

New National Report Documents Increased Behavioral Health Disparities In Employer Sponsored Health Plans

A new study conducted by Milliman, Inc. covering 37 million employees and their families, commissioned by The Bowman Family Foundation, reflects dramatically worsened access to behavioral health care since a similar study was published two years ago.

- Despite the national opioid and suicide crises, mental health and substance use treatment* together accounted for less than 3.5% of total health care spend, with substance use treatment ranging from 0.7 to 1% of that total over the 5 year period.
- Behavioral health access disparities escalated from 2013 to 2017 in all three categories of care examined: outpatient visits, inpatient facilities, and outpatient facilities. Disparities nearly doubled for inpatient and outpatient facilities, rising from almost 3 to nearly 6 times more likely, when compared to medical/surgical facility use.
- Children were 10 times more likely to receive outpatient mental health care out of network compared to primary care visits, twice the disparity faced by adults.

OFFICE VISIT ACCESS

Higher out-of-network for behavioral health office visits compared to primary care.

	2013	2015	2017
NATIONAL	5.04 x	5.09 x	5.41 x
MARYLAND	7.95 x	9.02 x	10.00 x
PARITY WOULD BE	1 x	1 x	1 x

Maryland out-of-network office visit use is **4th WORST** in the nation—10 times more likely and nearly twice the national average.

INPATIENT FACILITY ACCESS

Higher out-of-network for behavioral health inpatient compared to medical/surgical.

	2013	2015	2017
NATIONAL	2.83 x	3.85x	5.24 x
MARYLAND	5.50 x	5.60 x	9.35 x
PARITY WOULD BE	1 x	1 x	1 x

Maryland out-of-network inpatient use rose from **5.5 to 9.3 times more likely**—nearly twice the national average.

OUTPATIENT FACILITY ACCESS

Higher out-of-network for behavioral health outpatient facility compared to medical/surgical.

	2013	2015	2017
NATIONAL	2.97 x	5.09 x	5.72 x
MARYLAND	1.96 x	3.55 x	3.66 x
PARITY WOULD BE	1 x	1 x	1 x

Maryland out-of-network outpatient facility use rose from **2 to 3.6 times more likely**.

OFFICE VISIT REIMBURSEMENT

Higher reimbursement for primary care compared to behavioral health relative to Medicare allowed amount.

	2013	2015	2017
NATIONAL	20.70%	20.80%	23.80%
MARYLAND	23.20%	27.20%	18.20%

Maryland behavioral health providers **received 18% less than other doctors** for similar billing codes.

* Excludes behavioral health prescription drugs, which were 2% of total healthcare spending in 2017.