

The Arizona Behavioral Health Workforce

Background

- Behavioral health is a broad term that encompasses mental health, substance use disorders, and co-occurring disorders (the presence of both mental health and substance use disorders).⁴
- Common behavioral health disorders include depression, anxiety, and alcohol and drug dependency.¹

Behavioral Health in Arizona⁸

- 19.24% of adults experienced mental illness in the prior year.
- 4.43% of adults had serious thoughts of suicide in the prior year.
- 7.36% of adults experienced a substance use disorder in the prior year.
- 5.70% of adults experienced an alcohol use disorder in the prior year.



40% of Arizonans live in a mental health care professional shortage area.²

61% of Arizonan adults experience mental illness but do not receive treatment.³

BEHAVIORAL HEALTH

Behavioral health is a “state of well-being in which an individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and is able to make a contribution to his or her community.” People with behavioral health problems can live “satisfying, meaningful, contributing life...”¹

PROMOTING BEHAVIORAL HEALTH

Protective factors to promote behavioral health include education, stable employment, economic stability, secure housing, higher socio-economic status, family support, positive peer relationships, family support, social engagement, and physical activity.^{1,5,6}

The Workforce

The behavioral health workforce includes “all workers involved in treatment or prevention of mental health and/or substance use disorders.”⁹

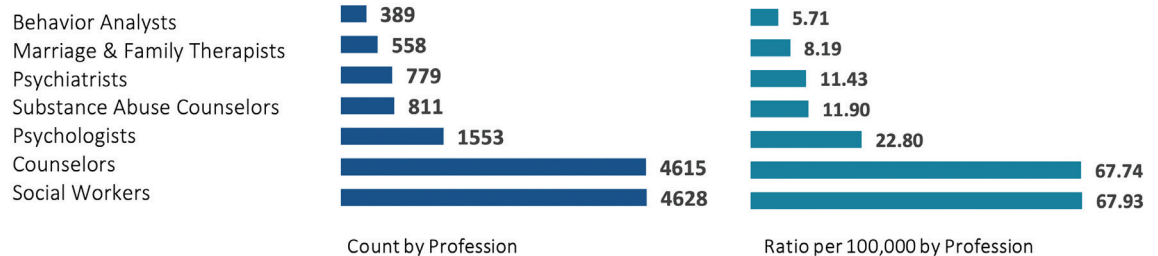
Psychiatrists*
Psychologists*
Advanced Practice Psychiatric Nurses
Marriage and Family Therapists*
Certified Prevention Specialists
Addiction Counselors*
Psychiatric Nurse Practitioners

Psychiatric Physician Assistants
Mental Health/Professional Counselors*
Clinical, Counseling, School Psychologists
School Counselors
Social Workers*
Psychiatric Rehabilitation Specialists
Case Managers

Psychiatric Aides and Technicians
Homeless Outreach Specialists
Parent Aides
Peer Support Specialists
Recovery Coaches

*included in this report

Arizona Behavioral Health Workforce 2019



Rural Disparities

- Rural barriers to behavioral health care include longer travel distances to providers, lack of behavioral health workforce, and stigma.
- Rural populations are more likely to have higher uninsured rates and higher levels of poverty compared to non-rural populations, increasing the likelihood that cost is also a barrier to behavioral health care.



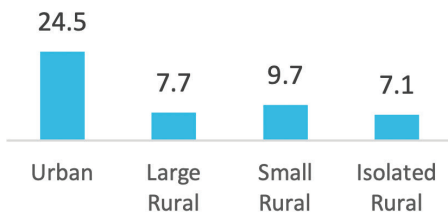
90% of Arizonans live in urban areas and **95.7%** of behavioral health providers are located in urban areas.

Rural Workforce

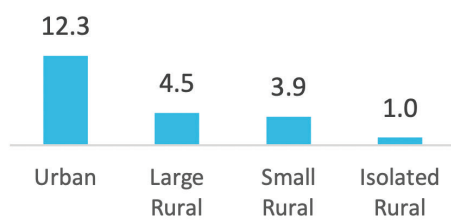
	Total	Psychiatrists	Psychologists	Behavior Analysts
Arizona	13,333	779	1,553	389
Urban	12,762	752	1,495	388
Large Rural	348	18	31	1
Small Rural	163	8	20	0
Isolated Rural	60	1	7	0

10% of Arizonans live in large (micropolitan), small, and isolated small rural areas and **4.3%** of behavioral health providers are located in these areas.

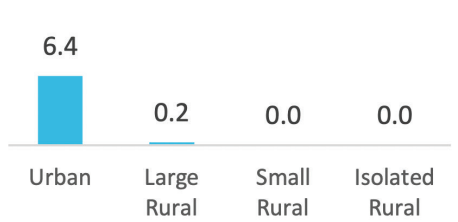
Psychologists per 100 000



Psychiatrists per 100 000

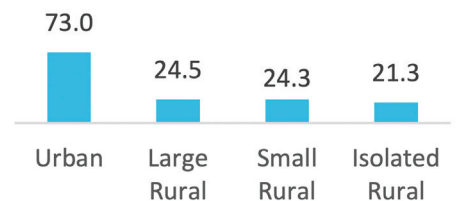


Behavior Analysts per 100 000

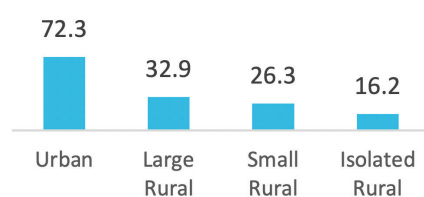


	Social Workers	Counselors	Marriage & Family Therapists	Substance Abuse Counselors
Arizona	4,628	4,615	558	811
Urban	4,458	4,412	535	722
Large Rural	99	133	11	55
Small Rural	50	54	9	22
Isolated Rural	21	16	3	12

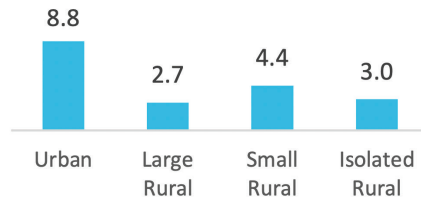
Social Workers per 100 000



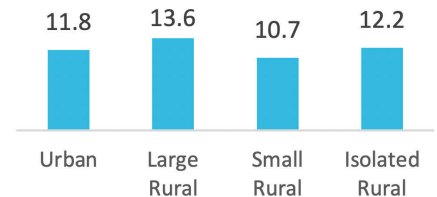
Counselors per 100 000



Marriage & Family Therapists per 100 000



Substance Abuse Counselors per 100 000



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