ABSTRACT

Telebehavioral Diagnoses and Procedures from March to September 2020 in Five States

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Abstract

To further understand the changes in mental health (MH) services during the past 2 years and the surrounding policy implementations, the University of Michigan Behavioral Health Workforce Research Center partnered with Laurel Health Advisors to learn more about where telebehavioral health services are being used during the coronavirus disease 2019 (COVID-19) pandemic. We analyzed data from data from over 1.4 million telehealth encounters collected between March and September 2020. These data were extracted from five healthcare institutions in five states and contain a large array of diagnoses and procedures for which telehealth was used during this time frame. States included in the data had low rates of MH/substance use disorder (SUD) procedures as a proportion of all procedures and per county resident population, as well as log rates of MH/SUD diagnoses as a proportion of all diagnoses and per county resident population. The only exception across all four measures was Arizona, where rates were substantially higher before and after the pandemic. Our findings encourage future researchers to examine why Arizona was (and maybe is) an outlier.

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