

BEHAVIORAL HEALTH SERVICE USE AMONG MEDICAID-ENROLLED ADULTS IN NORTH CAROLINA DURING 2018 - 2019

Fact sheet developed by: Laura Benzing Duke University '21

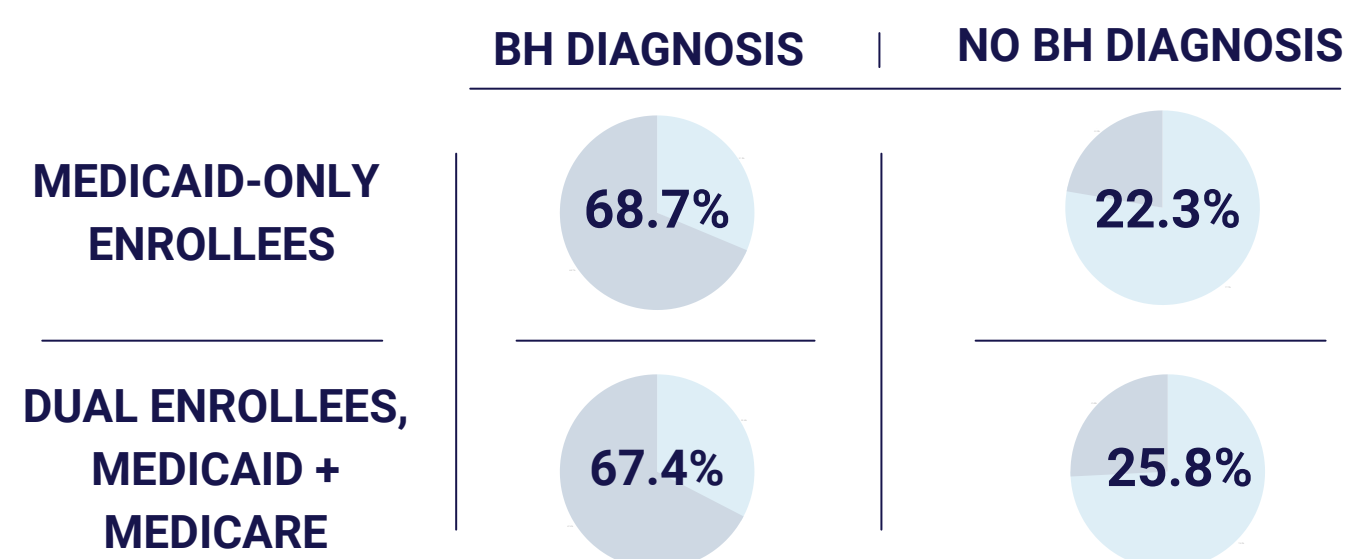
BEHAVIORAL HEALTH (BH) DIAGNOSES

Of the **1,516,205** Medicaid-enrolled adults during 2018-2019, approximately **468,000 (1 in 3)** had a BH diagnosis.

	MEDICAID-ONLY ENROLLEES	DUAL ENROLLEES, MEDICAID + MEDICARE
ANXIETY/OCD	15.2%	21.6%
DEPRESSION	15.7%	21.6%
SUBSTANCE USE	9.2%	7.4%
BIPOLAR	4.9%	6.4%
SCHIZOPHRENIA	3.2%	7.1%

