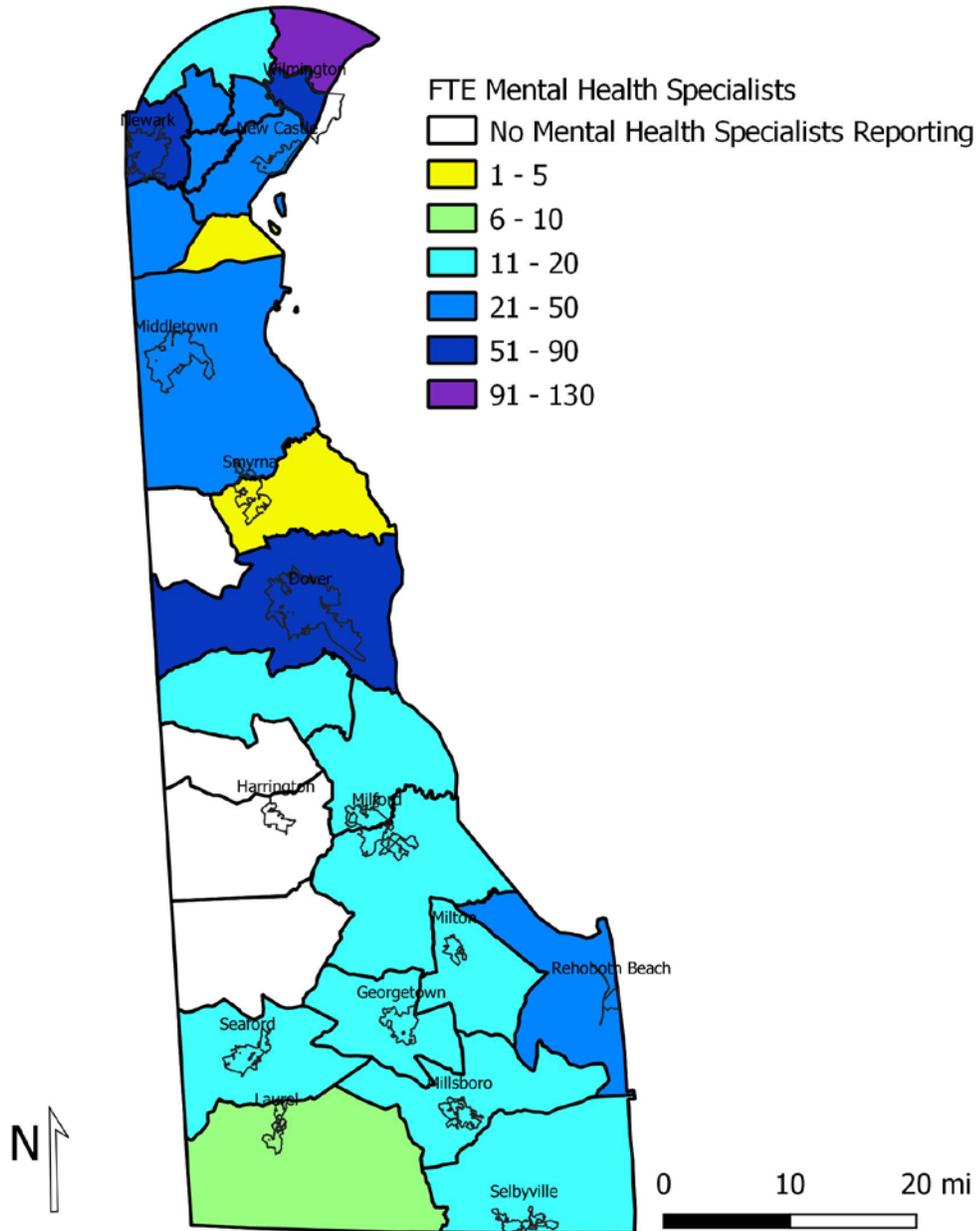
Consequently, the adequacy of mental health care in census county divisions indicating “No psychiatrists reporting” or “No mental health specialists reporting” needs to be evaluated along with the data shown for adjacent CCDs.

