

MASSACHUSETTS ADULTS SEEKING CARE FOR MENTAL HEALTH AND/OR SUBSTANCE USE DISORDERS FACE HEALTH CARE ACCESS AND AFFORDABILITY BARRIERS

SUMMARY OF KEY FINDINGS

December 2018



Sharon K. Long
Joshua Aarons
Urban Institute

EXECUTIVE SUMMARY

The Blue Cross Blue Shield of Massachusetts Foundation began a survey of adults, called the Massachusetts Health Reform Survey (MHRS), in fall 2006 to support the evaluation of Massachusetts' 2006 health care reform bill, entitled "An Act Providing Access to Affordable, Quality, Accountable Health Care" (Chapter 58 of the Acts of 2006). The MHRS has been fielded periodically since 2006 to track changes in the health care system in the Commonwealth. The most recent round of the MHRS was fielded in spring 2018.

The 2018 MHRS provides core measures of health insurance coverage and health care access and affordability, along with new information on access to and affordability of care for mental health and/or substance use disorders (MH/SUDs). A companion [chart pack](#) provides an update on trends in health insurance coverage and health care access and affordability between 2006 and 2018, along with more detailed information on the core measures of health insurance coverage and health care access and affordability for 2018. A set of [2018 Detailed Tables](#) provides information for the core measures from the survey. The summary measures included in this chart pack include data from the new MH/SUDs questions and so may differ from the summary measures in the chart pack for the core measures, which is intended to be consistent with prior years of the MHRS and so does not include data from the new MH/SUDs questions.

This chart pack provides detailed information on access to and affordability of care for MH/SUDs among adults 19 to 64 in Massachusetts in 2018. An in-depth analysis of access to and affordability of care for MH/SUDs in 2018 is provided in a companion [brief](#). For this analysis, we focus on experiences seeking MH/SUDs care over the past 12 months, including health care use, unmet need for care, and barriers to obtaining care. Seeking MH/SUDs care includes obtaining or trying to obtain MH/SUDs care. A key limitation of the analysis is that we rely on self-reports, which may underestimate the true scope of need for MH/SUDs services in the state. Further, the MHRS sample is limited to community-based individuals and so will not include those who were in institutional settings, such as inpatient MH settings or residential SUD treatment facilities, at the time of the survey. The information presented here is drawn from the [2018 MHRS Detailed Tables](#) on the

new MH/SUDs measures. A detailed description of the 2018 MHRS, including changes from prior years, is provided in the [2018 MHRS Methodology Report](#).

Key Findings. The new questions on MH/SUDs added to the 2018 MHRS highlight the need for care for MH conditions and SUDs among adults and their families in Massachusetts, along with the significant barriers to care and gaps in access to care faced by those who were seeking MH/SUDs care. In 2018, nearly one in four (23.2%) adults in Massachusetts reported seeking care for MH/SUDs for themselves or a family member over the past year, with 15.9% seeking that care for themselves. Adults seeking care for MH/SUDs crossed all age, gender, race/ethnicity, and income groups, although they were disproportionately younger, female, white/non-Hispanic, and lower income.

Among adults who sought MH/SUDs care for themselves, more than half (56.8%) reported difficulties obtaining that care, with 46.4% reporting difficulties finding an MH/SUDs provider who would see them and 43.5% reporting difficulty getting an appointment for MH/SUDs care as soon as it was needed. Unmet need for MH/SUDs care was reported by 38.7% of adults due to both costs (14.1%) and reasons other than cost (30.8%). Unmet need for reasons other than cost include issues related to the availability and accessibility of care. Health insurance coverage did little to mitigate the barriers to MH/SUDs care as full-year insured adults seeking MH/SUDs care reported similar difficulties in obtaining MH/SUDs care along with high levels of unmet need for MH/SUDs care.

Opportunities. Improved access to care for MH/SUDs is critical to ensuring that adults in Massachusetts with MH conditions and/or SUDs obtain the care they need when they need it.

LIST OF SLIDES

Prevalence of Seeking Care for Mental Health and/or Substance Use Disorders among Adults in 2018

- [Prevalence of Seeking Care for Mental Health and/or Substance Use Disorders over the Past Year among Massachusetts Adults 19 to 64, 2018](#)

Characteristics of Adults Seeking Care for Mental Health and/or Substance Use Disorders in 2018

- [Demographic Characteristics](#) of Massachusetts Adults 19 to 64, by Whether They Sought Care for Mental Health and/or Substance Use Disorders, 2018
- [Socioeconomic Characteristics](#) of Massachusetts Adults 19 to 64, by Whether They Sought Care for Mental Health and/or Substance Use Disorders, 2018
- [Health and Disability Status](#) of Massachusetts Adults 19 to 64, by Whether They Sought Care for Mental Health and/or Substance Use Disorders, 2018

Health Care Access and Affordability among Adults Seeking Care for Mental Health and/or Substance Use Disorders in 2018

- [Difficulties Obtaining Health Care over the Past Year](#) among Massachusetts Adults 19 to 64, by Whether They Sought Care for Mental Health and/or Substance Use Disorders, 2018
- [Emergency Department Use](#) over the Past Year among Massachusetts Adults 19 to 64, by Whether They Sought Care for Mental Health and/or Substance Use Disorders, 2018
- [Unmet Need for Any Health Care](#) over the Past Year among Massachusetts Adults 19 to 64, by Whether They Sought Care for Mental Health and/or Substance Use Disorders, 2018
- [Problems with Family Medical Bills](#) over the Past Year among Massachusetts Adults 19 to 64, by Whether They Sought Care for Mental Health and/or Substance Use Disorders, 2018

LIST OF SLIDES (CONTINUED)

Access to and Affordability of Care for Mental Health and/or Substance Use Disorders (MH/SUDs) among Adults Seeking MH/SUDs Care in 2018

- [Difficulties Obtaining Care](#) for Mental Health and/or Substance Use Disorders (MH/SUDs) among Massachusetts Adults 19 to 64 Who Sought MH/SUDs Care, 2018
- [Reasons for Difficulties](#) Finding a Mental Health and/or Substance Use Disorders (MH/SUDs) Provider among Massachusetts Adults 19 to 64 Who Sought MH/SUDs Care, 2018
- [Emergency Department Use](#) for Mental Health and/or Substance Use Disorders (MH/SUDs) among Massachusetts Adults 19 to 64 Who Sought MH/SUDs Care, 2018
- [Unmet Need for Care](#) for Mental Health and/or Substance Use Disorders (MH/SUDs) among Massachusetts Adults 19 to 64 Who Sought MH/SUDs Care, 2018

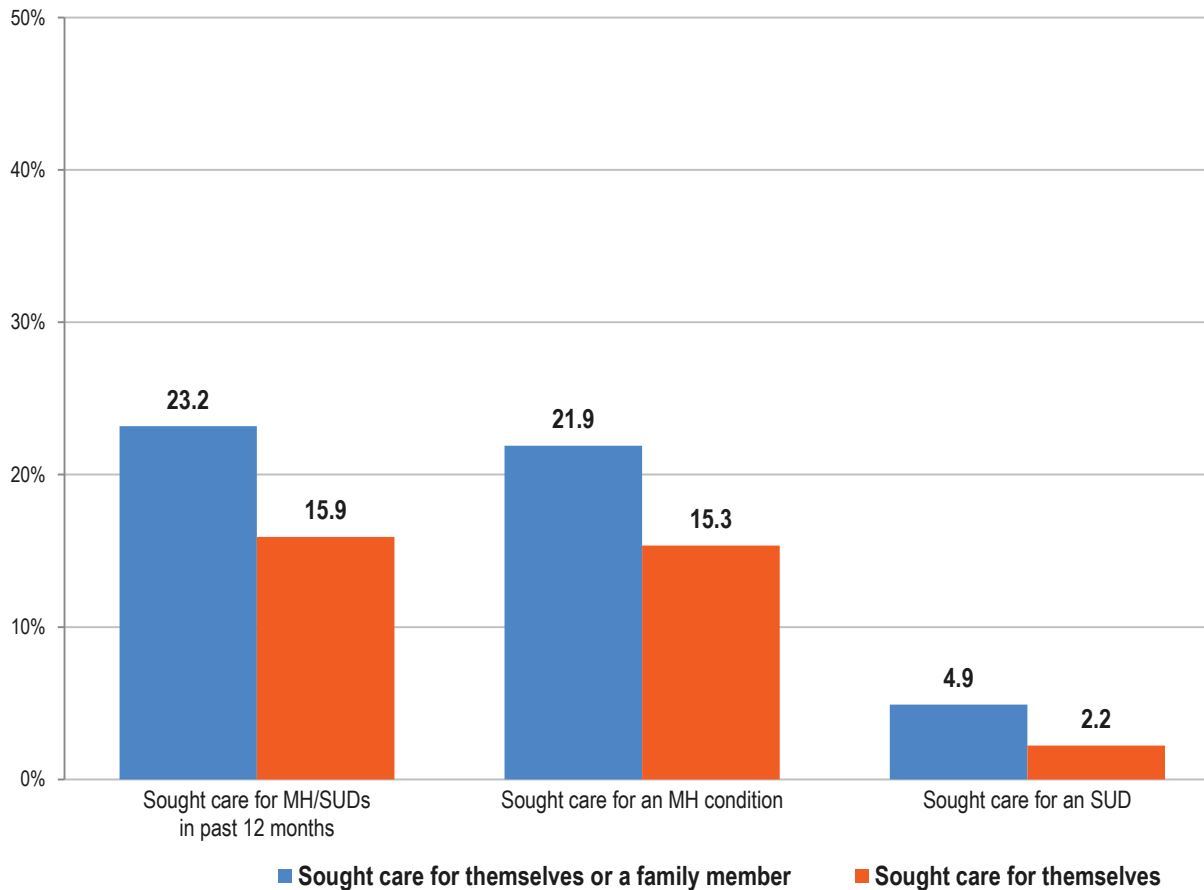
Access to and Affordability of Care for Mental Health and/or Substance Use Disorders (MH/SUDs) among Full-Year Insured Adults Seeking MH/SUDs Care in 2018

