

MAINE STATE LEGISLATURE

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IMPACT OF PHYSICIANS
ON THE
MENTAL HEALTH SYSTEM
IN THE
STATE OF MAINE

Pauline M. Gingras
Department of Mental Health & Corrections
Augusta, Maine 04330

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Department of Mental Health and Corrections (Appropriation #1540-1011)

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FOREWORD

This report, which is a reference document providing data on the impact of over 900 physicians on the mental health system in the State of Maine, represents part of the Department's total effort to develop a mental health manpower system. In developing such a system, baseline information will be obtained about the number and characteristics of mental health personnel in the state; also the Department will obtain perceptions on the future needs from all key administrators responsible for the delivery of mental health services in the state. The Department proposes to use both the substantive results of this study and the process developed in the conduct of this study to assist in its manpower planning and program development.

The State of Maine Department of Mental Health and Corrections take this occasion to acknowledge gratefully the cooperation of The Maine Medical Association, and the individual physicians who cooperated in this survey. This study was conducted in the Bureau of Mental Health, William E. Schumacher, M.D., Director, Thomas J. Kane, D.S.W., Chief, Community Mental Health Services.

William F. Kearns, Jr.
Commissioner
Department of Mental Health & Corrections

July 1974

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The author wishes to express her appreciation to the many individuals who provided assistance and direction in this study, especially the cooperation of the Maine Medical Association and to those physicians who provided the data on which this report is based. Richard Hinkley assisted in tabulation of the raw data and in the table preparation. My gratitude is extended to the Bureau of Health who provided the mailing list used in this study. A special thanks is due Milton Levine, Ph.D., National Institute of Mental Health, Washington, D.C., for his technical assistance and encouragement throughout this project.

P.M.G.
7/15/74

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SUMMARY

- During December 1973, 1229 questionnaires were mailed to physicians as part of a special manpower survey conducted by the Department of Mental Health and Corrections. In 1974 there was a response from 1066 physicians; of these, 949 representing 77 percent were qualified for inclusion in this study. Physicians not included were those who were deceased, moved out of state and duplicate returns.

- Some 500 physicians (53 percent) stated that they provide mental health services to their patients. Most physicians (87 percent) prescribed medication and three-quarters (74 percent) provided counseling in treating these patients.

- Of all physicians responding, 762 (80 percent) referred some 10,600 patients in 1973 for mental health services, with the Cumberland Area referring the largest number of patients, almost 2,100 annually. Physicians in the state made referrals primarily to psychiatrists in private practice (80 percent) and to community mental health centers (77 percent).

- Almost a quarter (23 percent) of all physicians would like to increase their capability to provide mental health services directly to their patients.
 - of the 500 physicians currently providing direct services related to the mental health of their patients, 39 percent want to increase their capability.

 - of the 400 physicians not currently providing such services 7 percent want to increase their capability to provide mental health services directly.

INTRODUCTION

This report, based on responses received in 1974 of physicians in the State of Maine, contains data on the number of physicians providing direct services related to the mental health problems of their patients, the number of physicians who are providing these services in private practice and/or in an organized facility, the kinds of mental health services being provided, where physicians refer their patients for mental health services, and whether these physicians would like to increase their capability to provide mental health services directly. This is the first study of physicians conducted by the Department of Mental Health and Corrections in cooperation with the Department of Health and Welfare and the Maine Medical Association.