Figure 4.1
Number of Psychiatrist FTEs by Census County Division, Delaware, 2019



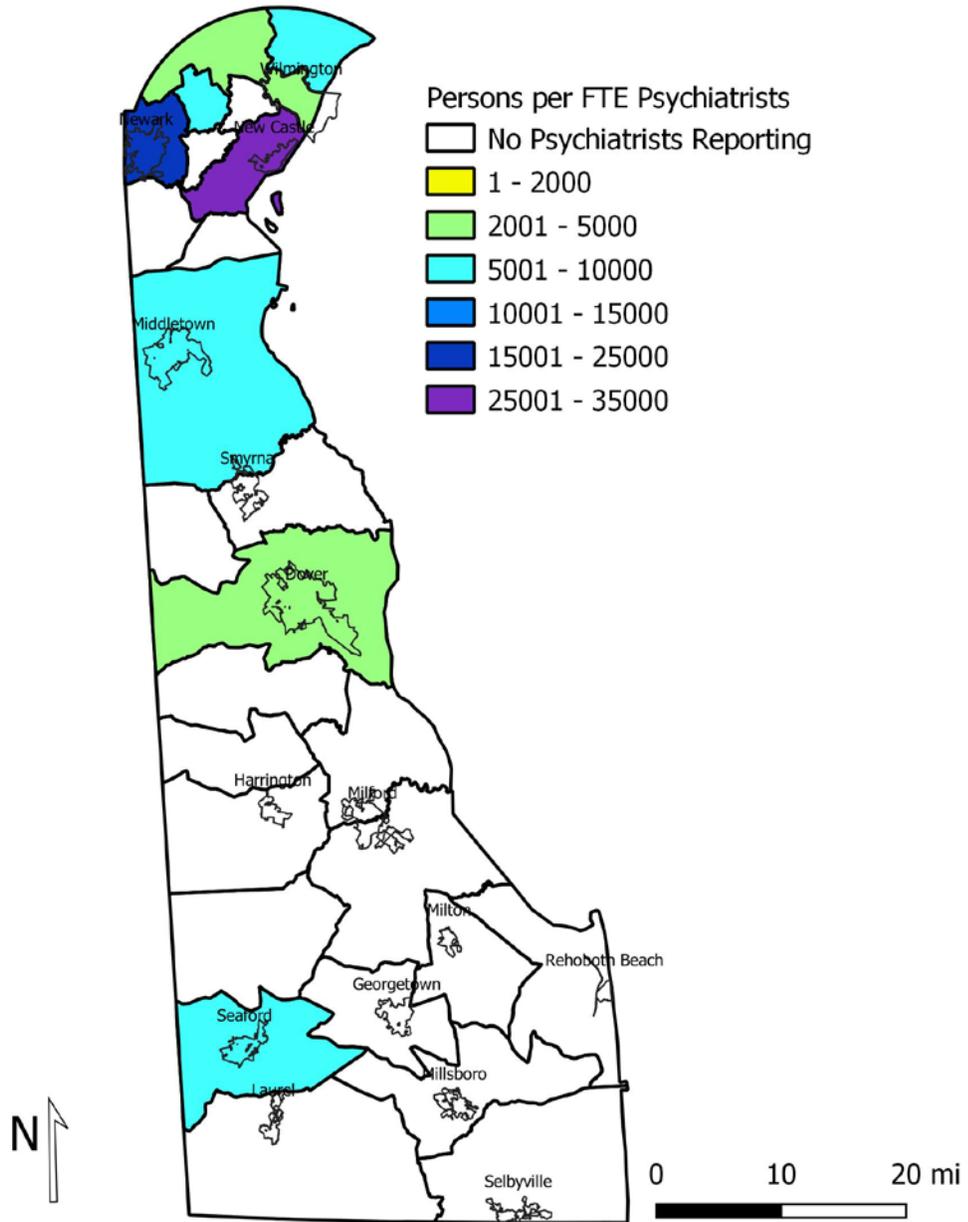
Source: Delaware Department of Health and Social Services, Division of Public Health, Mental Health Professionals in Delaware, 2019.