- [Health Insurance Coverage](#) among Massachusetts Adults 19 to 64 Who Sought Care for Mental Health and/or Substance Use Disorders, 2018
- [Type of Health Insurance Coverage](#) at the Time of the Survey among Full-Year Insured Massachusetts Adults 19 to 64 Who Sought Care for Mental Health and/or Substance Use Disorders, 2018
- [Difficulties Obtaining Care](#) for Mental Health and/or Substance Use Disorders (MH/SUDs) among Full-Year Insured Massachusetts Adults 19 to 64 Who Sought MH/SUDs Care, 2018
- [Reasons for Difficulties](#) Finding a Mental Health and/or Substance Use Disorders (MH/SUDs) Provider among Full-Year Insured Massachusetts Adults 19 to 64 Who Sought MH/SUDs Care, 2018
- [Emergency Department Use](#) for Mental Health and/or Substance Use Disorders (MH/SUDs) among Full-Year Insured Massachusetts Adults 19 to 64 Who Sought MH/SUDs Care, 2018
- [Unmet Need for Care](#) for Mental Health and/or Substance Use Disorders (MH/SUDs) among Full-Year Insured Massachusetts Adults 19 to 64 Who Sought MH/SUDs Care, 2018

Prevalence of Seeking Care for Mental Health and/or Substance Use Disorders among Adults in 2018

PREVALENCE OF SEEKING CARE FOR MENTAL HEALTH AND/OR SUBSTANCE USE DISORDERS OVER THE PAST YEAR AMONG MASSACHUSETTS ADULTS 19 TO 64, 2018

PERCENT REPORTING



- In 2018, nearly one in four (23.2%) adults in Massachusetts reported seeking care for mental health and/or substance use disorders (MH/SUDs) for themselves or a family member over the past year.
- Nearly one in six (15.9%) reported that they sought MH/SUDs care for themselves.

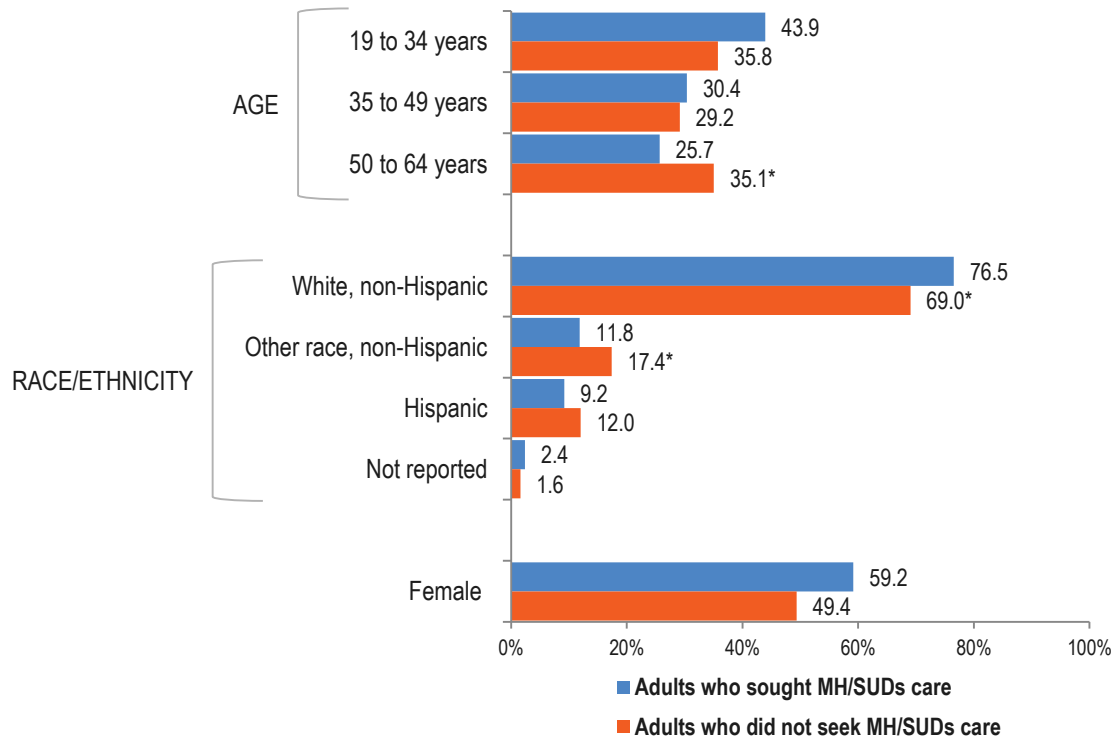
SOURCE: 2018 Massachusetts Health Reform Survey.

NOTE: These are unadjusted estimates. "Sought care" is defined as obtained MH/SUDs care or tried to obtain MH/SUDs care.

Characteristics of Adults Seeking Care for Mental Health and/or Substance Use Disorders in 2018

DEMOGRAPHIC CHARACTERISTICS OF MASSACHUSETTS ADULTS 19 TO 64, BY WHETHER THEY SOUGHT CARE FOR MENTAL HEALTH AND/OR SUBSTANCE USE DISORDERS, 2018

PERCENT WITH CHARACTERISTIC



- Adults in Massachusetts who sought care for mental health and/or substance use disorders (MH/SUDs) in 2018 crossed all demographic groups.

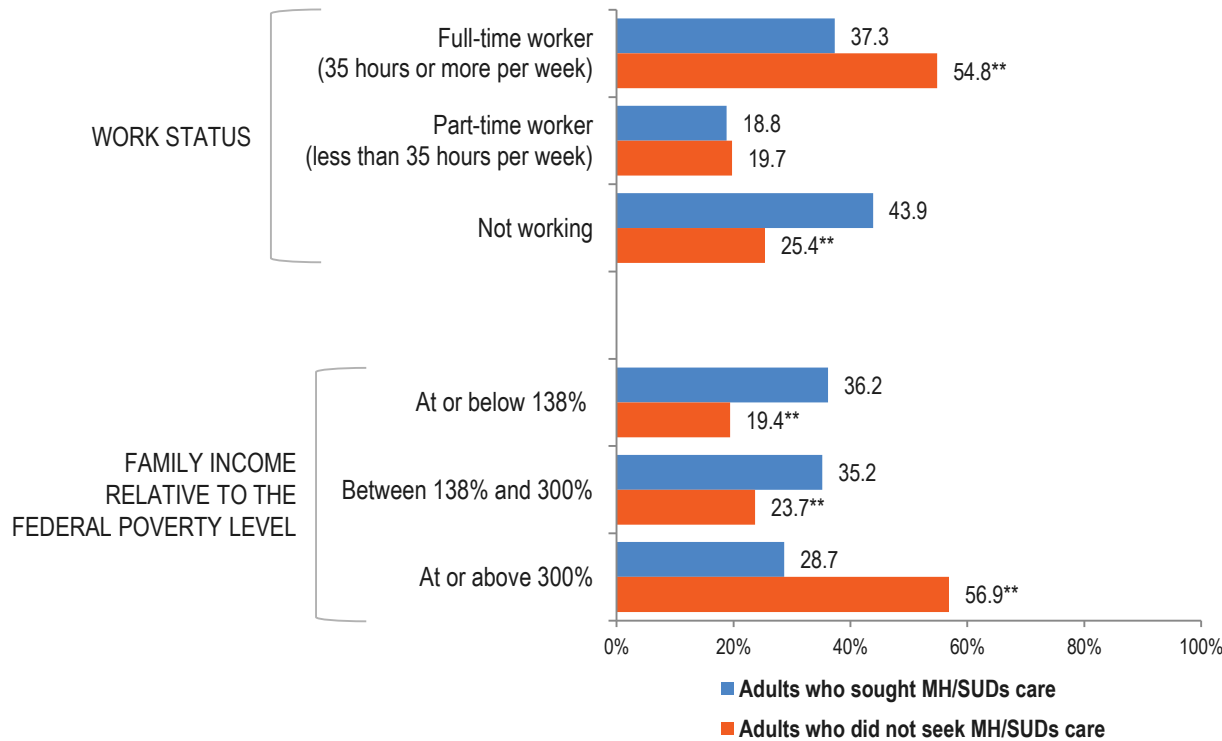
SOURCE: 2018 Massachusetts Health Reform Survey.

NOTE: These are unadjusted estimates. Estimates may not sum to 100 due to rounding and/or item nonresponse for the measure. Unless otherwise noted, responses are missing for less than 1 percent of cases. "Sought care" is defined as obtained MH/SUDs care or tried to obtain MH/SUDs care.

*(**) Significantly different from value for adults who sought MH/SUDs care at the .05 (.01) level, two-tailed test.

SOCIOECONOMIC CHARACTERISTICS OF MASSACHUSETTS ADULTS 19 TO 64, BY WHETHER THEY SOUGHT CARE FOR MENTAL HEALTH AND/OR SUBSTANCE USE DISORDERS, 2018

PERCENT WITH CHARACTERISTIC



- Adults in Massachusetts who sought care for mental health and/or substance use disorders (MH/SUDs) in 2018 were more likely to be not working and low- or moderate-incomes compared to those who did not seek MH/SUDs care.
- In 2018, for an individual, 138% of the Federal Poverty Level (FPL) is \$16,753 and 300% FPL is \$36,420.

