



## MENTAL HEALTH CARE CRISIS

Published studies report that about 25% of all U.S. adults have a mental illness and that nearly 50% of U.S. adults will develop at least one mental illness during their lifetime.

PSYPACT can increase a patient's access to mental health care from qualified licensed psychologists and can change the way in which patients are able to receive mental health care through telepsychology.

*Source: CDC, 2016*



## OPIOID EPIDEMIC

Drug overdose deaths and opioid-involved deaths continue to increase in the United States. On average, 115 Americans die everyday from an opioid overdose.

PSYPACT allows for access to licensed psychologists that have specific training in addictions even though they may not be located in a patient's state.

*Source: CDC, 2017*



## IMPORTANCE OF TELEHEALTH

Telehealth procedures for psychological treatment has been repeatedly demonstrated to be effective and provides several advantages over traditional treatment methods such as accessibility, versatility and affordability.

PSYPACT allows for the provision of psychological services via telecommunications technologies across state lines by licensed psychologists.

*Sources: Barak, Hen, Boniel-Nissim & Shapira, 2008; Epstein, 2011; Wencesalo, 2012*

# WHY PSYPACT IS IMPORTANT

In the midst of an ongoing mental health care crisis in the United States, there is an increasing need for accessible and continuous care from qualified mental health care professionals like licensed psychologists. The Psychology Interjurisdictional Compact, or PSYPACT, is an interstate compact designed to increase access to mental health care services through telepsychology.



## ACCESS TO CARE

Access to mental health care services continues to be a challenge for many people seeking care. PSYPACT can increase the number of qualified licensed psychologists available to provide care as well provide a different delivery method of care via telepsychology.

For example, PSYPACT can benefit individuals in those in rural areas, those who lack specialty care (e.g. autism spectrum disorder, child treatment, opioid addiction) or those afraid to seek treatment due to the stigma of mental health care.



## CONTINUITY OF CARE

One of the primary benefits of PSYPACT is continuity of care. With the population becoming increasingly mobile, there is an increased need for continuity of service across state lines.

It can be challenging for a patient to find a psychologist that meets their specific needs. Once that therapeutic relationship is established, patients often desire to continue that service if they move or relocate. PSYPACT can ensure that patients can continue to see their psychologists as they move or relocate.



## COORDINATION OF CARE

Patients and their care coordinating family members often live in different states. Although family members do not require licenses to coordinate care across state lines, there may be rules regarding the ability for out-of-state family members to be able to participate in care coordination efforts.

PSYPACT can assist in facilitating the coordination of care by allowing family members who may not be local to the patient's area to participate in their treatment and provide additional support for the patient.