Figure 4.2
Number of Mental Health Specialist FTEs by Census County Division, Delaware, 2019



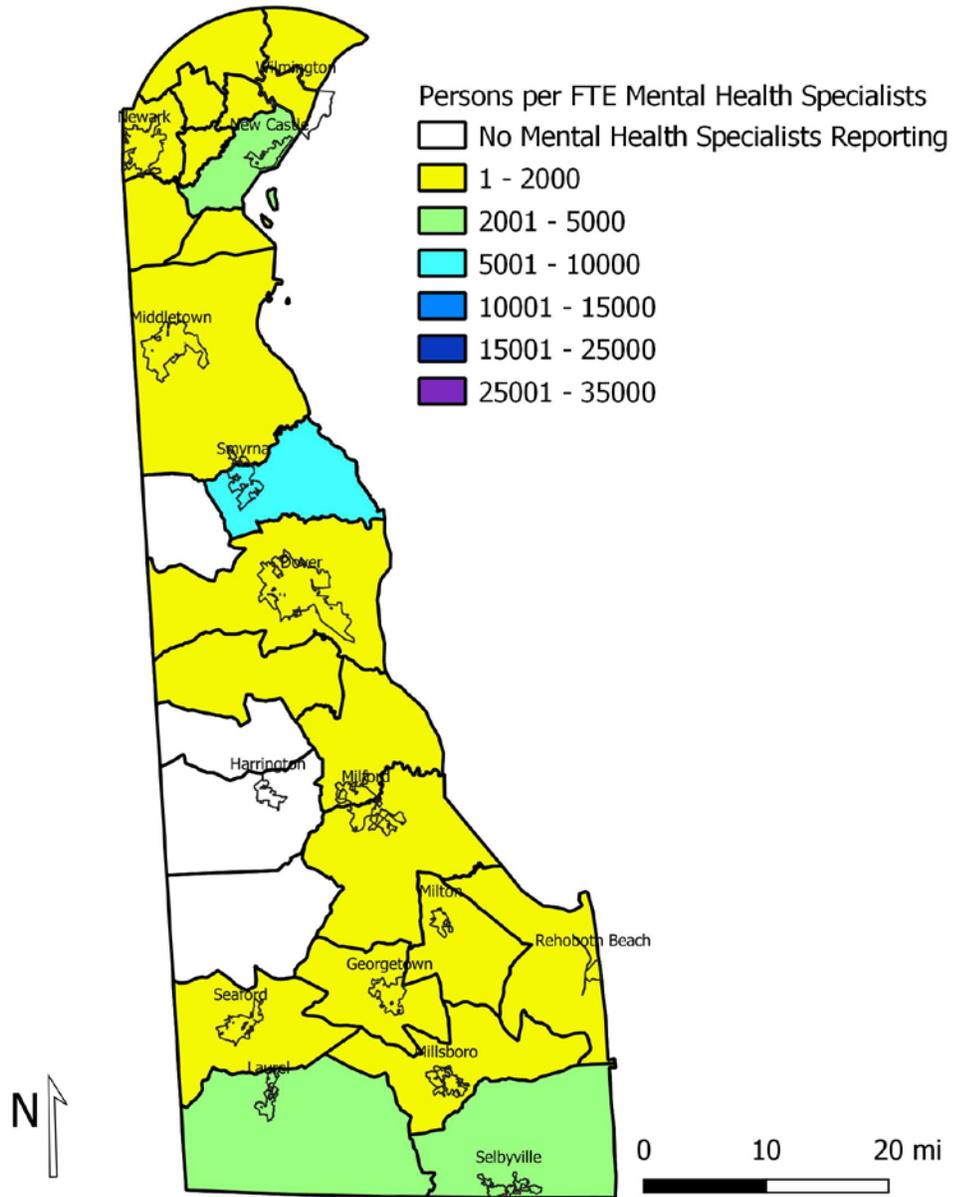
Source: Delaware Department of Health and Social Services, Division of Public Health, Mental Health Professionals in Delaware, 2019.

Figure 4.3
Number of Persons per FTE Psychiatrist by Census County Division, Delaware, 2019



Source: Delaware Department of Health and Social Services, Division of Public Health, Mental Health Professionals in Delaware, 2019.

Figure 4.4
Number of Persons per FTE Mental Health Specialist
by Census County Division, Delaware, 2019



Source: Delaware Department of Health and Social Services, Division of Public Health, Mental Health Professionals in Delaware, 2019.