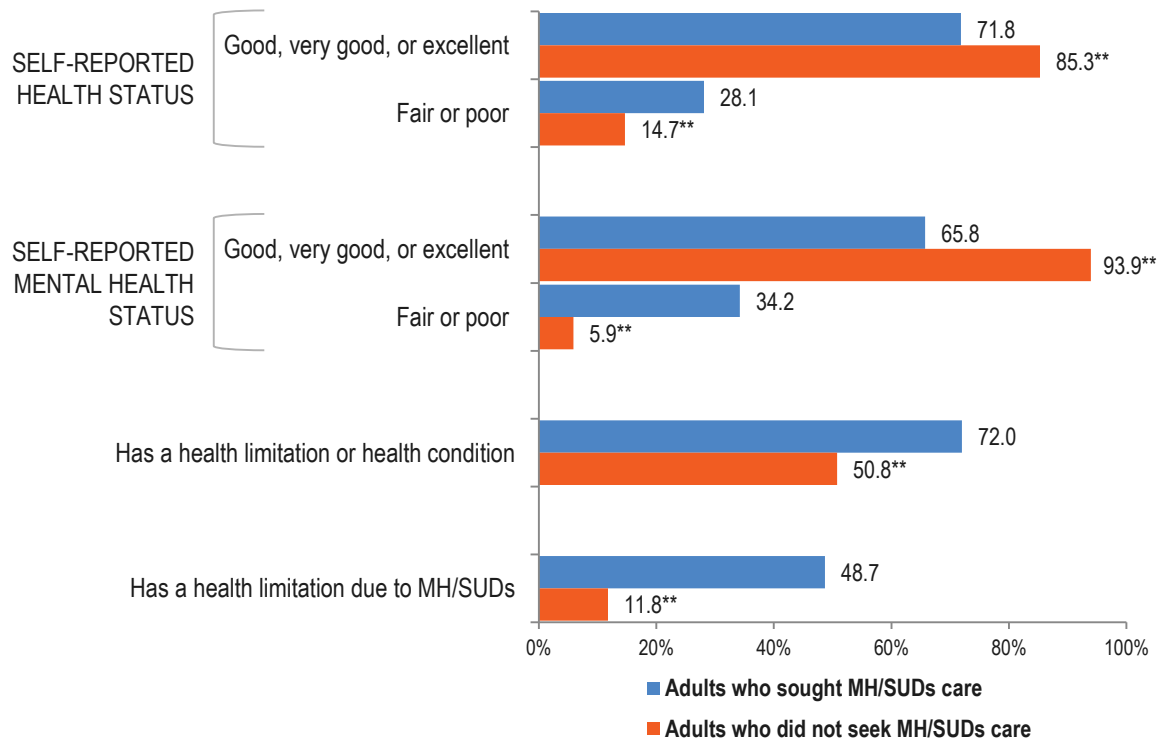
SOURCE: 2018 Massachusetts Health Reform Survey.

NOTE: These are unadjusted estimates. Estimates may not sum to 100 due to rounding and/or item nonresponse for the measure. Unless otherwise noted, responses are missing for less than 1 percent of cases. "Sought care" is defined as obtained MH/SUDs care or tried to obtain MH/SUDs care.

*(**) Significantly different from value for adults who sought MH/SUDs care at the .05 (.01) level, two-tailed test.

HEALTH AND DISABILITY STATUS OF MASSACHUSETTS ADULTS 19 TO 64, BY WHETHER THEY SOUGHT CARE FOR MENTAL HEALTH AND/OR SUBSTANCE USE DISORDERS, 2018

PERCENT WITH CHARACTERISTIC



- Adults in Massachusetts who sought care for mental health and/or substance use disorders (MH/SUDs) in 2018 were more likely to report fair/poor overall health and fair/poor mental health status than adults who did not seek MH/SUDs care.
- They also were more likely to report a health limitation or health condition in general or a health limitation due to MH/SUDs.
- However, 11.8% of adults who did not seek MH/SUDs care reported a health limitation due to MH/SUDs, raising concerns about additional barriers to care.

SOURCE: 2018 Massachusetts Health Reform Survey.

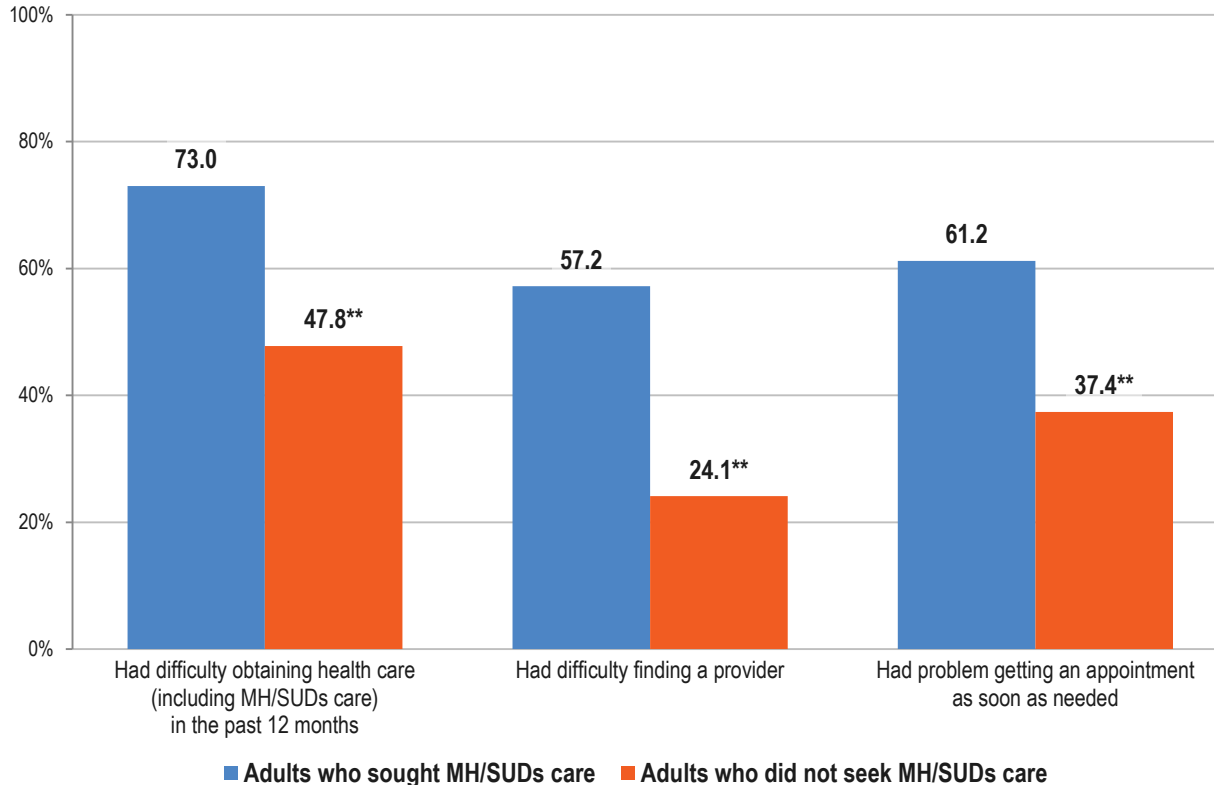
NOTE: These are unadjusted estimates. Estimates may not sum to 100 due to rounding and/or item nonresponse for the measure. Unless otherwise noted, responses are missing for less than 1 percent of cases. "Sought care" is defined as obtained MH/SUDs care or tried to obtain MH/SUDs care. "Has a health limitation or health condition" includes reporting being limited in the kind or amount of work they can do because of a physical, mental, or emotional problem or reporting ever had been told by a doctor or other health professional that they have at least one of the following: hypertension or high blood pressure; heart disease or congestive heart failure; diabetes; asthma; or any other chronic or long-term health condition or health problem. "Has health limitation due to MH/SUDs" includes reporting that MH/SUDs kept them from doing work or usual activities for any day during the last 30 days.

*(**) Significantly different from value for adults who sought MH/SUDs care at the .05 (.01) level, two-tailed test.

Health Care Access and Affordability among Adults Seeking Care for Mental Health and/or Substance Use Disorders in 2018

DIFFICULTIES OBTAINING HEALTH CARE OVER THE PAST YEAR AMONG MASSACHUSETTS ADULTS 19 TO 64, BY WHETHER THEY SOUGHT CARE FOR MENTAL HEALTH AND/OR SUBSTANCE USE DISORDERS, 2018

PERCENT REPORTING



- In 2018, adults in Massachusetts who sought care for mental health and/or substance use disorders (MH/SUDs) were more likely to report difficulty obtaining health care over the past year (73.0%) than those who did not seek MH/SUDs care (47.8%).
- They also were more likely to have difficulty finding a provider and problems getting an appointment as soon as needed.

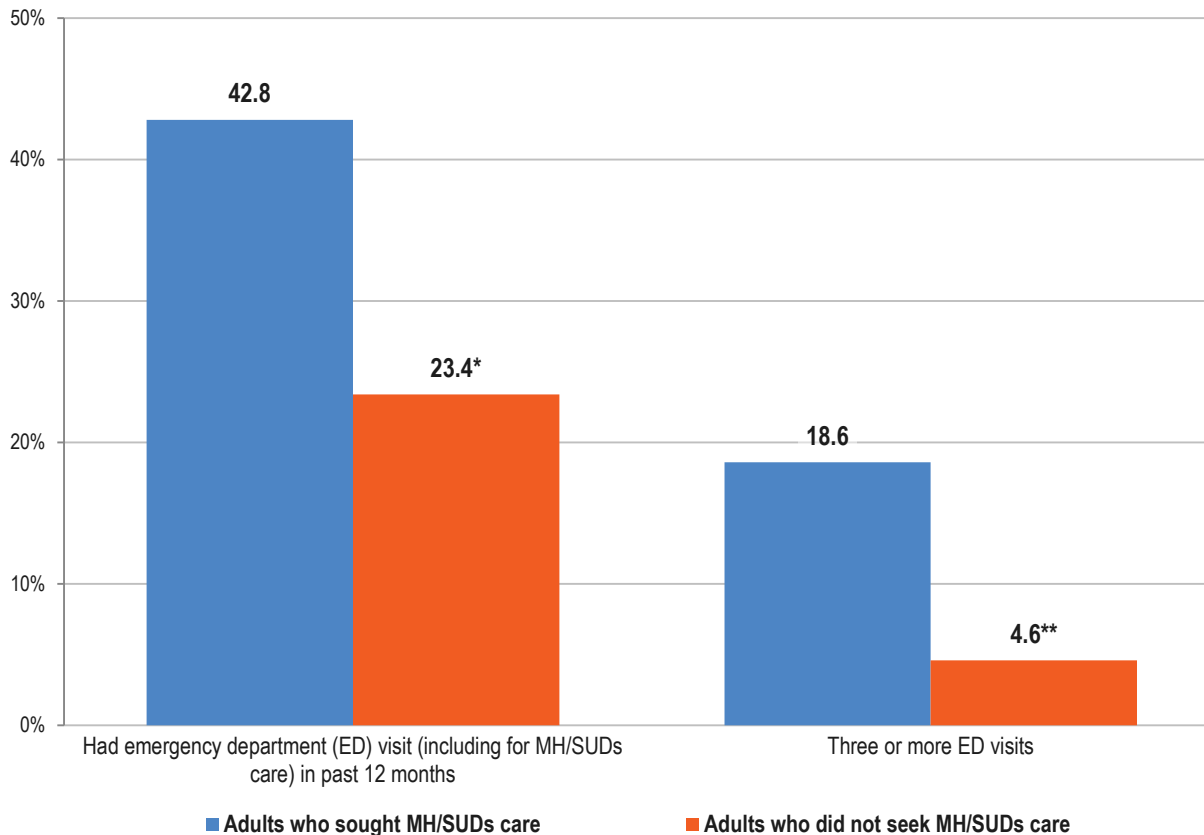
SOURCE: 2018 Massachusetts Health Reform Survey.