PERCENTAGES ARE BASED ON ADULTS WITH A DIAGNOSIS OUT OF ALL MEDICAID-ENROLLED ADULTS

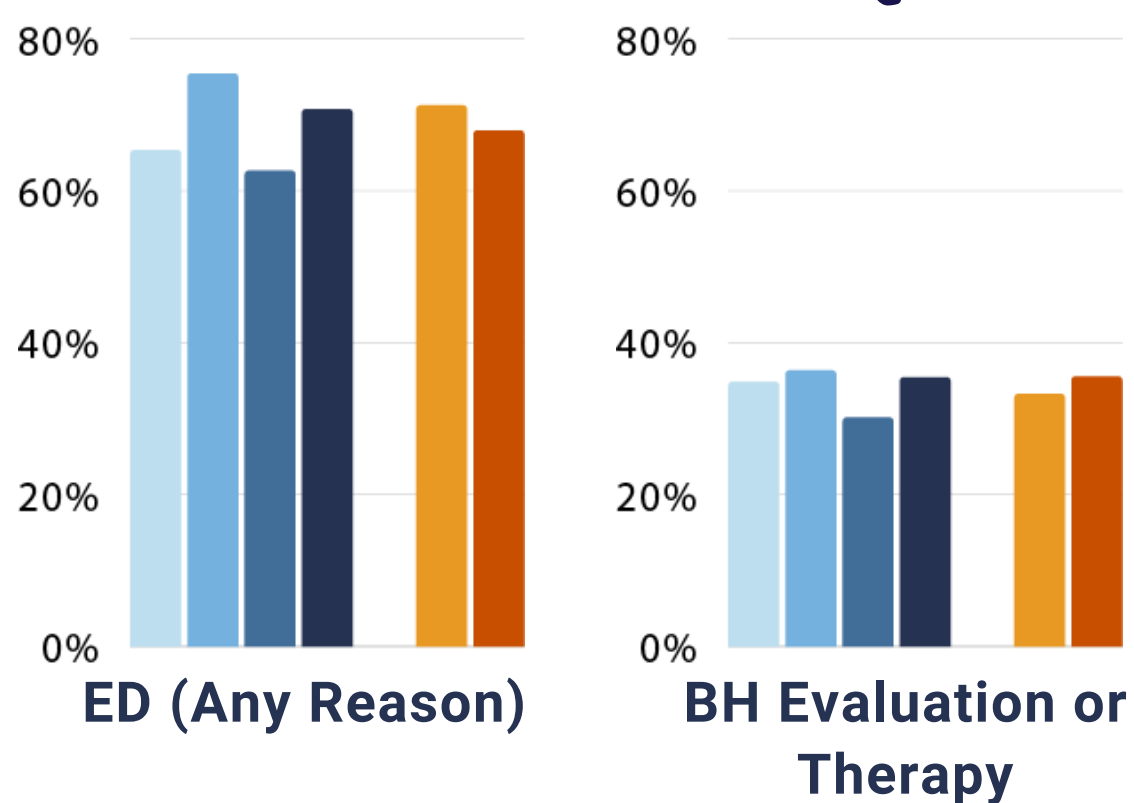
EMERGENCY DEPARTMENT (ED) USE 3X HIGHER FOR PEOPLE WITH BH DIAGNOSIS



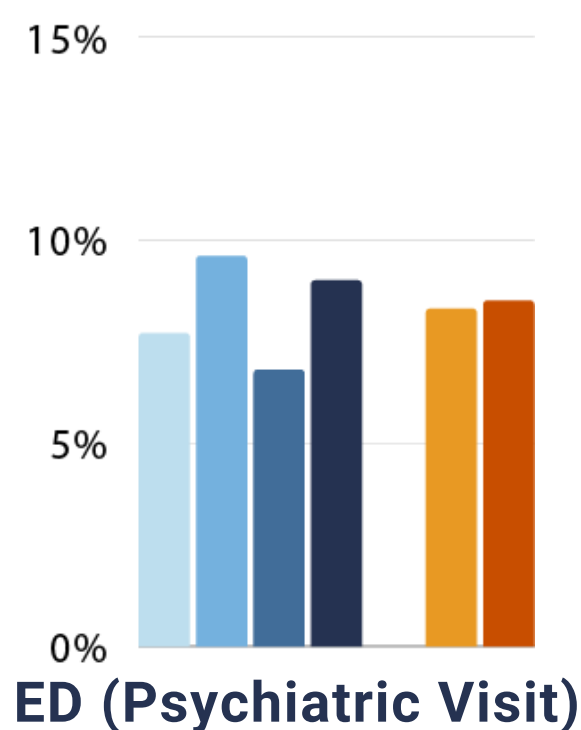
PERCENTAGES ARE BASED ON ADULTS WITH AT LEAST ONE ED VISIT OUT OF ALL ADULTS WITH AND WITHOUT A BH DIAGNOSIS

