

I. Size of the Mental Health Workforce

In New York State, the licensed MH workforce includes a total of 76,385 psychiatrists, psychologists, clinical or master level social workers, nurse practitioners – psychiatry, marriage and family therapists, mental health counselors, psychoanalysts, and creative arts therapists (Table 1). Licensed master social workers (LMSWs) make up the largest proportion statewide (32.8%), followed closely by licensed clinical social workers (LCSWs, 32.4%), then by psychologists (14.0%), psychiatrists (8.6%), mental health counselors (6.7%), others (3.8%), and nurse practitioners – psychiatry (1.7%). In broad terms, nearly two thirds of the MH workforce in New York State is accounted for by social workers and slightly more than a fifth includes psychologists and psychiatrists.

Discipline	Number	% of Total
Licensed Master Social Worker (LMSW)	25,086	32.8%
Licensed Clinical Social Workers (LCSW)	24,727	32.4%
Psychologists	10,732	14.0%
Psychiatrists	6,578	8.6%
Mental Health Counseling	5,081	6.7%
Other*	2,889	3.8%
Nurse Practitioners (NP) – Psychiatry**	1,292	1.7%
Total	76,385	100%

*Because of their smaller numbers, marriage and family therapists, psychoanalysts, and creative arts therapists are combined in the "Other" category in this analysis.
**Excludes all MH nurses other than nurse practitioners.

There is a limitation in this report with regard to describing the MH-psychiatric nurse specialty in New York State. NYS licensing data show only “nurse practitioners-psychiatry” as a MH-psychiatric nurse specialty. All other nursing specialties that contribute to the licensed MH workforce are combined in the general category of “nurse” in the NYS licensing data and are not counted within the licensed MH workforce described in this report.

¹ Data for psychiatrists is from 2014. Psychiatrist data source: American Board of Psychiatry and Neurology, Inc. (ABPN). Retrieved July 15, 2014 from <https://application.abpn.com/verifycert/verifycert.asp>

² Data for all professions other than psychiatrists is as of June 2, 2014 and was provided by the Office of the Professions at the New York State Education Department. County of location reflects the licensee's primary mailing address on record with the State Education Department. This address may either be the licensee's home or practice address. Licensees must be registered in order to practice and use a professional title within New York State; being registered, however, does not necessarily mean the licensee is actively engaged in practice.



This limitation also extends to other data sources such as professional nursing organizations, which also combine all nursing specialties in a general category of “nurse” in their data collection processes. Therefore at this time it is not possible to identify the statewide population of nurses specializing in psychiatric-MH care.³

Table 2 summarizes the distribution of MH professionals in New York State by discipline and OMH region as a percentage of statewide totals.

OMH Region:	Central		Hudson River		Long Island		New York City		Western		State wide
	N	% Statewide Total	N	% Statewide Total	N	% Statewide Total	N	% Statewide Total	N	% Statewide Total	N Total
Discipline											
LMSW	1,649	6.6%	4,641	18.5%	4,508	18.0%	11,180	44.6%	3,108	12.4%	25,086
LCSW	1,523	6.2%	5,651	22.9%	4,899	19.8%	10,269	41.5%	2,385	9.6%	24,727
Psychologists	471	4.4%	2,336	21.8%	2,092	19.5%	4,979	46.4%	854	8.0%	10,732
Psychiatrists	277	4.2%	1,216	18.5%	912	13.9%	3,691	56.1%	482	7.3%	6,578
Mental Health Counseling	529	10.4%	1,114	21.9%	807	15.9%	1,608	31.6%	1,023	20.1%	5,081
NP – Psychiatry	146	11.3%	285	22.1%	364	28.2%	288	22.3%	209	16.2%	1,292
Other	169	5.8%	483	16.7%	429	14.8%	1,488	51.5%	320	11.1%	2,889
Total	4,764	6.2%	15,726	20.6%	14,011	18.3%	33,503	43.9%	8,381	11.0%	76,385

Except for Nurse Practitioners-Psychiatry, the largest percentages of all MH disciplines are located in New York City. Across regions, the smallest percentages of all MH disciplines are located in the Central region.