NOTE: These are unadjusted estimates. "Health care" includes MH/SUDs care. "Sought care" is defined as obtained MH/SUDs care or tried to obtain MH/SUDs care. "Difficulty finding a provider" includes being told by doctor's office or clinic that they were not accepting the respondent's health insurance type, any health insurance, or new patients. "Problem getting an appointment" is defined as "sometimes" or "never" getting an appointment as soon as needed.

*(**) Significantly different from value for adults who sought MH/SUDs care at the .05 (.01) level, two-tailed test.

EMERGENCY DEPARTMENT USE OVER THE PAST YEAR AMONG MASSACHUSETTS ADULTS 19 TO 64, BY WHETHER THEY SOUGHT CARE FOR MENTAL HEALTH AND/OR SUBSTANCE USE DISORDERS, 2018

PERCENT REPORTING



- In 2018, adults in Massachusetts who sought care for mental health and/or substance use disorders (MH/SUDs) were more likely to have had any emergency department (ED) visit (42.8%) over the past year compared with adults who did not seek care for MH/SUDs (23.4%).
- Adults in Massachusetts who sought care for MH/SUDs were more than four times as likely to have three or more ED visits (18.6%) than those who did not seek MH/SUDs care (4.6%).

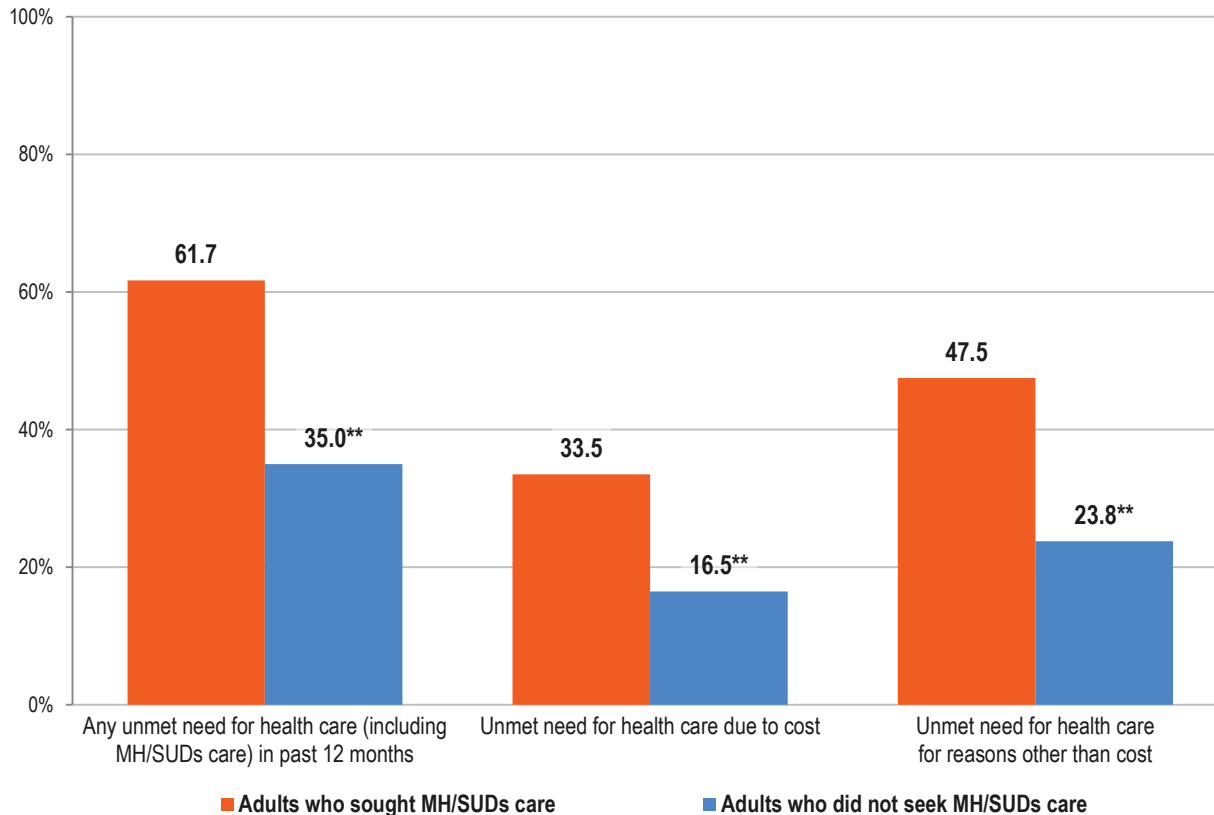
SOURCE: 2018 Massachusetts Health Reform Survey.

NOTE: These are unadjusted estimates. "Sought care" is defined as obtained MH/SUDs care or tried to obtain MH/SUDs care. "Emergency department (ED) visit" includes ED visits for MH/SUDs care.

*(**) Significantly different from value for adults who sought MH/SUDs care at the .05 (.01) level, two-tailed test.

UNMET NEED FOR ANY HEALTH CARE OVER THE PAST YEAR AMONG MASSACHUSETTS ADULTS 19 TO 64, BY WHETHER THEY SOUGHT CARE FOR MENTAL HEALTH AND/OR SUBSTANCE USE DISORDERS, 2018

PERCENT REPORTING



- In 2018, 61.7% of adults in Massachusetts who sought care for mental health and/or substance use disorders (MH/SUDs) reported unmet need for health care over the past year, well above the 35.0% among adults who did not seek MH/SUDs care.
- Unmet need due to cost was reported by 33.5% of adults who sought MH/SUDs care, and unmet need for reasons other than cost was reported by 47.5%.

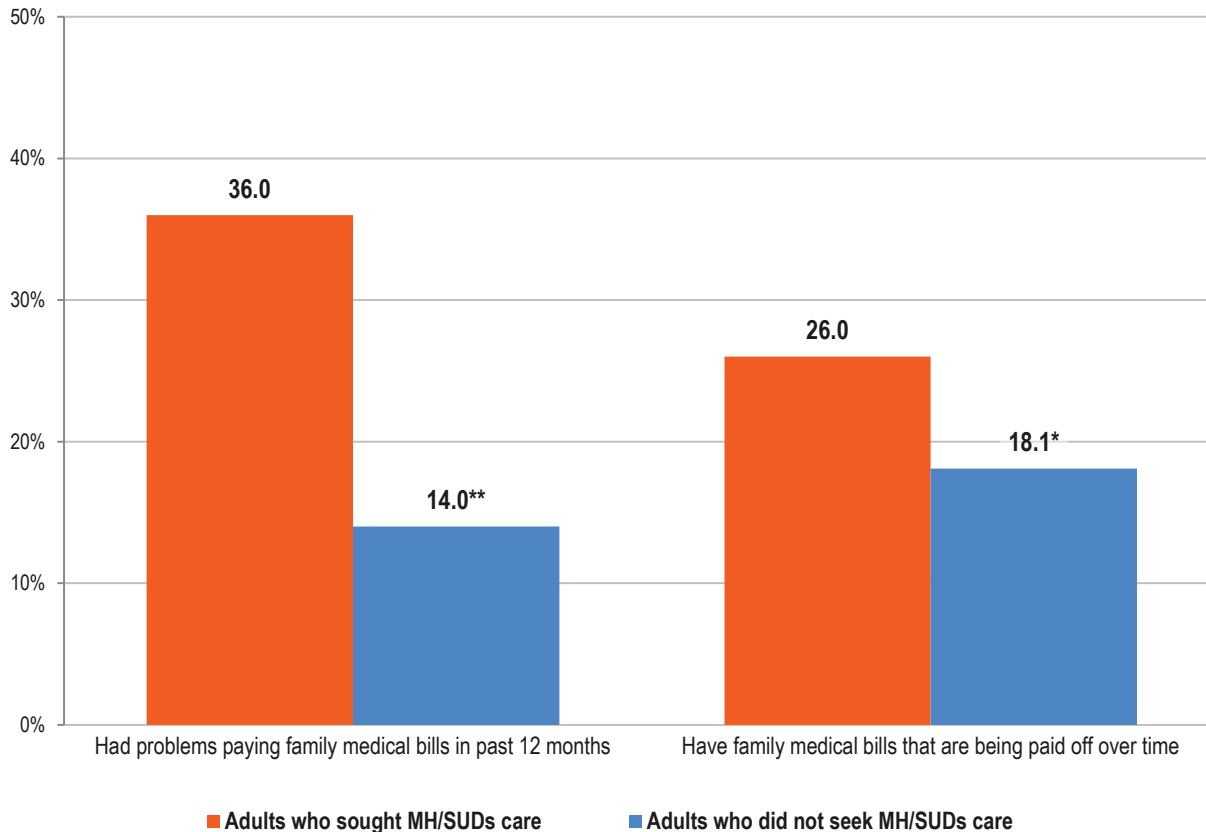
SOURCE: 2018 Massachusetts Health Reform Survey.

NOTE: These are unadjusted estimates. "Health care" includes MH/SUDs care. "Sought care" is defined as obtained MH/SUDs care or tried to obtain MH/SUDs care. "Unmet need for reasons other than cost" includes problems with the availability of care (e.g., could not find a provider, could not get an appointment with a provider), accessibility of care (e.g., did not have transportation, could not go during times provider was available, available provider was too far away), or personal issues (e.g., waiting to see if things got better, did not have time to go).