DISPARITIES IN BEHAVIORAL HEALTH SERVICE USE

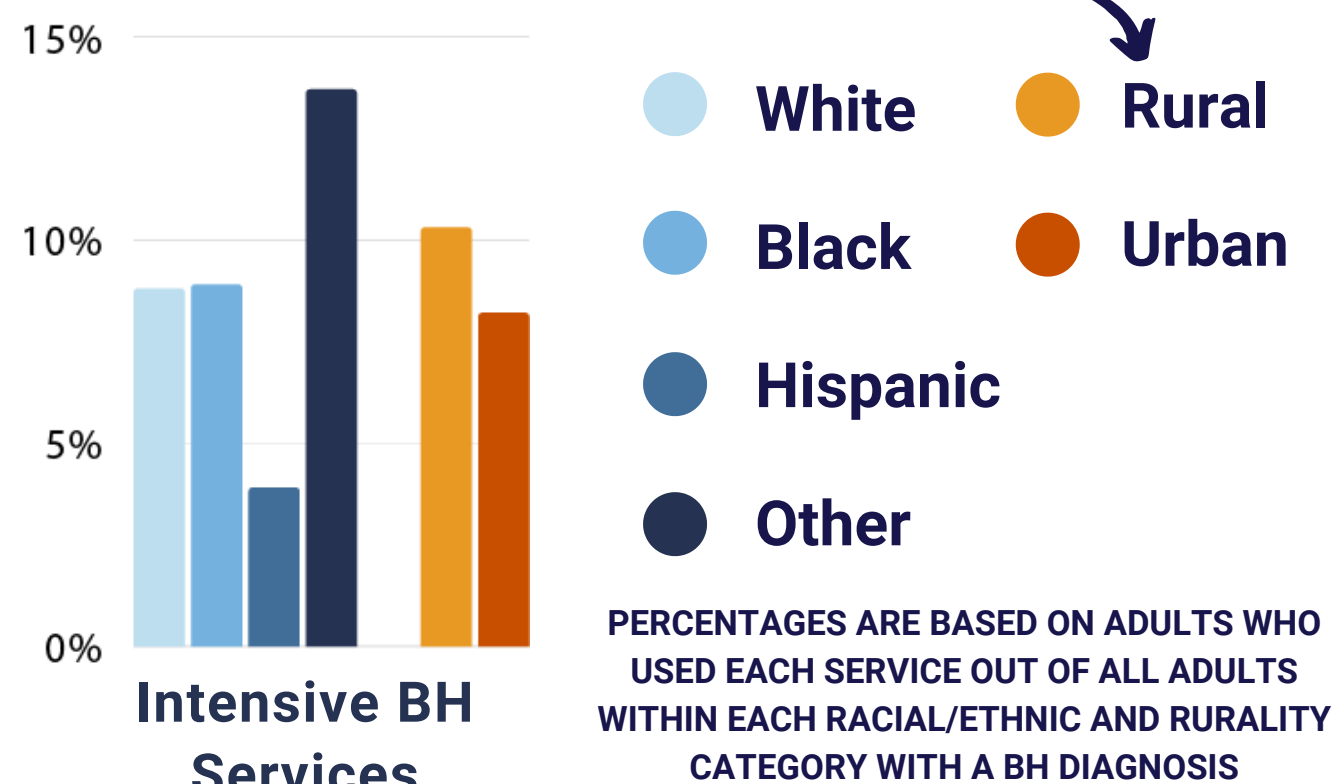
Only about **1 in 3** adults with a BH diagnosis received a BH evaluation or therapy.



Compared to the other racial/ethnic groups, fewer **Hispanic** enrollees received BH services.



More **urban** enrollees received a BH evaluation or therapy, while more **rural** enrollees received more intensive services, like the ED or intensive BH services.



PERCENTAGES ARE BASED ON ADULTS WHO USED EACH SERVICE OUT OF ALL ADULTS WITHIN EACH RACIAL/ETHNIC AND RURALITY CATEGORY WITH A BH DIAGNOSIS