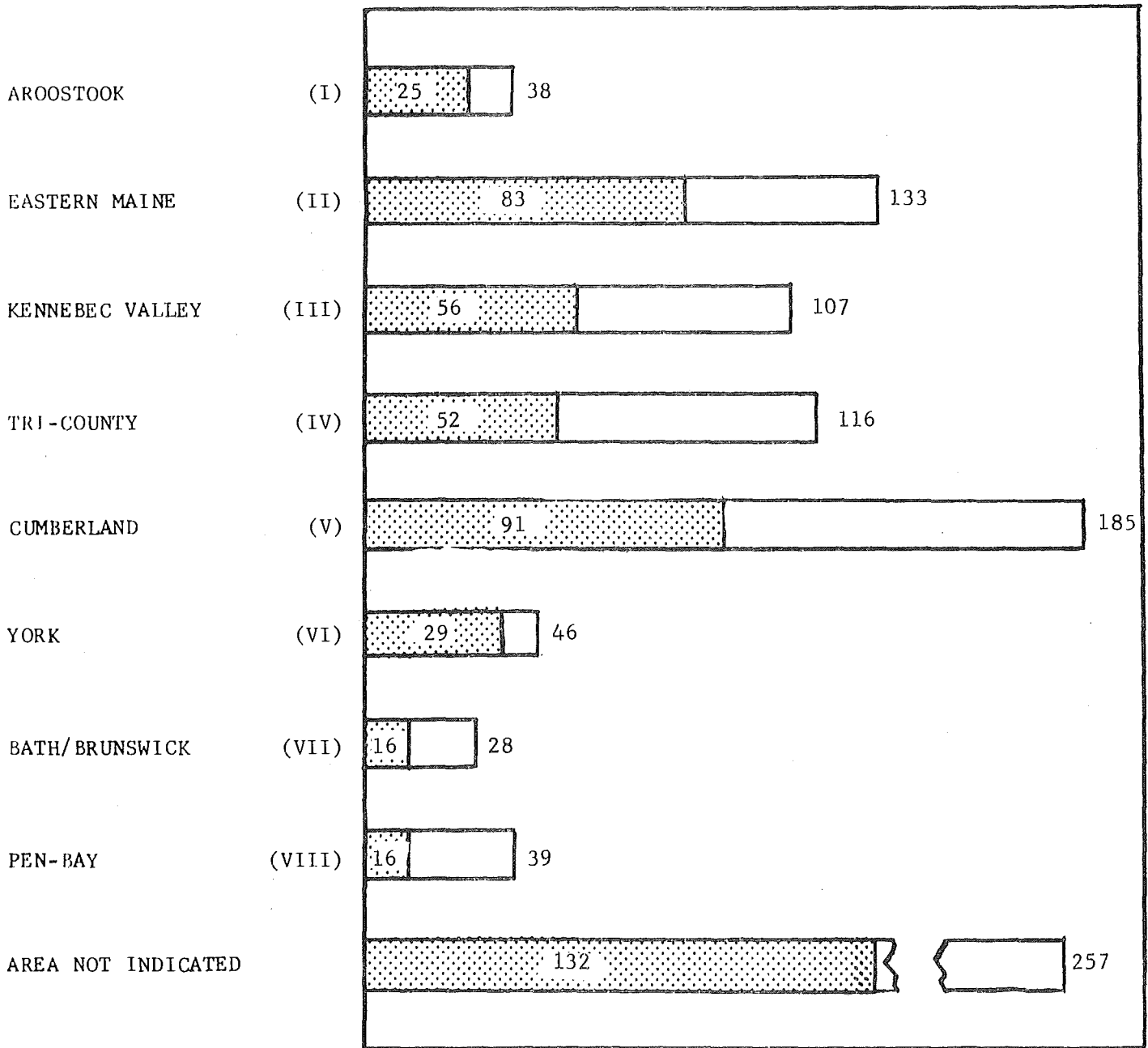
The Department of Mental Health and Corrections conducted this survey of physicians as part of a greater effort to study the mental health manpower development and utilization system in the State of Maine. This report presents data on physicians in three parts: in part I a broad perspective is presented in a series of charts; more specific, although selective tables are presented in part II; and detailed statistical tables are provided in part III. The technical notes in appendix A contain information on the survey methodology, coverage, concepts, and definitions. The questionnaire and cover letter used in the survey are reproduced in appendix B.

PART I. GRAPHIC HIGHLIGHTS

NOTES

- Percent details shown in these charts may not add up to totals because of rounding
- Numerical basis for percentages was the total 949 physicians responding to the Mental Health Manpower Survey, 1974
- Psychiatrists were not included in this study