³ Hanrahan, N., Stuart, G.W., Brown, P., Johnson, M., Draucker, C.B., & Delaney, K. (2003). The psychiatric-mental health nursing workforce: Large numbers, little data. *Journal of the American Psychiatric Nurses Association*, 9(4), 111-114.



Mental Health Professional Shortage Areas in New York State

Maldistributions of mental health professionals in New York State are recognized by designated federal or state mental health professional shortage areas. Table 3 details New York State counties by region and shortage area designations. In the table, counties are designated a New York State Regents Psychiatric Shortage Area by the New York State Education Department as of January 1, 2014.⁴ Counties are designated a federal Mental Health Professional Shortage Area (MHPSA) as of September 1, 2011 by the Bureau of Health Professions at the United States Department of Health and Human Services.⁵ A geographic area will be federally designated as having a shortage of mental health professionals if certain criteria are met as provided by 42 Code of Federal Regulations (CFR), Chapter 1, Part 5, Appendix C (October 1, 1993, pp. 34-48).⁶ In addition, where there is no county wide federal designation, the table indicates whether counties have census tracts, special populations or health care facilities that have been designated federal MHPSAs.

⁴ See <http://www.highered.nysed.gov/kiap/precoll/documents/2013ShortageBulletin.pdf>

⁵ See <http://hpsafind.hrsa.gov/HPSASearch.aspx>

⁶ See <http://bhpr.hrsa.gov/shortage/hpsas/designationcriteria/designationcriteria.html>

**The Licensed Mental Health Workforce in New York State:
Size and Geographic Distribution — August 2014**

Table 3. Number of Licensed Mental Health Professionals by New York State Region and County^{7,8}

OMH Region	County	Federal Mental Health Professional Shortage Area (MHPSA)	Only census tract, populations or facilities with Federal MHPSA designation	NYS Regents Psychiatric Shortage Area	2012 US Census Est. Population	Psychiatrists	Psychologists	LCSWs	LMSWs	Mental Health Counseling	Nurse Practitioner Psychiatry	Other ⁹	Total	MH Professionals per 10,000 population
Central	Broome	yes		yes	198,060	33	76	257	261	20	18	18	683	34
Central	Cayuga		yes	yes	79,552	4	4	40	51	20	7	5	131	16
Central	Chenango	yes		yes	49,933	0	4	43	33	3	1	3	87	17
Central	Clinton	yes		yes	81,654	13	8	43	32	51	6	4	157	19
Central	Cortland	yes		yes	49,474	3	10	30	41	10	1	1	96	19
Central	Delaware	yes		yes	47,276	0	7	35	23	5	3	5	78	16
Central	Essex	yes		yes	38,961	0	11	29	20	20	2	1	83	21
Central	Franklin	yes		yes	51,795	3	11	28	21	22	2	2	89	17
Central	Fulton	yes		yes	54,925	1	8	26	27	4	3	0	69	13
Central	Hamilton	yes		yes	4,778	0	2	4	4	2	1	0	13	27
Central	Herkimer	yes		yes	64,508	0	1	36	37	5	1	3	83	13
Central	Jefferson		yes	yes	120,262	8	23	50	72	40	6	5	204	17
Central	Lewis	yes		yes	27,224	2	2	7	13	10	1	0	35	13
Central	Madison	yes		yes	72,382	8	19	53	55	14	3	11	163	23
Central	Montgomery	yes		yes	49,941	6	6	19	21	11	3	1	67	13
Central	Oneida	yes		yes	233,556	33	41	199	205	31	24	9	542	23
Central	Onondaga		yes		466,852	141	192	462	605	151	51	86	1,688	36

