

## APPENDIX

### Appendix Exhibit A1. State Locations of Billing NPIs using Office Ally Claims Data

State	Count of billing NPIs (n=39,214)	Percent
AK	128	0.3%
AL	212	0.5%
AR	115	0.3%
AZ	620	1.6%
CA	11461	29.2%
CO	589	1.5%
CT	611	1.6%
DC	86	0.2%
DE	103	0.3%
FL	1375	3.5%
GA	604	1.5%
HI	265	0.7%
IA	139	0.4%
ID	249	0.6%
IL	1585	4.0%
IN	326	0.8%
KS	190	0.5%
KY	197	0.5%
LA	169	0.4%
MA	1631	4.2%
MD	531	1.4%
ME	289	0.7%
MI	480	1.2%
MN	359	0.9%
MO	370	0.9%
MS	78	0.2%
MT	116	0.3%
NC	775	2.0%
ND	25	0.1%
NE	171	0.4%
NH	336	0.9%
NJ	1125	2.9%
NM	293	0.7%
NV	319	0.8%
NY	2652	6.8%
OH	554	1.4%
OK	244	0.6%

OR	2102	5.4%
PA	744	1.9%
RI	225	0.6%
SC	167	0.4%
SD	62	0.2%
TN	399	1.0%
TX	1398	3.6%
UT	341	0.9%
VA	584	1.5%
VT	319	0.8%
WA	3091	7.9%
WI	278	0.7%
WV	83	0.2%
WY	49	0.1%

Appendix Exhibit A2. Characteristics of Mental Health Encounters (Full Table)

	2016	2017	2018	2020
<b>Unique encounters, no.</b>	23,367,181	25,803,093	27,224,568	25,274,298
<b>Age*</b>				
12-17	2,523,801 (10.8%)	2,841,697 (11.0%)	3,036,246 (11.2%)	2,599,883 (10.3%)
18-24	2,476,237 (10.6%)	2,847,409 (11.0%)	3,118,719 (11.5%)	3,090,588 (12.2%)
25-34	4,493,261 (19.2%)	5,098,660 (19.8%)	5,427,399 (19.9%)	5,340,945 (21.1%)
35-44	4,491,196 (19.2%)	4,914,048 (19.0%)	5,133,182 (18.9%)	4,880,199 (19.3%)
45-54	4,193,469 (17.9%)	4,464,877 (17.3%)	4,528,230 (16.6%)	3,873,029 (15.3%)
55-64	3,157,290 (13.5%)	3,415,132 (13.2%)	3,565,894 (13.1%)	3,153,367 (12.5%)
65+	2,031,927 (8.7%)	2,221,270 (8.6%)	2,414,898 (8.9%)	2,336,287 (9.2%)
<b>Female gender</b>	15,447,150 (66.1%)	17,130,351 (66.4%)	18,051,477 (66.3%)	17,063,856 (67.5%)
<b>Mental health conditions*</b>				
Trauma- and stressor-related disorders	7,111,356 (30.4%)	8,030,748 (31.1%)	8,566,193 (31.5%)	7,950,004 (31.5%)
Depressive disorders	7,738,441 (33.1%)	8,256,971 (32.0%)	8,456,373 (31.1%)	7,483,185 (29.6%)
Anxiety and fear-related disorders	5,212,178 (22.3%)	5,993,218 (23.2%)	6,574,709 (24.1%)	6,645,798 (26.3%)
Bipolar and other mood disorders	1,588,558 (6.8%)	1,684,477 (6.5%)	1,701,084 (6.2%)	1,481,916 (5.9%)
Schizophrenia spectrum and other psychotic disorders	588,350 (2.5%)	639,738 (2.5%)	676,609 (2.5%)	580,791 (2.3%)
Other	1,128,298 (4.8%)	1,197,941 (4.6%)	1,249,600 (4.6%)	1,132,604 (4.5%)
<b>Encounter setting*</b>				
Telehealth	470 (0.0%)	30,799 (0.1%)	80,824 (0.3%)	10,017,789 (39.6%)
<b>Provider type</b>				
Non-Prescriber Specialty MH	17,038,988 (72.9%)	18,706,231 (72.5%)	19,704,013 (72.4%)	17,867,083 (70.7%)
MH Prescriber (Psychiatrist, NP/PA)	2,543,731 (10.9%)	2,713,908 (10.5%)	2,775,491 (10.2%)	2,836,658 (11.2%)
Other Provider/Unspecified	3,212,403 (13.7%)	3,444,745 (13.4%)	3,571,497 (13.1%)	3,564,302 (14.1%)

Appendix Exhibit A3. Changes in Pre- and During-Pandemic Mental Health Utilization, by Population and Condition Group (Full Table)

	2016-2018		2020						
	Mo. Average Total Visits	% of Visits	Mo. Average Total Visits	% of Visits	% Change from 2016-18	Mo. Average In person	% In Person	Mo. Average Telehealth	% Telehealth
Unique encounters, no.	2,122,079		2,106,192		-0.7%	1,271,376	60.4%	834,816	39.6%
<b>Age*</b>									
12-17	233,382	11.0%	216,657	10.3%	-7.2%	131,974	10.4%	84,683	10.1%
18-24	234,510	11.1%	257,549	12.2%	9.8%	146,675	11.5%	110,874	13.3%
25-34	417,203	19.7%	445,079	21.1%	6.7%	248,022	19.5%	197,057	23.6%
35-44	403,845	19.0%	406,683	19.3%	0.7%	237,731	18.7%	168,953	20.2%
45-54	366,294	17.3%	322,752	15.3%	-11.9%	198,058	15.6%	124,695	14.9%
55-64	281,620	13.3%	262,781	12.5%	-6.7%	166,166	13.1%	96,614	11.6%
65+	185,225	8.7%	194,691	9.2%	5.1%	142,751	11.2%	51,940	6.2%
<b>Sex*</b>									
Female	1,406,361	66.3%	1,421,988	67.5%	1.1%	840,471	66.1%	581,517	69.7%
<b>Mental Health Condition*</b>									
Trauma- and stressor-related disorders	658,564	31.0%	662,500	31.5%	0.6%	395,652	31.1%	266,848	32.0%
Depressive disorders	679,216	32.0%	623,599	29.6%	-8.2%	386,165	30.4%	237,434	28.4%
Anxiety and fear-related disorders	493,892	23.3%	553,817	26.3%	12.1%	323,912	25.5%	229,905	27.5%
Bipolar and other mood related disorders	138,170	6.5%	123,493	5.9%	-10.6%	75,716	9.0%	47,777	5.7%
Schizophrenia and other psychotic disorders	52,908	2.5%	48,399	2.3%	-8.5%	34,350	2.7%	14,049	1.7%
Other	99,329	4.7%	94,384	4.5%	-5.0%	55,581	4.4%	38,803	4.6%
<b>Provider Type*</b>									
Other Specialty MH	1,540,256	72.6%	1,488,924	70.7%	-3.3%	871,447	68.5%	617,477	74.0%
MH Prescriber (Psychiatrist, NP/PA)	223,143	10.5%	236,388	11.2%	5.9%	151,594	11.9%	84,795	10.2%
Other Provider	358,680	16.9%	380,880	18.1%	6.2%	199,839	15.7%	120,404	14.4%