GEOGRAPHIC DISTRIBUTION OF PHYSICIANS



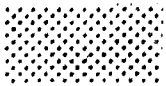
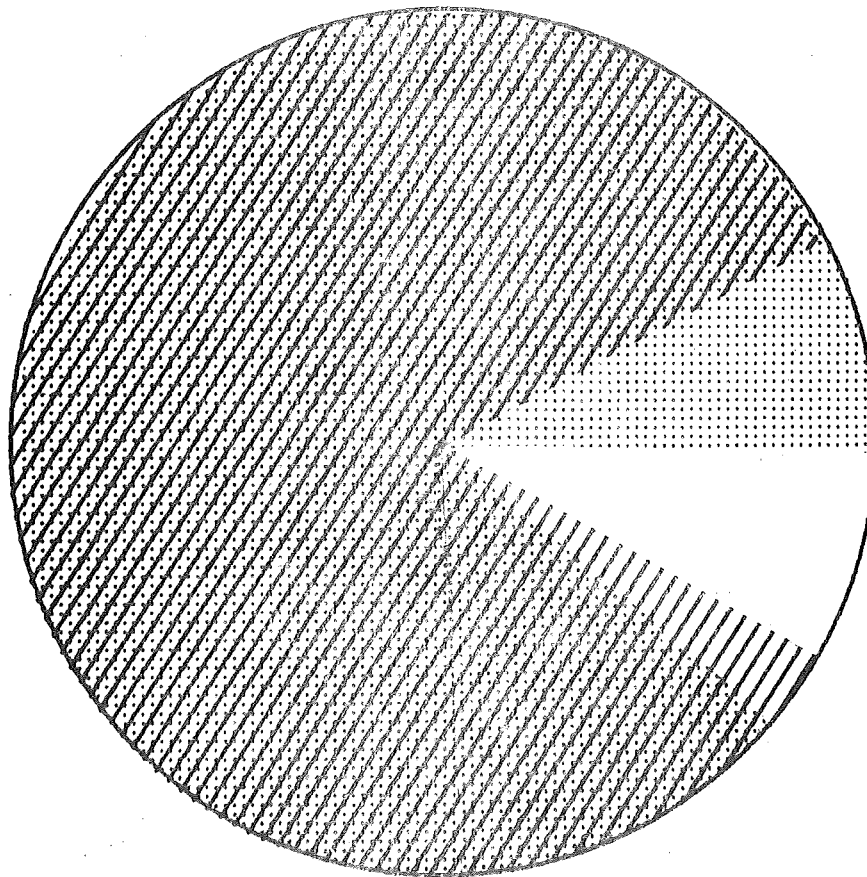
TOTAL NUMBER OF PHYSICIANS (STATE TOTAL 949)



NUMBER OF PHYSICIANS PROVIDING SERVICES DIRECTLY RELATED TO MENTAL HEALTH PROBLEMS (STATE TOTAL 500)

SOURCE: Maine Department of Mental Health and Corrections, Manpower Survey of Physicians, 1974.

TYPE OF MENTAL HEALTH TREATMENT PROVIDED BY PHYSICIANS



Medication: 89 percent



Counseling: 76 percent



Other: 8 percent

NOTE: Based on 484 physicians.

NOTE: The 484 physicians providing mental health treatment reported more than one type.

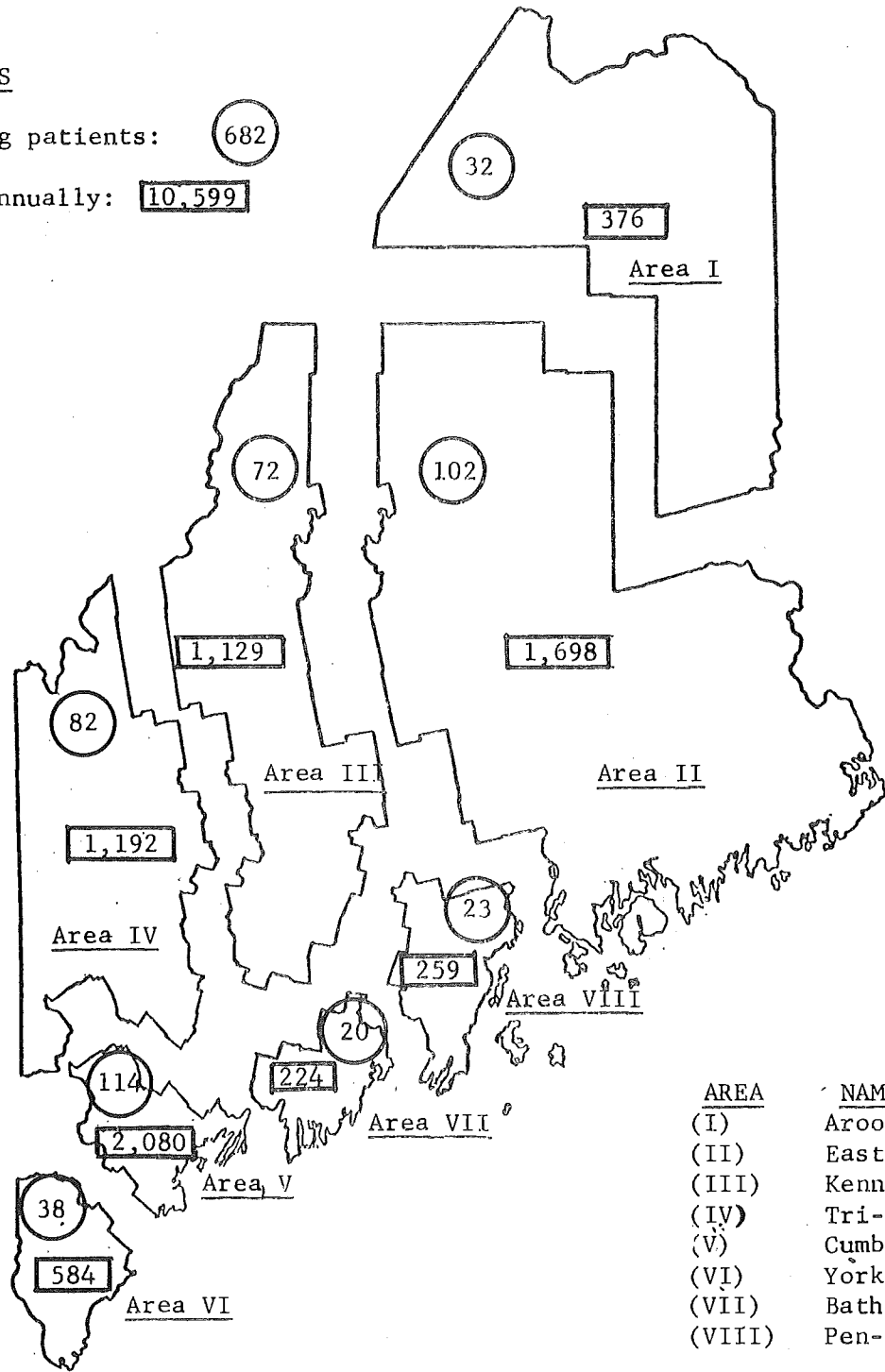
SOURCE: Department of Mental Health and Corrections, Manpower Survey of Non-Mental Health Facilities, 1974.