⁷ Data for psychiatrists is from 2014. Psychiatrist data source: American Board of Psychiatry and Neurology, Inc. (ABPN). Retrieved July 15, 2014 from <https://application.abpn.com/verifycert/verifycert.asp>

⁸ Data for all professions other than psychiatrists is as of June 2, 2014 and was provided by the Office of the Professions at the New York State Education Department. County of location reflects the licensee's primary mailing address on record with the State Education Department. This address may either be the licensee's home or practice address. Licensees must be registered in order to practice and use a professional title within New York State; being registered, however, does not necessarily mean the licensee is actively engaged in practice.

⁹ "Other" category includes Creative Arts Therapists, Marriage and Family Therapists, and Psychoanalysts.



The Licensed Mental Health Workforce in New York State:
Size and Geographic Distribution — August 2014

Table 3. Number of Licensed Mental Health Professionals by New York State Region and County^{7,8}

OMH Region	County	Federal Mental Health Professional Shortage Area (MHPSA)	Only census tract, populations or facilities with Federal MHPSA designation	NYS Regents Psychiatric Shortage Area	2012 US Census Est. Population	Psychiatrists	Psychologists	LCSWs	LMSWs	Mental Health Counseling	Nurse Practitioner Psychiatry	Other ⁹	Total	MH Professionals per 10,000 population
Central	Oswego	yes		yes	121,700	4	13	30	59	42	5	6	159	13
Central	Otsego	yes		yes	61,709	6	17	66	28	14	2	6	139	23
Central	St. Lawrence	yes		yes	112,232	12	16	66	41	54	6	3	198	18
Central	<i>Total Region</i>	17	3	19	1,986,774	277	471	1,523	1,649	529	146	169	4,764	24
Hudson River	Albany				305,455	101	226	468	442	127	41	25	1,430	47
Hudson River	Columbia			yes	62,499	4	32	69	65	9	10	7	196	31
Hudson River	Dutchess		yes		297,322	68	166	513	383	91	33	36	1,290	43
Hudson River	Greene	yes		yes	48,673	3	11	48	40	12	1	3	118	24
Hudson River	Orange		yes		374,512	52	96	438	355	102	18	29	1,090	29
Hudson River	Putnam				99,607	15	53	181	130	37	10	27	453	45
Hudson River	Rensselaer			yes	159,835	7	34	157	183	56	17	8	462	29
Hudson River	Rockland		yes		317,757	135	204	566	495	91	18	48	1,557	49
Hudson River	Saratoga				222,133	35	94	269	224	101	22	16	761	34
Hudson River	Schenectady		yes		155,124	32	54	181	220	76	11	13	587	38
Hudson River	Schoharie	yes		yes	32,099	1	2	19	11	7	2	0	42	13



The Licensed Mental Health Workforce in New York State:
Size and Geographic Distribution — August 2014

Table 3. Number of Licensed Mental Health Professionals by New York State Region and County^{7,8}

