



# Mental Health Service Utilization on the Rise in Rhode Island

## Increased Use of Mental Health Services among Rhode Islanders with Commercial Insurance

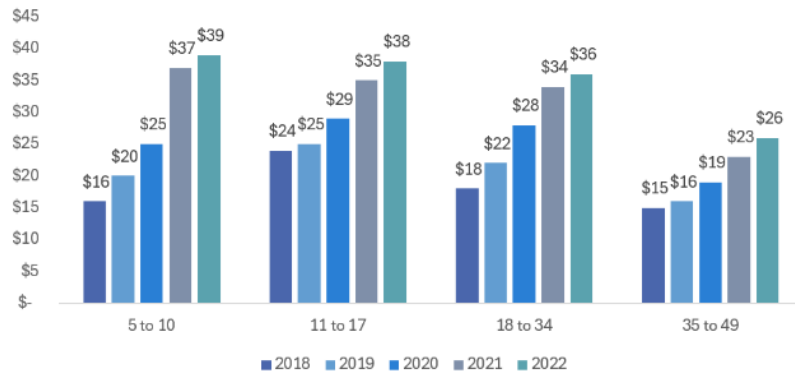
From 2018 through 2022, commercial spending on mental health office visits increased significantly across all age groups.<sup>1</sup>

- Spending more than doubled for young children (ages 5 to 10 years old) and doubled for young adults (ages 18 to 34).

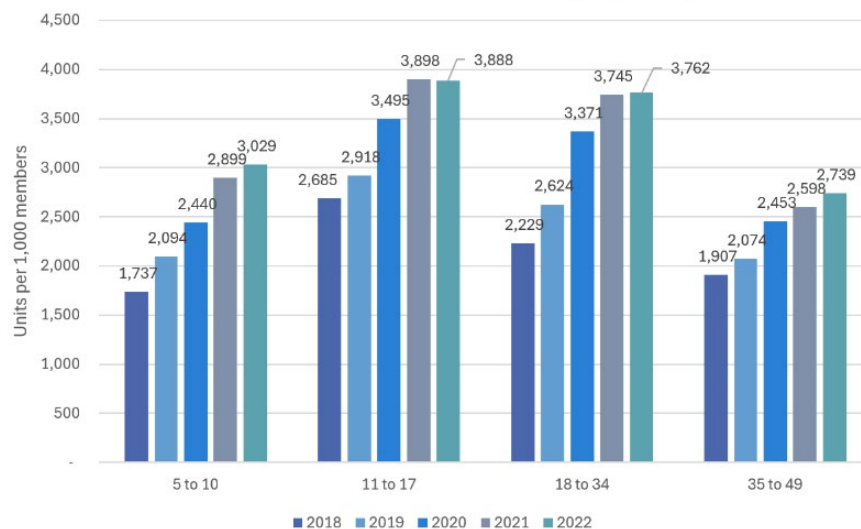
The increase in spending was driven by a surge in utilization of mental health services.

- Utilization rates soared for all age groups over this five-year period, ranging from 44 percent for adolescents and middle-aged adults to 70 percent for both young children and young adults.
- Most of this growth occurred between 2018 and 2021, spanning the years leading up to and during the COVID-19 pandemic.
- Self-pay utilization for residents whose mental health providers do not accept insurance are not captured in this analysis.

Per Member Per Month Spending by Age Group



Utilization of Mental Health Services by Age Group



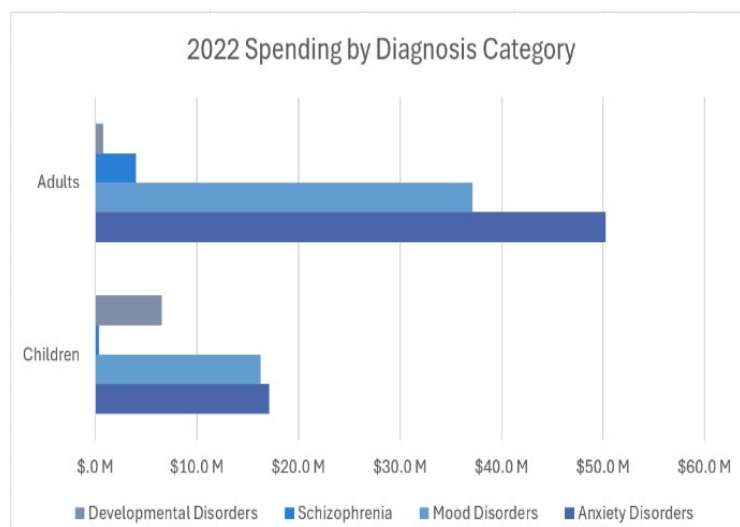
**Across all years, the highest spend diagnosis for children and adults was for anxiety disorders.<sup>2</sup>**

- In 2022, total spending on anxiety disorders for adults was more than double the spending for children.

## A Positive Trend

**Rhode Islanders are increasingly utilizing mental health care services.**

- In 2020, only 7 percent of Rhode Islanders reported receiving mental health care. By 2022, this figure had risen to 18 percent.<sup>3</sup>
- Telehealth services helped remove barriers to care for patients and enabled providers to meet the heightened demand for mental health services during the COVID-19 pandemic.<sup>4</sup>
- These findings do not mean that all Rhode Islanders are able to access mental health services without delay.
- Barriers to access remain, which should be a focus of policymakers.



## New Data Available in the OHIC Data Hub

The Rhode Island Office of the Health Insurance Commissioner has refreshed its interactive dashboards with 2022 data from the state's All-Payer Claims Database ([HealthFacts RI](#)). These tools are available on the [OHIC Data Hub](#).

1. OHIC's analysis of data from HealthFactsRI, which is the state's All-Payer Claims Database (APCD). The spending in the APCD represents approximately 80% of commercial spending in the state due to the absence of data from some self-insured employers.
2. Anxiety disorders include: other anxiety disorders (e.g. generalized anxiety disorder, unspecified anxiety disorder, panic disorder) and adjustment disorders. Mood disorders include: depressive episode, clinical depression, and bipolar disorder.
3. 2022 Health Insurance Survey, <https://healthsourceri.com/surveys-and-reports/>
4. <https://jamanetwork.com/journals/jama-health-forum/fullarticle/2800138>

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STATE OF RHODE ISLAND

Office of The Health Insurance Commissioner

Department of Business Regulation

The Rhode Island Office of the Health Insurance Commissioner (OHIC) was established through legislation in 2004 to broaden the accountability of health insurers operating in Rhode Island. The Office is dedicated to: protecting consumers, encouraging fair treatment of medical service providers, ensuring solvency of health insurers, and improving the health care system's quality, accessibility, and affordability.