PHYSICIANS REFERRING CLIENTS TO OTHERS FOR MENTAL HEALTH SERVICES

STATE TOTALS

Physicians referring patients: 682

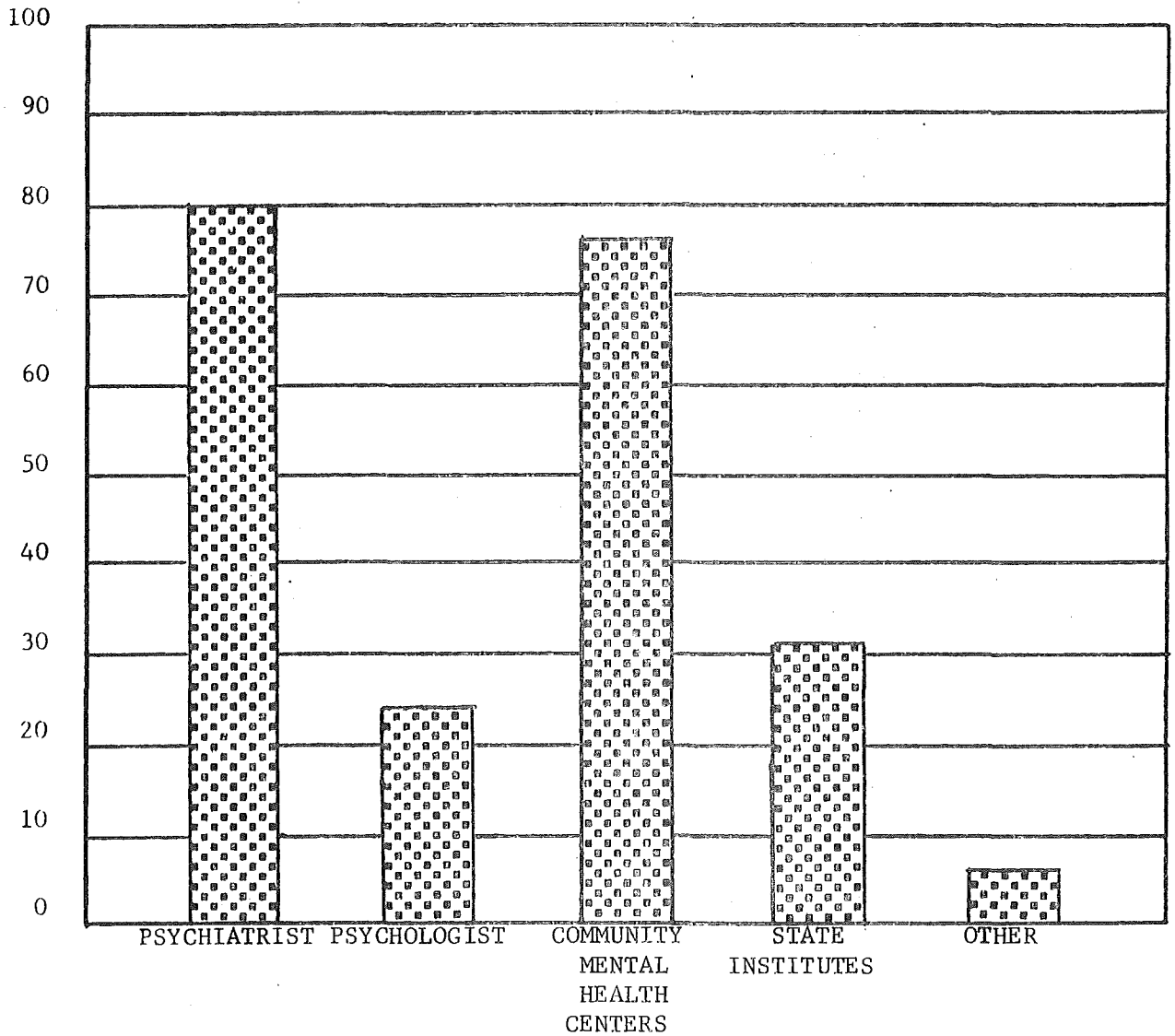
Patients referred annually: 10,599



SOURCE: Maine Department of Mental Health and Corrections, Manpower Survey of Physicians, 1974.