*(**) Significantly different from value for adults who sought MH/SUDs care at the .05 (.01) level, two-tailed test.

PROBLEMS WITH FAMILY MEDICAL BILLS OVER THE PAST YEAR AMONG MASSACHUSETTS ADULTS 19 TO 64, BY WHETHER THEY SOUGHT CARE FOR MENTAL HEALTH AND/OR SUBSTANCE USE DISORDERS, 2018

PERCENT REPORTING



- In 2018, 36.0% of adults in Massachusetts who sought care for mental health and/or substance use disorders (MH/SUDs) reported problems paying family medical bills over the past year, well above the 14.0% of those who did not seek care.
- Adults who sought MH/SUDs care were also more likely to be paying off family medical bills over time (26.0% as compared to 18.1%).

SOURCE: 2018 Massachusetts Health Reform Survey.

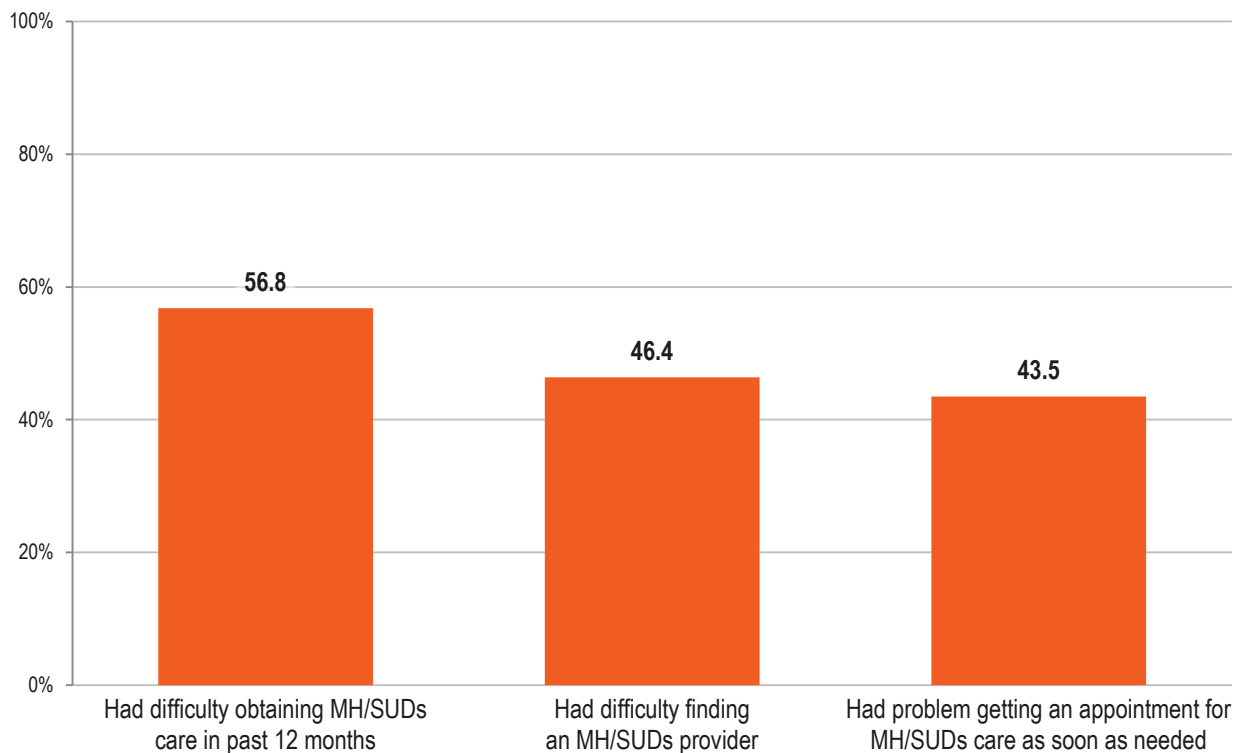
NOTE: These are unadjusted estimates. "Sought care" is defined as obtained MH/SUDs care or tried to obtain MH/SUDs care.

*(**) Significantly different from value for adults who sought MH/SUDs care at the .05(.01) level, two-tailed test.

Access to and Affordability of Care for Mental Health and/or Substance Use Disorders (MH/SUDs) among Adults Seeking MH/SUDs Care in 2018

DIFFICULTIES OBTAINING CARE FOR MENTAL HEALTH AND/OR SUBSTANCE USE DISORDERS (MH/SUDs) AMONG MASSACHUSETTS ADULTS 19 TO 64 WHO SOUGHT MH/SUDs CARE, 2018

PERCENT REPORTING



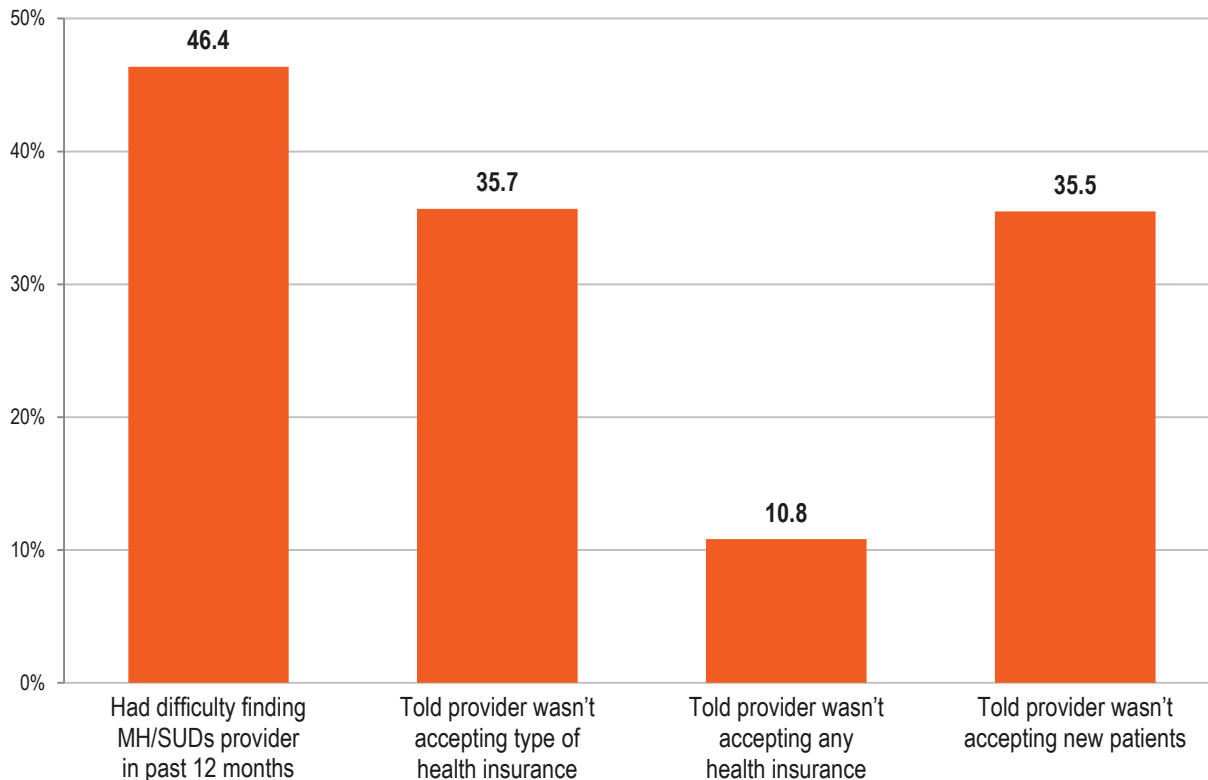
- In 2018, most (56.8%) adults in Massachusetts who sought care for mental health and/or substance use disorders (MH/SUDs) had difficulty obtaining such care over the past year.
- Nearly half (46.4%) had difficulty finding an MH/SUDs provider and 43.5% had trouble getting an appointment for MH/SUDs care as soon as needed.

SOURCE: 2018 Massachusetts Health Reform Survey.

NOTE: These are unadjusted estimates. "Sought care" is defined as obtained MH/SUDs care or tried to obtain MH/SUDs care. "Difficulty finding a provider" includes being told by doctor's office or clinic that they were not accepting health insurance type, any health insurance, or new patients. "Problem getting an appointment" is defined as "sometimes" or "never" getting an appointment as soon as needed.

REASONS FOR DIFFICULTIES FINDING A MENTAL HEALTH AND/OR SUBSTANCE USE DISORDERS (MH/SUDs) PROVIDER AMONG MASSACHUSETTS ADULTS 19 TO 64 WHO SOUGHT MH/SUDs CARE, 2018