OMH Region	County	Federal Mental Health Professional Shortage Area (MHPSA)	Only census tract, populations or facilities with Federal MHPSA designation	NYS Regents Psychiatric Shortage Area	2012 US Census Est. Population	Psychiatrists	Psychologists	LCSWs	LMSWs	Mental Health Counseling	Nurse Practitioner Psychiatry	Other ⁹	Total	MH Professionals per 10,000 population
Hudson River	Sullivan	yes		yes	76,793	3	17	76	63	26	4	4	193	25
Hudson River	Ulster		yes		181,791	33	99	395	229	90	18	41	905	50
Hudson River	Warren		yes		65,538	13	31	68	47	21	9	7	196	30
Hudson River	Washington		yes	yes	62,934	0	6	34	29	9	1	0	79	13
Hudson River	Westchester		yes		961,670	714	1,211	2,169	1,725	259	70	219	6,367	66
Hudson River	<i>Total Region</i>	3	8	6	3,423,742	1,216	2,336	5,651	4,641	1,114	285	483	15,726	46
Long Island	Nassau		yes		1,349,233	579	1,226	2,551	2,356	455	129	249	7,545	56
Long Island	Suffolk		yes		1,499,273	333	866	2,348	2,152	352	235	180	6,466	43
Long Island	<i>Total Region</i>	0	2	0	2,848,506	912	2,092	4,899	4,508	807	364	429	14,011	49
NYC	Bronx		yes		1,408,473	200	205	810	1,417	130	30	44	2,836	20
NYC	Kings		yes		2,565,635	398	872	2,396	3,404	442	73	367	7,952	31
NYC	New York		yes		1,619,090	2,650	3,254	4,970	3,564	548	108	865	15,959	99
NYC	Queens		yes		2,272,771	362	528	1,624	2,328	398	57	188	5,485	24
NYC	Richmond		yes		470,728	81	120	469	467	90	20	24	1,271	27
NYC	<i>Total Region</i>	0	5	0	8,336,697	3,691	4,979	10,269	11,180	1,608	288	1,488	33,503	40
Western	Allegany	yes		yes	48,357	0	15	14	18	28	3	2	80	17
Western	Cattaraugus	yes		yes	79,458	3	8	33	46	32	2	1	125	16



The Licensed Mental Health Workforce in New York State:
Size and Geographic Distribution — August 2014

Table 3. Number of Licensed Mental Health Professionals by New York State Region and County^{7,8}

OMH Region	County	Federal Mental Health Professional Shortage Area (MHPSA)	Only census tract, populations or facilities with Federal MHPSA designation	NYS Regents Psychiatric Shortage Area	2012 US Census Est. Population	Psychiatrists	Psychologists	LCSWs	LMSWs	Mental Health Counseling	Nurse Practitioner Psychiatry	Other ⁹	Total	MH Professionals per 10,000 population
Western	Chautauqua		yes	yes	133,539	4	8	60	111	55	3	5	246	18
Western	Chemung	yes		yes	88,911	16	12	75	89	24	3	4	223	25
Western	Erie		yes		919,086	179	308	809	953	369	52	50	2,720	30
Western	Genesee		yes	yes	59,977	1	5	35	52	13	4	3	113	19
Western	Livingston		yes	yes	64,810	0	10	45	45	16	2	4	122	19
Western	Monroe		yes		747,813	213	330	668	1,091	295	98	176	2,871	38
Western	Niagara			yes	215,124	6	18	96	145	48	5	4	322	15
Western	Ontario		yes		108,519	15	30	100	108	33	13	20	319	29
Western	Orleans	yes		yes	42,836	0	4	13	24	5	0	3	49	11
Western	Schuyler	yes		yes	18,514	0	5	21	15	2	0	2	45	24
Western	Seneca	yes		yes	35,305	3	0	30	19	8	1	1	62	18
Western	Steuben	yes		yes	99,063	8	23	65	64	20	5	4	189	19
Western	Tioga				50,478	4	6	59	47	8	4	6	134	27
Western	Tompkins	yes		yes	102,554	21	62	189	151	22	8	24	477	47
Western	Wayne		yes	yes	92,962	5	6	39	82	35	3	9	179	19
Western	Wyoming	yes		yes	41,892	1	1	25	25	7	1	1	61	15
Western	Yates	yes		yes	25,344	3	3	9	23	3	2	1	44	17
Western	<i>Total Region</i>	10	7	15	2,974,542	482	854	2,385	3,108	1,023	209	320	8,381	28
Statewide		30	25	40	19,570,261	6,578	10,732	24,727	25,086	5,081	1,292	2,889	76,385	39



Table 4 summarizes New York State counties designated as mental health shortage areas by OMH region. As of January 2014, 40 of New York’s 62 counties (65%) are designated as shortage areas and 16% of the State’s population lives in those areas. Overall, an estimated 3,111,401 people in the State live in designated Federal and/or State mental health shortage areas.