PHYSICIAN REFERRALS FOR MENTAL HEALTH SERVICES

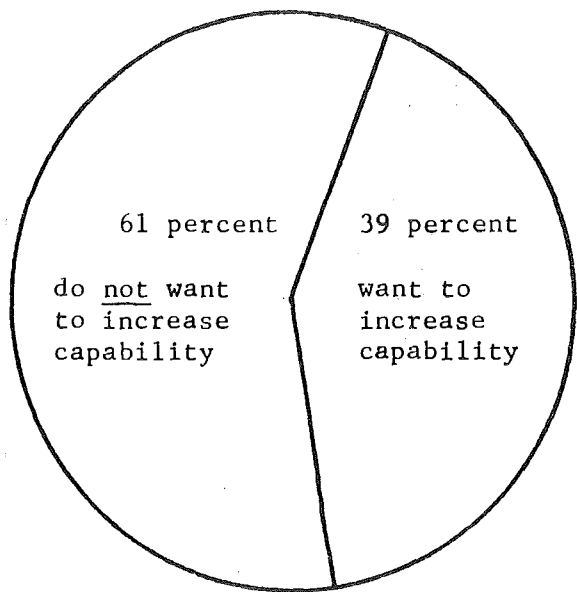
PERCENT



NOTE: Data based on 949 physicians.

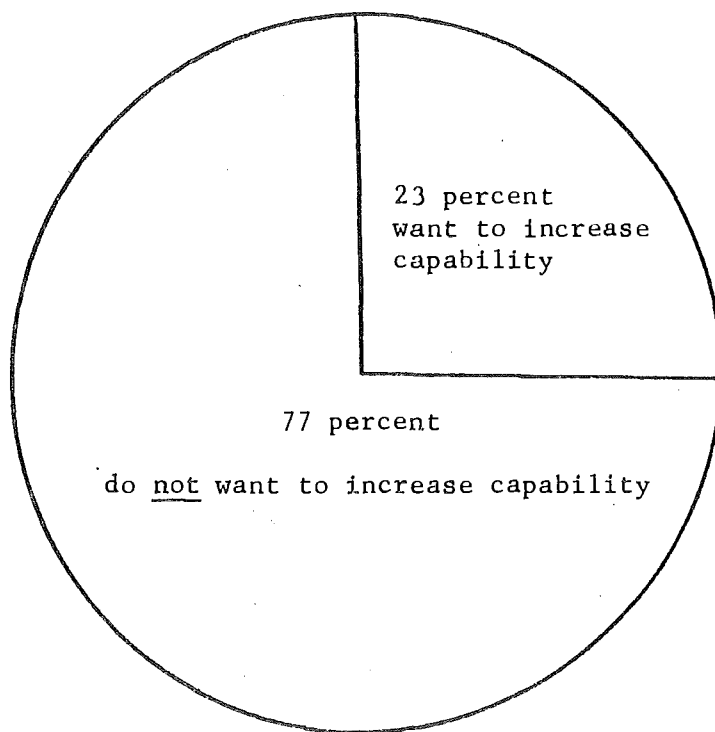
SOURCE: Department of Mental Health and Corrections, Manpower Survey of Non-Mental Health Facilities, 1974.