PSYCHIATRIC MEDICATION

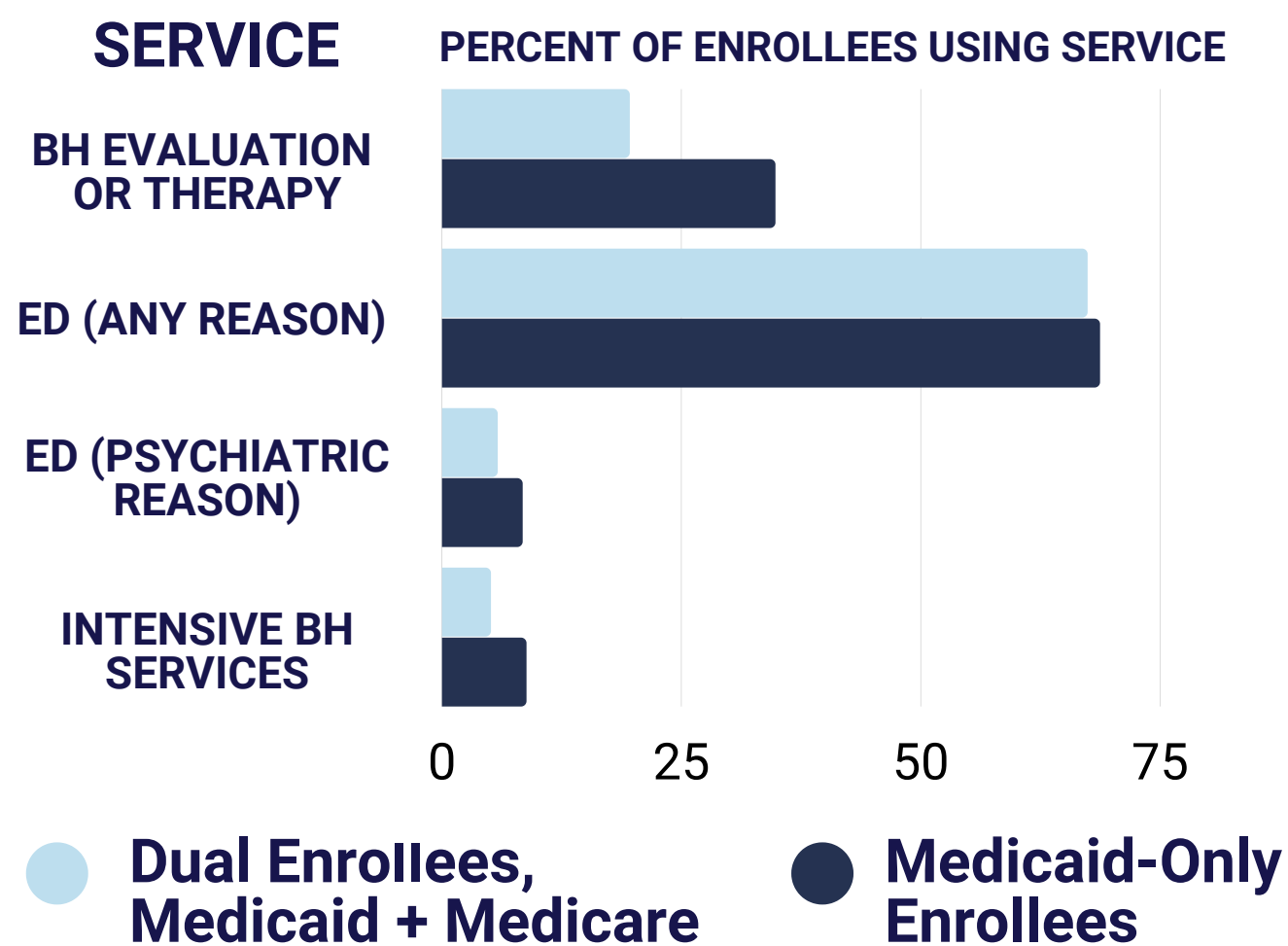
MEDICATION

ANTIDEPRESSANTS	43.3%
BENZODIAZEPINES	21.0%
ANTIPSYCHOTICS	18.6%
STIMULANTS	5.4%
ALPHA AGONISTS	4.0%

PERCENTAGES ARE BASED ON ADULTS WHO RECEIVED EACH PRESCRIPTION TYPE OUT OF MEDICAID-ONLY ENROLLED ADULTS WITH A BH DIAGNOSIS*

*Complete prescription drug information is unavailable for dual enrollees, Medicaid + Medicare.

FEWER DUAL ENROLLEES RECEIVED BH SERVICES THAN MEDICAID-ONLY ENROLLEES



IMPACT

North Carolina's shift to Medicaid managed care in July 2021 may widen disparities. We identified gaps and inequities in behavioral health care that may help stakeholders understand and intervene on the underlying factors that contribute to these differences.

[CLICK HERE FOR MORE INFORMATION](#)