APPENDIX



2019 DELAWARE MENTAL HEALTH PROFESSIONAL SURVEY

Commissioned by 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 2014, point your browser to:

<http://www.cadsr.udel.edu/projects/DOCUMENTS/mentalh1408.pdf>

1. Indicate your mental health profession:

- 1 Psychiatrist
- 2 Psychologist
- 3 Licensed Clinical Social Worker
- 4 Licensed Professional Counselor of Mental Health
- 5 Chemical Dependency Professional
- 6 Psychiatric CNS or NP
- 7 Marriage and Family Therapist
- 8 Professional Art Therapist
- 9 Psychological Assistant
- 10 Associate Counselor of mental Health

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 40**)
- 5 No, inactive (**GO TO QUESTION 40**)
- 6 No, other (*specify*): _____ (**GO TO QUESTION 40**)
- 7 Not practicing in Delaware (**GO TO QUESTION 40**)

IF RETIRED, INACTIVE, OTHER, OR NOT PRACTICING IN DELAWARE, PLEASE SKIP TO QUESTION 40 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 Substance Abuse Treatment
 - 6 Medication Assisted Treatment
 - 7 SBIRT (Screening, Brief Intervention and Referral to Treatment)
 - 5 Other (*specify*): _____

5. For each of the therapies listed below, consider the last 12 months and indicate if you personally offered the therapy, if you delivered the therapy in a group session or an individual session, and indicate the estimated number of patients who received each type of therapy.

TYPE OF THERAPY	Have you offered within last 12 months? (check one)	How was the therapy delivered? (check all that apply)	Estimated number of patients who received therapy (estimate)
Cognitive-behavioral therapy (CBT)	1 <input type="checkbox"/> Yes 2 <input type="checkbox"/> No	1 <input type="checkbox"/> Group 2 <input type="checkbox"/> 1 on 1	<input type="text"/> Number of patients
Contingency Management, community reinforcement approach (CRT)	1 <input type="checkbox"/> Yes 2 <input type="checkbox"/> No	1 <input type="checkbox"/> Group 2 <input type="checkbox"/> 1 on 1	<input type="text"/> Number of patients
Motivational Enhancement Therapy (MET)	1 <input type="checkbox"/> Yes 2 <input type="checkbox"/> No	1 <input type="checkbox"/> Group 2 <input type="checkbox"/> 1 on 1	<input type="text"/> Number of patients
The Matrix Model, twelve-step facilitation therapy (TSF)	1 <input type="checkbox"/> Yes 2 <input type="checkbox"/> No	1 <input type="checkbox"/> Group 2 <input type="checkbox"/> 1 on 1	<input type="text"/> Number of patients
MultiSystemic Therapy (MST)	1 <input type="checkbox"/> Yes 2 <input type="checkbox"/> No	1 <input type="checkbox"/> Group 2 <input type="checkbox"/> 1 on 1	<input type="text"/> Number of patients
Multi-Dimensional Family Therapy (MDFT)	1 <input type="checkbox"/> Yes 2 <input type="checkbox"/> No	1 <input type="checkbox"/> Group 2 <input type="checkbox"/> 1 on 1	<input type="text"/> Number of patients
Brief Strategic Family Therapy (BSFT)	1 <input type="checkbox"/> Yes 2 <input type="checkbox"/> No	1 <input type="checkbox"/> Group 2 <input type="checkbox"/> 1 on 1	<input type="text"/> Number of patients
Functional Family Therapy (FFT)	1 <input type="checkbox"/> Yes 2 <input type="checkbox"/> No	1 <input type="checkbox"/> Group 2 <input type="checkbox"/> 1 on 1	<input type="text"/> Number of patients
Behavioral couples therapy (BCT)	1 <input type="checkbox"/> Yes 2 <input type="checkbox"/> No	1 <input type="checkbox"/> Group 2 <input type="checkbox"/> 1 on 1	<input type="text"/> Number of patients

6. 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):

7. What is the practice name, facility name, address and zip code for primary location (most time delivering care) in Delaware where you practice your mental health profession?

Primary Location (most time delivering care)

Practice Name (example: Psychiatric Associates)

Facility Name (example: People's Plaza)

Street Address

City State ZIP code

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	<input type="text"/>
2 Psychologist	<input type="text"/>
3 Licensed Social Worker	<input type="text"/>
4 Licensed Professional Counselor of MH	<input type="text"/>
5 Chemical Dependency Professionals	<input type="text"/>
6 Psychiatric Advanced Practice Nurse	<input type="text"/>

11. Does this location have physicians on staff?

- 1 Yes
 - 2 No
- If YES, what is the estimated ratio of physicians to patients?**
- 1 Estimated Ratio:
 - 2 Don't know