PHYSICIANS DESIRE FOR INCREASE CAPABILITY TO PROVIDE MENTAL HEALTH SERVICES DIRECTLY

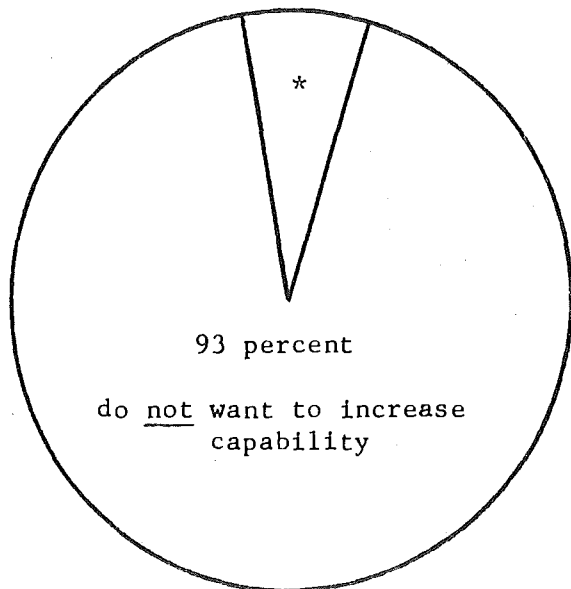


500 physicians providing services at present

* 7 percent
want to increase capability



949 total number of physicians



400 physicians not providing services at present

NOTE: No report is included in "do not want capability."

SOURCE: Maine Department of Mental Health and Corrections, Manpower Survey of Physicians, 1974.

PART II. SUMMARY TABLES

NOTES

- Percent details may not add to totals because of rounding
- Data, unless otherwise indicated, are based on the total of 949 physicians
- Geographic distributions - geographic areas reported here are based on county boundaries and vary slightly from the geographic areas as used by the State Planning Office
- For additional definitions see Technical Notes, appendix A

GEOGRAPHIC AREA

STATE TOTAL

	TOTAL	PERCENT
Total Physicians	949	100
Provide mental health services	500	53
Make referrals for mental health services	762	80
To:		
Psychiatrist in private practice	607	80
Community Mental Health Centers	584	77
Psychologist	183	24
State Institutes	240	31
Other	49	6
Number of patients referred	10,599*	..
Like to increase mental health capability	223	23

Eighty percent of the physicians refer their patients for mental health services primarily to psychiatrists in private practice and to community mental health centers.

Almost 3/4 of the physicians providing mental health services used counseling as a form of treatment.

PHYSICIANS PROVIDING MENTAL HEALTH SERVICES	TOTAL	PERCENT
Total	500	100
Place of practice:		
private practice only	390	78
organized facility only	35	7
both	71	14
Kind of services: diagnosis	440	88
treatment	484	97
Type of treatment: medication	433	87
counseling	370	74
other	32	6

* Does not include 2 referrals: one of 1000/year and one of 2500/year.

AROOSTOOK (I)

	TOTAL	PERCENT
Total Physicians	38	100
Provide mental health services	25	66
Make referrals for mental health services	34	89
To:		
Psychiatrist in private practice	22	65
Community Mental Health Centers	26	76
Psychologist	3	9
State Institutes	6	18
Other	2	6
Number of patients referred	376	-
Like to increase mental health capability	9	24

Of all the areas in which physicians provide mental health services, Aroostook had the highest proportion, about 2/3. None of the 25 physicians that provided mental health services practiced in an organized facility.

PHYSICIANS PROVIDING MENTAL HEALTH SERVICES	TOTAL	PERCENT
Total	25	100
Place of practices:		
private practice only	25	100
organized facility only	-	-
both	-	-
Kind of services: diagnosis	21	84
treatment	24	96
Type of treatment: medication	20	80
counseling	13	52
other	-	-

EASTERN MAINE (II)

	TOTAL	PERCENT
Total Physicians	133	100
Provide mental health services	83	62
Make referrals for mental health services	110	83
To:		
Psychiatrist in private practice	87	79
Community Mental Health Centers	62	56
Psychologist	28	25
State Institutes	50	45
Other	10	9
Number of patients referred	1,698	-
Like to increase mental health capability	38	29

Of the 83 physicians providing mental health services in Eastern Maine 4/5 used counseling as a form of treatment.

Of those physicians who practiced in an organized facility only, Eastern Maine reported the greatest number (11).