PERCENT REPORTING



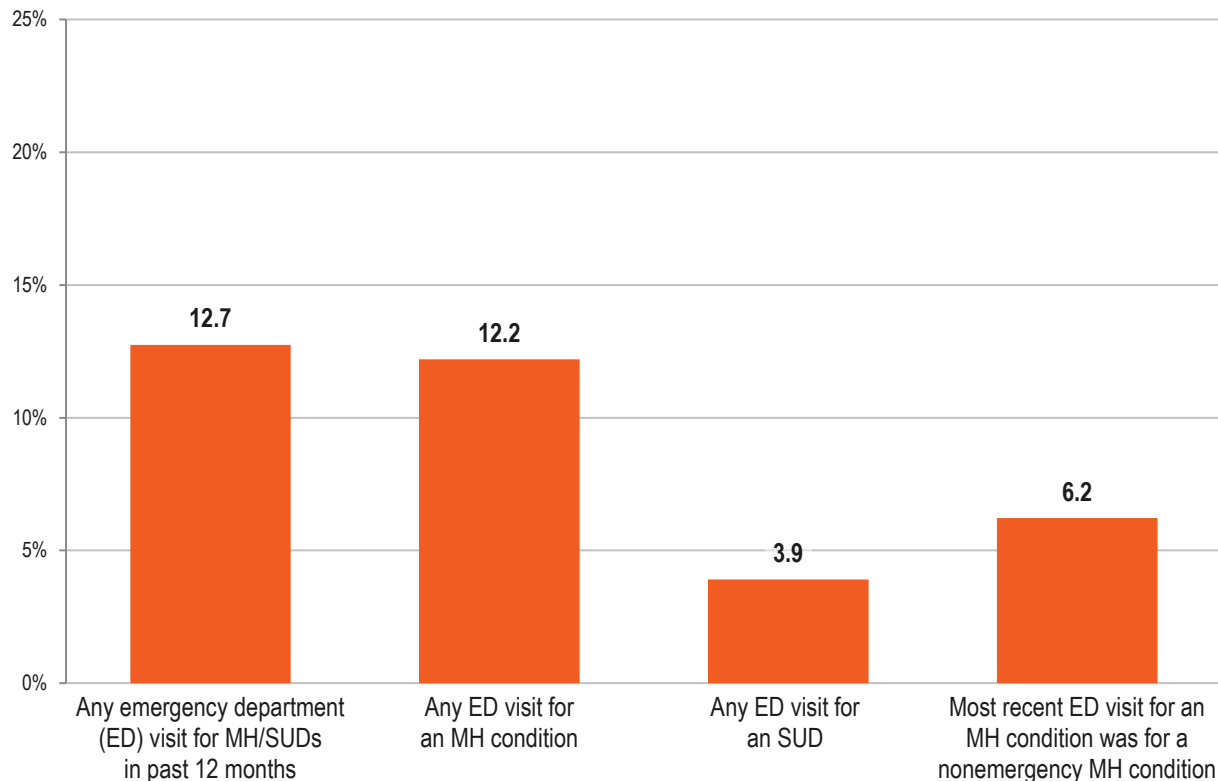
- In 2018, 35.7% of adults in Massachusetts who sought care for mental health and/or substance use disorders (MH/SUDs) reported being told a provider was not accepting their type of insurance and 10.8% reported being told a provider was not accepting any insurance.
- More than one-third (35.5%) were told a provider was not accepting new patients.

SOURCE: 2018 Massachusetts Health Reform Survey.

NOTE: These are unadjusted estimates. "Sought care" is defined as obtained MH/SUDs care or tried to obtain MH/SUDs care.

EMERGENCY DEPARTMENT USE FOR MENTAL HEALTH AND/OR SUBSTANCE USE DISORDERS (MH/SUDs) AMONG MASSACHUSETTS ADULTS 19 TO 64 WHO SOUGHT MH/SUDs CARE, 2018

PERCENT REPORTING



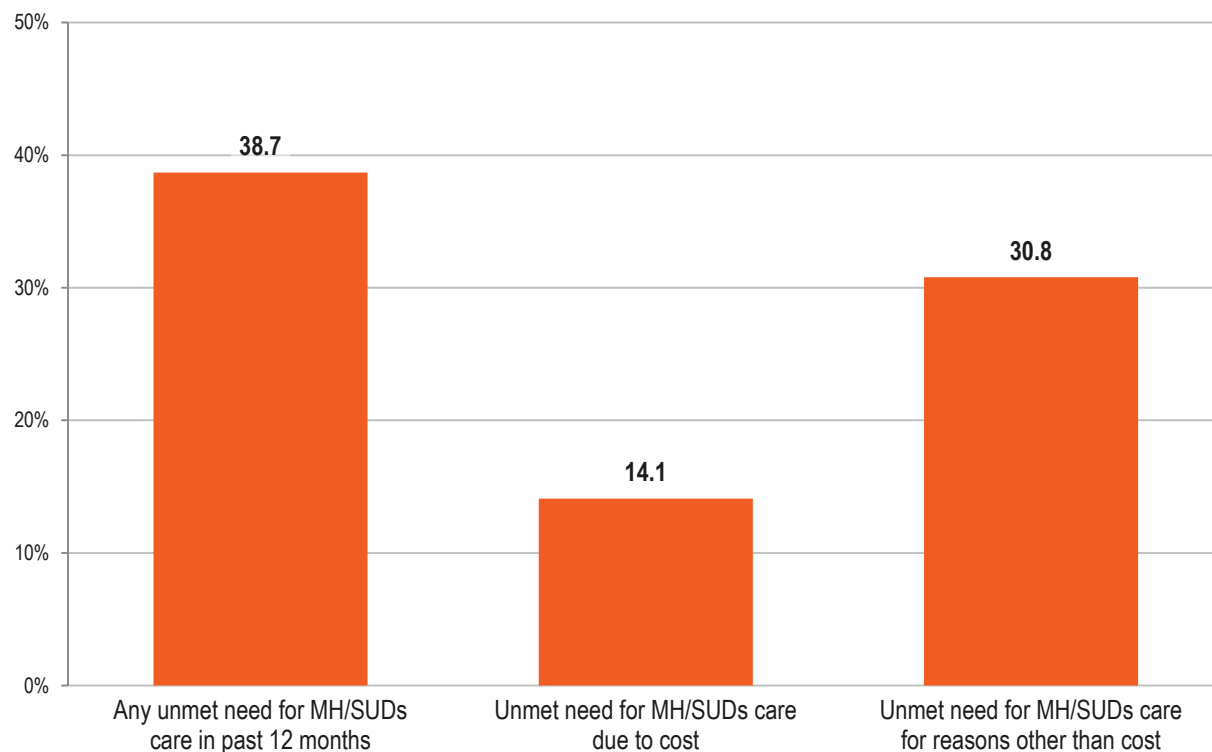
- In 2018, one in eight (12.7%) adults in Massachusetts who sought care for mental health and/or substance use disorders (MH/SUDs) reported a visit to the emergency department (ED) for an MH/SUDs issue over the past year.
- Among adults in Massachusetts who sought care for MH/SUDs, 12.2% reported an ED visit for an MH condition and 3.9% reported an ED visit for an SUD.

SOURCE: 2018 Massachusetts Health Reform Survey.

NOTE: These are unadjusted estimates. "Sought care" is defined as obtained MH/SUDs care or tried to obtain MH/SUDs care. A "nonemergency MH condition" is one that the respondent thought could have been treated by a regular doctor or MH provider, had one been available.

UNMET NEED FOR CARE FOR MENTAL HEALTH AND/OR SUBSTANCE USE DISORDERS (MH/SUDs) AMONG MASSACHUSETTS ADULTS 19 TO 64 WHO SOUGHT MH/SUDs CARE, 2018

PERCENT REPORTING



- In 2018, more than one-third (38.7%) of adults in Massachusetts who sought care for mental health and/or substance use disorders (MH/SUDs) reported unmet need for MH/SUDs care over the past year.
- Among adults in Massachusetts who sought care for MH/SUDs, 14.1% reported unmet need due to cost and 30.8% reported unmet need for reasons other than cost.

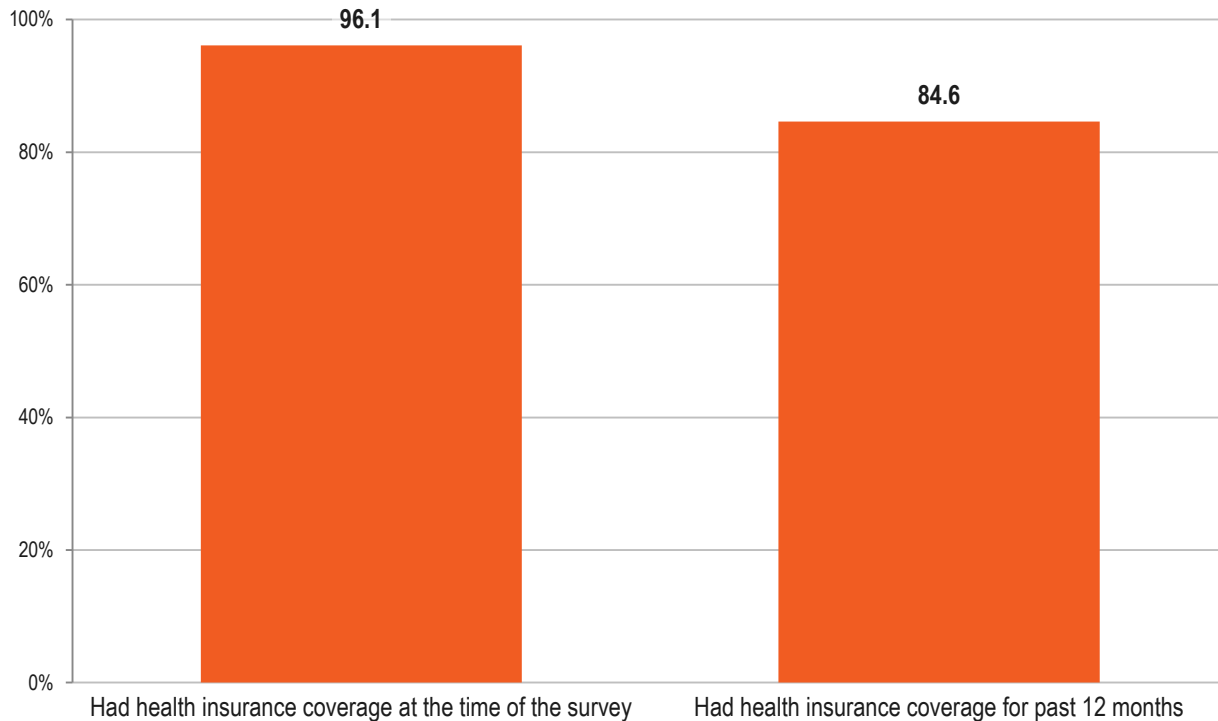
SOURCE: 2018 Massachusetts Health Reform Survey.

NOTE: These are unadjusted estimates. "Sought care" is defined as obtained MH/SUDs care or tried to obtain MH/SUDs care. "Unmet need for reasons other than cost" includes problems with the availability of care (e.g., could not find a provider, could not get an appointment with a provider), accessibility of care (e.g., did not have transportation, could not go during times provider was available, available provider was too far away), or personal issues (e.g., waiting to see if things got better, did not have time to go).