12. Do you coordinate care with other healthcare providers, when given permission by the client?

- 1 Yes
 - 2 No
- If YES to above, please indicate which tasks do you perform. (check all that apply)**
- 1 Obtaining medical history from other healthcare providers
 - 2 Documenting in the medical record the medications taken by the patients
 - 3 Asking patients if they are currently receiving behavioral health treatment

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

[] (# patient encounters per week)

14. 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)

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

- Saturday 1 [] Yes 2 [] No

- Evening 1 [] Yes 2 [] No

16. 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 [] Days 1 [] Not Applicable

Existing Patients [] Days 1 [] Not Applicable

17. 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 [] Hours 1 [] Not Applicable

Existing Patients [] Hours 1 [] Not Applicable

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

- 1 [] Yes 2 [] No

19. 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): []

20. Do you offer same day access at this site?

- 1 [] Yes 2 [] No

21. Do you have the ability to see patients after hours at this site?

- 1 [] Yes 2 [] No

22. 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

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

1 []
2 []
3 []

24. 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): []

25. In which of the following value based reimbursement payment methods do you currently participate? (check all that apply):

- 1 [] Pay for Performance 2 [] Shared Savings 3 [] Shared Risk 4 [] Capitation Model 5 [] Concierge Model

26. Do you personally 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 2 [] French 3 [] Arabic 4 [] Asian 5 [] Sign Language 6 [] Other (specify): []

27. Are there health professionals (other than yourself) 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 2 [] French 3 [] Arabic 4 [] Asian 5 [] Sign Language 6 [] Other (specify): []

28. Do you personally see patients who have difficulty communicating in English?

- 1 [] Yes 2 [] No

29. Are you a mental health professional who can currently prescribe medication in Delaware? (check one)

- 1 Yes (GO TO QUESTION 30)
2 No (GO TO QUESTION 33)

30. Do you have a DATA 2000 waiver? (check one)

- 1 Yes
2 No

31. Have you ever prescribed buprenorphine for the treatment of opioid use disorder? (check one)

- 1 Yes
2 No

32. Please indicate whether or not each of the following are barriers to incorporating buprenorphine into your practice for the treatment of opioid use disorder. (answer all)

Table with 2 columns: YES, NO. Rows include: Own time constraints to complete the 8 hour waiver training, Staff time constraints at the time of induction, Lack of patient need, Financial/reimbursement constraints, Resistance from your practice partners, Lack of specialty backup for complex problems, Lack of confidence in your ability to manage opioid user disorder, Lack of available mental health or psychological support services, Attraction of drug users to your practice, Drug Enforcement Administration Intrusion on your practice, Concerns about diversion or misuse of medication, Other (please specify)

Blank text box for specifying other barriers.

33. 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): \$

34. 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): \$

35. 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

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

Percent of unreimbursed gross fees:

Blank text box for percentage, followed by (percent)

37. Does you currently use Electronic Health Records (EHR) for your patients?

- 1 Yes
2 No

If NO, do you expect to be using them by the end of the year 2019?

- 1 Yes
2 No

If NO, why not?:

Two blank text boxes for explaining why not.

38. Are you aware of the Delaware Health Information Network (DHIN), a service that provides physicians electronic access to clinical health information from the majority of Delaware's hospitals and reference laboratories using one standard format?

- 1 Yes
2 No (GO TO QUESTION 40)

39. How does your office currently use DHIN? (check all that apply):

- 1 To view/access data from DHIN
2 To send data to DHIN (using EMR)
3 None of the above
4 Unsure

QUESTIONS BELOW PERTAIN TO ALL MENTAL HEALTH PROFESSIONALS LICENSED IN DELAWARE

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

- 1 Yes
2 No
3 Unsure

41. What was your state (or country if applicable) of residence at time of high school graduation?

Blank text box for state/country, followed by State (country if applicable)

42. From which college/university did you graduate?

Blank text boxes for Name of school and Year (YYYY)

Blank text box for State (country if applicable)

43. 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)

44. 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)

45. 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): _____

46. Are you of Hispanic origin?

- 1 Yes
- 2 No

47. What is your sex?

- 1 Male
- 2 Female

48. What is your Year of Birth?

Year (YYYY)

49. Do you have a Delaware business license?

- 1 Yes
- 2 No

50. 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 2019

Return the completed form to:

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