PHYSICIANS PROVIDING MENTAL HEALTH SERVICES	TOTAL	PERCENT
Total	83	100
Place of practice:		
private practice only	64	77
organized facility only	11	13
both	8	10
Kind of services: diagnosis	72	87
treatment:	80	96
Type of treatments: medication	75	90
counseling	69	83
other	5	6

KENNEBEC VALLEY (III)

	TOTAL	PERCENT
Total Physicians	107	100
Provide mental health services	56	52
Make referrals for mental health services	83	78
To:		
Psychiatrist in private practice	62	75
Community Mental Health Centers	71	86
Psychologist	21	25
State Institutes	27	33
Other	5	6
Number of patients referred	1,129	
Like to increase mental health capability	28	26

About 60 percent of the physicians in Kennebec Valley provided mental health services in private practice, the lowest proportion of any geographic area. Almost a quarter of the physicians in Kennebec Valley provided such services in both private practice and in organized facilities.

PHYSICIANS PROVIDING MENTAL HEALTH SERVICES	TOTAL	PERCENT
Total	56	100
Place of practice:		
private practice only	33	59
organized facility only	10	18
both	13	23
Kind of services: diagnosis	47	84
treatment	54	96
Type of treatment: medication	52	93
counseling	43	77
other	7	13

TRI-COUNTY (IV)

	TOTAL	PERCENT
Total Physicians	116	100
Provide mental health services	52	45
Make referrals for mental health services	93	80
To:		
Psychiatrist in private practice	72	77
Community Mental Health Centers	80	86
Psychologist	21	23
State Institutes	18	19
Other	2	2
Number of patients referred	1,192	-
Like to increase mental health capability	17	15

Physicians in this area made 86 percent of their referrals to community mental health centers.

PHYSICIANS PROVIDING MENTAL HEALTH SERVICES	TOTAL	PERCENT
Total	52	100
Place of practice:		
private practice only	39	75
organized facility only	2	4
both	10	19
Kind of services: diagnosis	47	90
treatment	50	96
Type of treatment: medication	41	79
counseling	40	77
other	5	10

CUMBERLAND (V)

	TOTAL	PERCENT
Total Physicians	185	100
Provide mental health services	91	49
Make referrals for mental health services	129	70
To:		
Psychiatrist in private practice	107	83
Community Mental Health Centers	101	78
Psychologist	43	33
State Institutes	31	24
Other	15	12
Number of patients referred	2,080	-
Like to increase mental health capability	40	22

The Cumberland area has both the largest number of physicians providing mental health services in the state (91) and on the average, refers the greatest number of patients (almost 2,100 annually).

PHYSICIANS PROVIDING MENTAL HEALTH SERVICES	TOTAL	PERCENT
Total	91	100
Place of practice:		
private practice only	69	76
organized facility only	9	10
both	12	13
Kind of services: diagnosis	81	89
treatment	88	97
Type of treatment: medication	79	87
counseling	67	74
other	6	7

GEOGRAPHIC AREA

YORK (VI)

	TOTAL	PERCENT
Total Physicians	46	100
Provide mental health services	29	63
Make referrals for mental health services	43	93
To:		
Psychiatrist in private practice	34	79
Community Mental Health Centers	31	72
Psychologist	8	19
State Institutes	13	30
Other	3	7
Number of patients referred	584	-
Like to increase mental health capability	14	30

Although 3/5 of the physicians in York provide mental health services, 30 percent of all physicians in this area would like to increase their capability to provide mental health services directly.

PHYSICIANS PROVIDING MENTAL HEALTH SERVICES	TOTAL	PERCENT
Total	29	100
Place of practices:		
private practice only	24	83
organized facility only	1	3
both	4	14
Kind of services: diagnosis	27	93
treatment	28	97
Type of treatment: medication	18	62
counseling	21	72
other	2	7

BATH-BRUNSWICK (VII)

	TOTAL	PERCENT
Total Physicians	28	100
Provide mental health services	16	57
Make referrals for mental health services	20	71
To:		
Psychiatrist in private practice	15	75
Community Mental Health Centers	15	75
Psychologist	6	30
State Institutes	13	65
Other	-	-
Number of patients referred	224	-
Like to increase mental health capability	4	14

The Bath-Brunswick area has the lowest proportion of physicians of those providing mental health services, and also of those making referrals for mental health services.

PHYSICIANS PROVIDING MENTAL HEALTH SERVICES	TOTAL	PERCENT
Total	16	100
Place of practice:		
private practice only	15	94
organized facility only	-	-
both	1	6
Kind of services: diagnosis	15	94
treatment	16	100
Type of treatment: medication	15	94
counseling	13	81
other	-	-

PEN-BAY (VIII)

	TOTAL	PERCENT
Total Physicians	39	100
Provide mental health services	16	41
Make referrals for mental health services	28	72
To:		
Psychiatrist in private practice	23	82
Community Mental Health Centers	24	86
Psychologist	5	18
State Institutes	14	50
Other	3	11
Number of patients referred	259	-
Like to increase mental health capability	8	21

Some 1/5 of the 39 physicians in the area would like to increase their capability to provide mental health services directly.