Access to and Affordability of Care for Mental Health and/or Substance Use Disorders (MH/SUDs) among Full-Year Insured Adults Seeking MH/SUDs Care in 2018

HEALTH INSURANCE COVERAGE AMONG MASSACHUSETTS ADULTS 19 TO 64 WHO SOUGHT CARE FOR MENTAL HEALTH AND/OR SUBSTANCE USE DISORDERS, 2018

PERCENT REPORTING



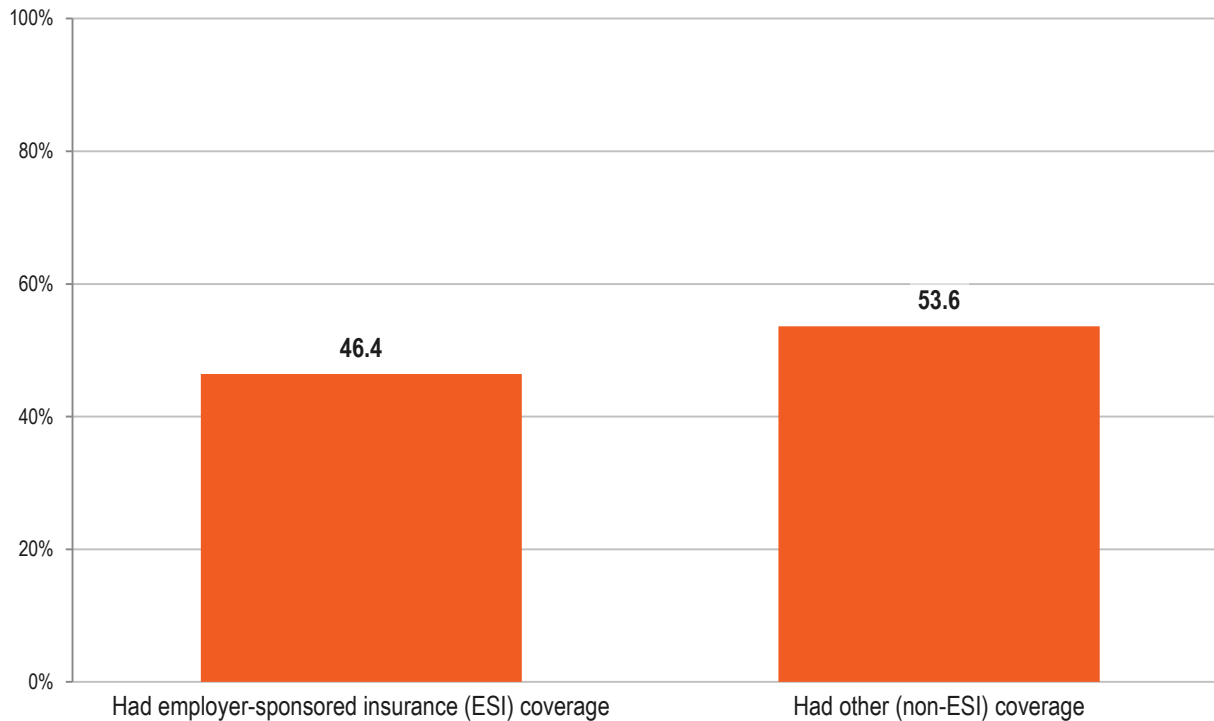
- In 2018, nearly all (96.1%) adults in Massachusetts who sought care for mental health and/or substance use disorders (MH/SUDs) had health insurance coverage at the time of the survey.
- Most (84.6%) had health insurance coverage for all of the prior year.

SOURCE: 2018 Massachusetts Health Reform Survey.

NOTE: These are unadjusted estimates. "Sought care" is defined as obtained MH/SUDs care or tried to obtain MH/SUDs care.

TYPE OF HEALTH INSURANCE COVERAGE AT THE TIME OF THE SURVEY AMONG FULL-YEAR INSURED MASSACHUSETTS ADULTS 19 TO 64 WHO SOUGHT CARE FOR MENTAL HEALTH AND/OR SUBSTANCE USE DISORDERS, 2018

PERCENT REPORTING



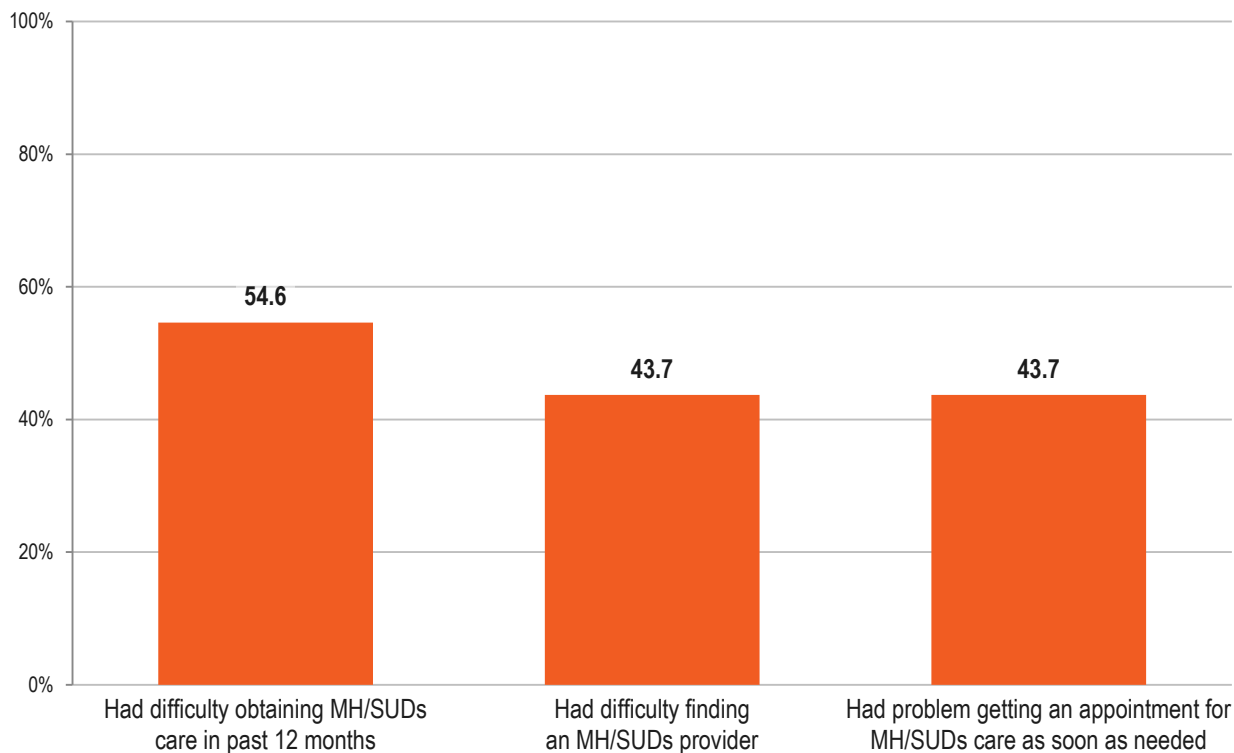
- In 2018, less than half (46.4%) of adults in Massachusetts who sought care for mental health and/or substance use disorders (MH/SUDs) had employer-sponsored insurance (ESI) coverage at the time of the survey. The majority had other (non-ESI) types of coverage.

SOURCE: 2018 Massachusetts Health Reform Survey.

NOTE: These are unadjusted estimates. "Sought care" is defined as obtained MH/SUDs care or tried to obtain MH/SUDs care. "Other (non-ESI) coverage" includes private coverage purchased directly from an insurance company and public coverage (including MassHealth).

DIFFICULTIES OBTAINING CARE FOR MENTAL HEALTH AND/OR SUBSTANCE USE DISORDERS (MH/SUDs) AMONG FULL-YEAR INSURED MASSACHUSETTS ADULTS 19 TO 64 WHO SOUGHT MH/SUDs CARE, 2018

PERCENT REPORTING



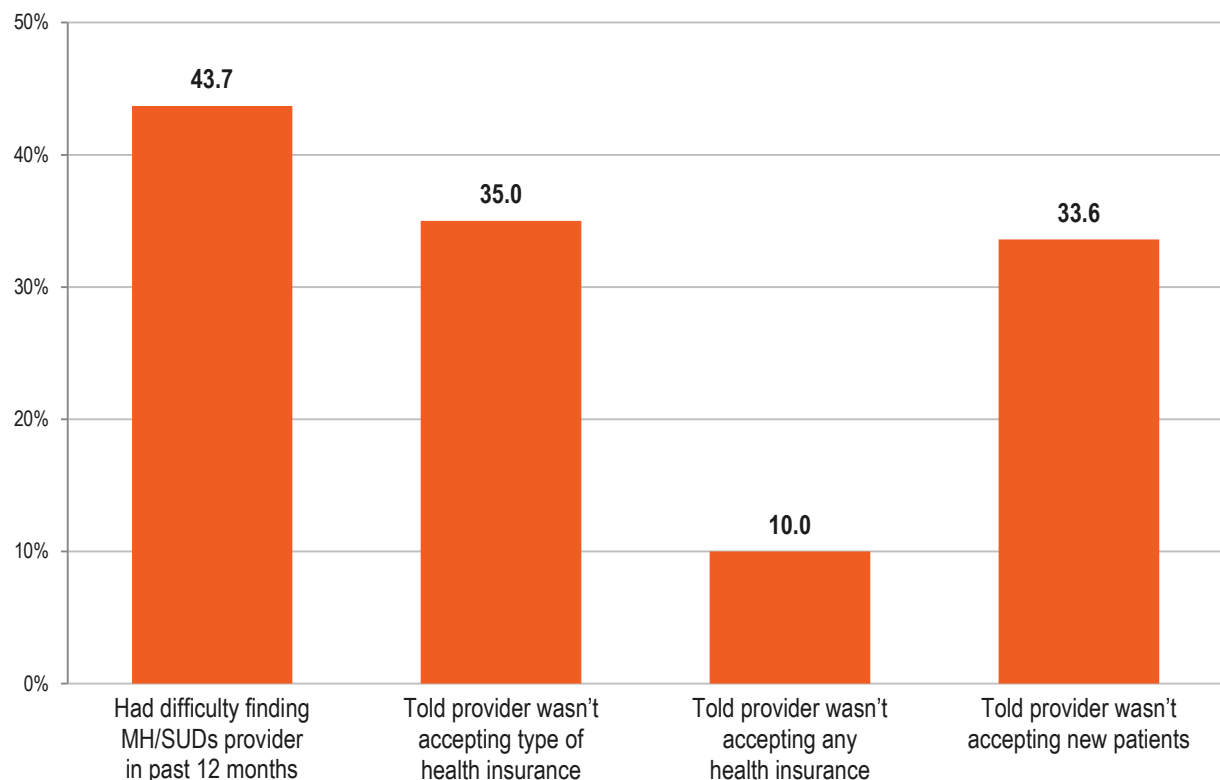
- More than half (54.6%) of full-year insured adults who sought care for mental health and/or substance use disorders (MH/SUDs) reported difficulties obtaining such care over the past year.
- Among full-year insured adults who sought care for MH/SUDs, 43.7% reported difficulty finding an MH/SUDs provider, and 43.7% had trouble getting an appointment as soon as needed.