OMH Region	Number of counties	Counties Designated federal and/or state MH shortage areas	Percent of total	2012 US Census Est. Population	Population in shortage designated counties	Percent of region total
Central	20	19	95%	1,986,774	1,519,922	77%
Hudson River	16	6	38%	3,423,742	442,833	13%
Long Island	2	0	0	2,848,506	0	
New York City	5	0	0	8,336,697	0	
Western	19	15	79%	2,974,542	1,148,646	39%
Total	62	40	65%	19,570,261	3,111,401	16%

Nearly a third of counties designated as mental health shortage areas are located in the Central and Western regions. More than three quarters (77%) of the population in the Central region lives in a designated mental health shortage area and more than one third of the population in the Western region lives in a shortage area. In the Hudson River region six counties are designated as mental health shortage areas and 13% of the region’s population lives in those areas. No county in New York City or Long Island is designated as a shortage area.

These results should be looked at with caution. As described in Table 3, 22 counties in New York State that have not been designated as federal mental health professional shortage areas have census tracts, special populations and/or facilities that have been designated as such shortage areas. Eighteen of these 22 counties (including all of New York City and Long Island) also have no state mental health shortage designation. The total population in these additional census tracts, special populations or facilities is unknown.

To better understand mental health workforce capacity, it is essential to examine the geographic distribution of the workforce in addition to its size (i.e., number of practitioners). Historically, mental health practitioners have aggregated in areas with better mental health insurance benefits and a more educated population.¹⁰ Research has shown that practitioners tend to cluster in urban and suburban areas, leaving rural and inner-city areas understaffed.¹¹

Region	2012 U.S. Census Estimated Population	Percent Total State Population	Percent of Profession, Statewide (N=76,385)							Total % Statewide Workforce
			Psychiatrist	Psychologist	LCSW	LMSW	Mental Health Practitioners	Nurse Practitioners	*Other	
Central	1,986,774	10%	4.2%	4.4%	6.2%	6.6%	10.4%	11.3%	5.8%	6.2%
Hudson River	3,423,742	17%	18.5%	21.8%	22.9%	18.5%	21.9%	22.1%	16.7%	20.6%
Long Island	2,848,506	15%	13.9%	19.5%	19.8%	18.0%	15.9%	28.2%	14.8%	18.3%
New York City	8,336,697	43%	56.1%	46.4%	41.5%	44.6%	31.6%	22.3%	51.5%	43.9%
Western	2,974,542	15%	7.3%	8.0%	9.6%	12.4%	20.1%	16.2%	11.1%	11.0%
Statewide Total	19,570,261	100%	100%	100%	100%	100%	100%	100%	100%	100%

* Others include Creative Arts Therapists, Marriage and Family Therapists, and Psychoanalysts.

As presented in Table 5, this is the case in New York. For example, 56.1% of psychiatrists and 46.4% of psychologists practice in New York City, where 43% of the State's population resides. In contrast, 4.2% of psychiatrists and 4.4% of psychologists practice in the more rural Central region, where 10% of the State's population resides. The Central region has the lowest percentage of mental health professionals statewide: overall, 6.2% of the mental health workforce in New York State practices there. The situation is similar in the Western region where 11.0% of the mental health workforce practices and 15% of the state's population resides. In comparison, in the Hudson River and Long Island regions the percentage of the state's mental health workforce is greater than the percentage of the state's population living in those regions.

¹⁰ Knesper, D. J., Wheeler, J. R., & Pagnucco, D. J. (1984). Mental health services providers' distribution across counties in the United States. *American Psychologist*, 39, 1424-1434.

¹¹ Merwin, E., Hinton, I., Dembling, B., & Stern, S. (2003). Shortages of rural mental health professionals. *Archives of Psychiatric Nursing*, XVII, 42-51.