SOURCE: 2018 Massachusetts Health Reform Survey.

NOTE: These are unadjusted estimates. "Sought care" is defined as obtained MH/SUDs care or tried to obtain MH/SUDs care. "Difficulty finding a provider" includes being told by doctor's office or clinic that they were not accepting health insurance type, any health insurance, or new patients. "Problem getting an appointment" is defined as "sometimes" or "never" getting an appointment as soon as needed.

REASONS FOR DIFFICULTIES FINDING A MENTAL HEALTH AND/OR SUBSTANCE USE DISORDERS (MH/SUDs) PROVIDER AMONG FULL-YEAR INSURED MASSACHUSETTS ADULTS 19 TO 64 WHO SOUGHT MH/SUDs CARE, 2018

PERCENT REPORTING



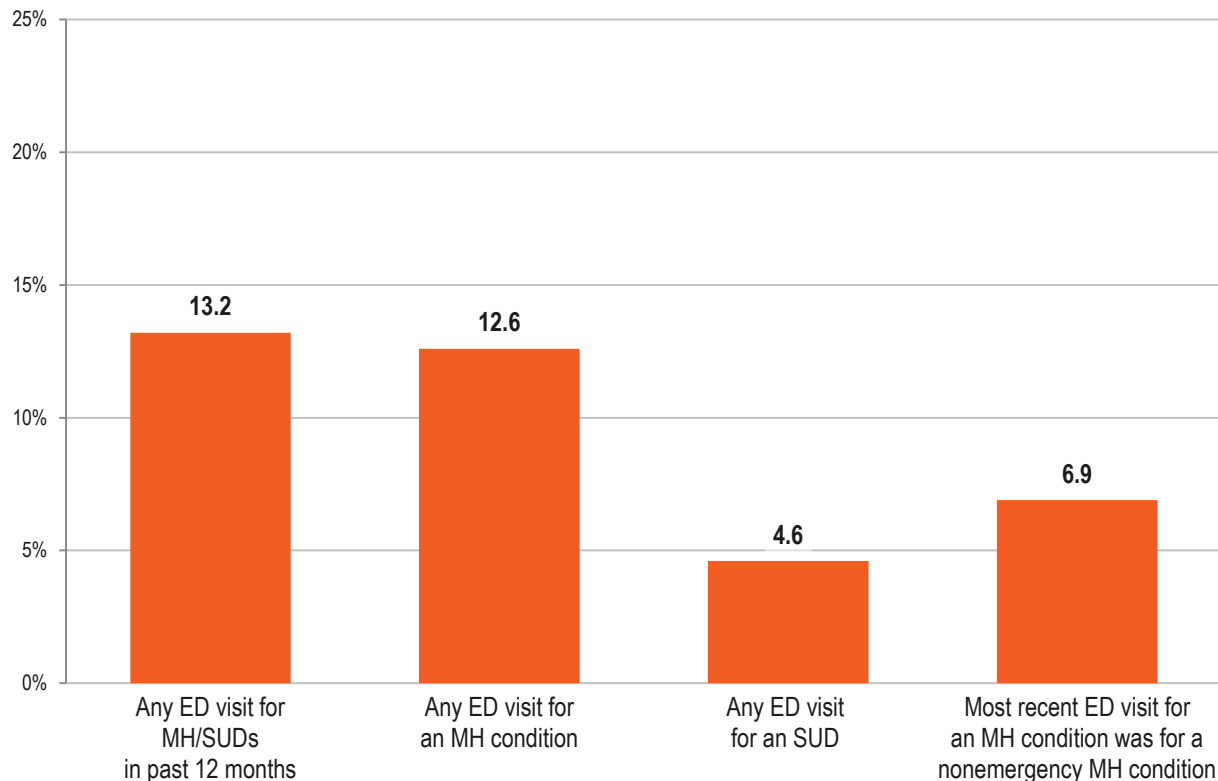
- In 2018, more than one-third (35.0%) of full-year insured adults in Massachusetts who sought care for mental health and/or substance use disorders (MH/SUDs) reported being told a provider was not accepting their type of health insurance and 10.0% were told a provider was not accepting any health insurance.
- About one-third (33.6%) were told a provider was not accepting new patients.

SOURCE: 2018 Massachusetts Health Reform Survey.

NOTE: These are unadjusted estimates. "Sought care" is defined as obtained MH/SUDs care or tried to obtain MH/SUDs care.

EMERGENCY DEPARTMENT USE FOR MENTAL HEALTH AND/OR SUBSTANCE USE DISORDERS (MH/SUDs) AMONG FULL-YEAR INSURED MASSACHUSETTS ADULTS 19 TO 64 WHO SOUGHT MH/SUDs CARE, 2018

PERCENT REPORTING



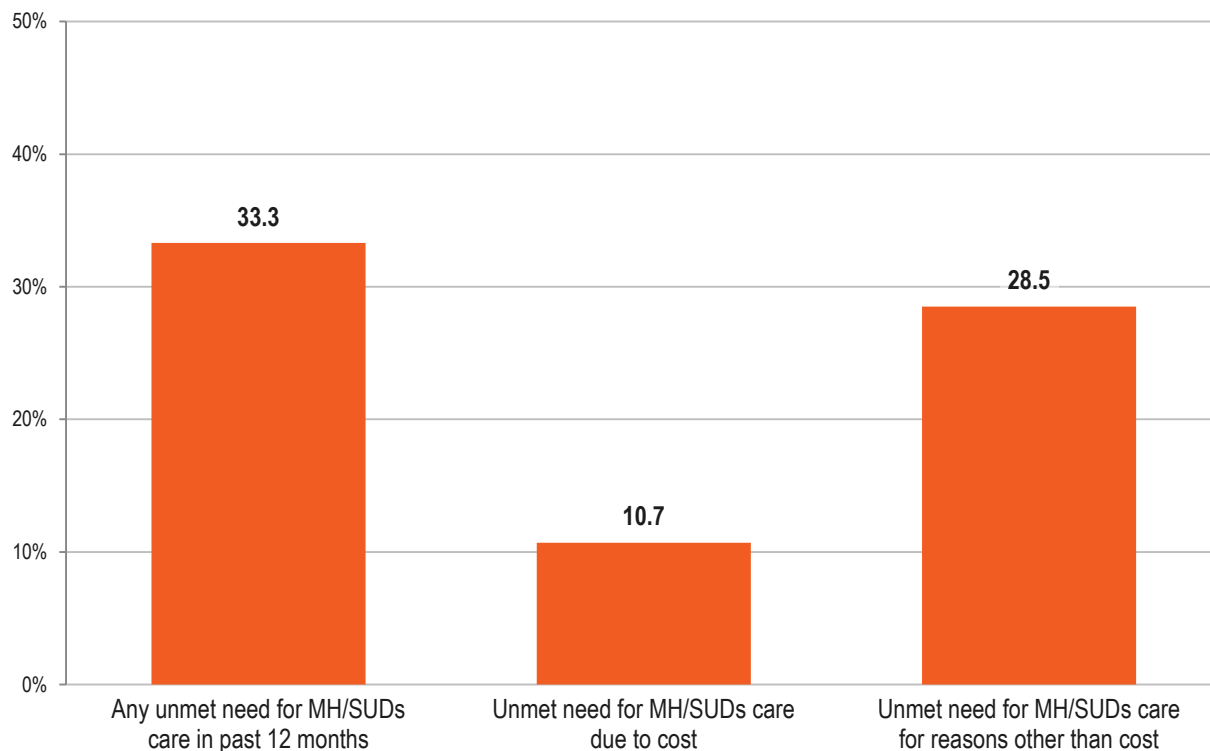
- In 2018, 13.2% of full-year insured adults in Massachusetts who sought care for mental health and/or substance use disorders (MH/SUDs) reported a visit to the emergency department (ED) for MH/SUDs over the past year.
- Among full-year insured adults in Massachusetts who sought care for MH/SUDs, 12.6% reported an ED visit for an MH condition and 4.6% reported an ED visit for an SUD.

SOURCE: 2018 Massachusetts Health Reform Survey.

NOTE: These are unadjusted estimates. "Sought care" is defined as obtained MH/SUDs care or tried to obtain MH/SUDs care. A "nonemergency MH condition" is one that the respondent thought could have been treated by a regular doctor or MH provider, had one been available.

UNMET NEED FOR CARE FOR MENTAL HEALTH AND/OR SUBSTANCE USE DISORDERS (MH/SUDs) AMONG FULL-YEAR INSURED MASSACHUSETTS ADULTS 19 TO 64 WHO SOUGHT MH/SUDs CARE, 2018

PERCENT REPORTING



- In 2018, one-third (33.3%) of full-year insured adults in Massachusetts who sought care for mental health and/or substance use disorders (MH/SUDs) reported unmet need for MH/SUDs care over the past year.
- More than one in 10 (10.7%) reported unmet need due to costs and 28.5% reported unmet need for reasons other than cost.

SOURCE: 2018 Massachusetts Health Reform Survey.

NOTE: These are unadjusted estimates. "Sought care" is defined as obtained MH/SUDs care or tried to obtain MH/SUDs care. "Unmet need for reasons other than cost" includes problems with the availability of care (e.g., could not find a provider, could not get an appointment with a provider), accessibility of care (e.g., did not have transportation, could not go during times provider was available, available provider was too far away), or personal issues (e.g., waiting to see if things got better, did not have time to go).