PHYSICIANS PROVIDING MENTAL HEALTH SERVICES	TOTAL	PERCENT
Total	16	100
Place of practice:		
private practice only	14	88
organized facility only	1	6
both	1	6
Kind of services: diagnosis	12	75
treatment	16	100
Type of treatment: medication	15	94
counseling	12	75
other	2	13

AREA NOT INDICATED

	TOTAL	PERCENT
Total Physicians	257	100
Provide mental health services	132	51
Make referrals for mental health services	222	86
To:		
Psychiatrist in private practice	185	83
Community Mental Health Centers	174	78
Psychologist	48	22
State Institutes	66	30
Other	9	4
Number of patients referred	3,057	-
Like to increase mental health capability	65	25

Of the 949 physicians in this survey, 257 did not indicate their address. These physicians refer approximately 3,100 patients for mental health services annually.

PHYSICIANS PROVIDING MENTAL HEALTH SERVICES	TOTAL	PERCENT
Total	132	100
Place of practice:		
private practice only	107	81
organized facility only	1	1
both	22	17
Kind of services: diagnosis	118	89
treatment	128	97
Type of treatment: medication	118	89
counseling	92	70
other	5	3

PART III. DETAILED STATISTICAL TABLES

TABLE 1. NUMBER OF PHYSICIANS REPORTING WHETHER THEY PROVIDE "SELECTED SERVICES", BY GEOGRAPHIC AREA, STATE OF MAINE, 1974.

Geographic Area	Total Physicians	Do provide services	Do not provide services	No report
STATE TOTAL	949	500	400	49
AROOSTOOK (I)	38	25	11	2
Aroostook	38	25	11	2
EASTERN MAINE (II)	133	83	44	6
Hancock	25	18	6	1
Penobscot	86	46	37	3
Piscataquis	11	11	-	-
Washington	11	8	1	2
KENNEBEC VALLEY (III)	107	56	48	3
Kennebec	90	45	42	3
Somerset	17	11	6	-
TRI-COUNTY (IV)	116	52	59	5
Androscoggin	70	28	40	2
Franklin	16	6	9	1
Oxford	30	18	10	2
CUMBERLAND (V)	185	91	80	14
Cumberland	185	91	80	14
YORK (VI)	46	29	17	-
York	46	29	17	-
BATH/BRUNSWICK (VIII)	28	16	7	5
Lincoln	18	11	4	3
Sagadahoc	10	5	3	2
PEN-BAY (VII)	39	16	17	6
Knox	30	14	13	3
Waldo	9	2	4	3
AREA NOT INDICATED	257	132	117	8

NOTE: "Selected services" means direct services related to mental health problems of patients.

SOURCE: Department of Mental Health and Corrections, Manpower Survey of Physicians, 1974.

TABLE 2. NUMBER AND PERCENT OF PHYSICIANS PROVIDING "SELECTED SERVICES", BY GEOGRAPHIC AREA, STATE OF MAINE, 1974

Geographic Area	Number of physicians	Percent
STATE TOTAL	500	52.7
AROOSTOOK (I)	25	65.8
Aroostook	25	65.8
EASTERN MAINE (II)	83	62.4
Hancock	18	72.0
Penobscot	46	53.5
Piscataquis	11	100.0
Washington	8	72.7
KENNEBEC VALLEY (III)	56	52.3
Kennebec	45	50.0
Somerset	11	64.7
TRI-COUNTY (IV)	52	44.8
Androscoggin	28	40.0
Franklin	6	37.5
Oxford	18	60.0
CUMBERLAND	91	49.2
Cumberland	91	49.2
YORK (VI)	29	63.0
York	29	63.0
BATH/BRUNSWICK (VII)	16	57.1
Lincoln	11	61.1
Sagadahoc	5	50.0
PEN-BAY (VIII)	16	41.0
Knox	14	46.7
Waldo	2	22.2
AREA NOT INDICATED	132	51.4

NOTE: "Selected services" means direct services related to mental health problems of patients.

SOURCE: Department of Mental Health and Corrections, Manpower Survey of Physicians, 1974.

TABLE 3. NUMBER OF PHYSICIANS PROVIDING "SELECTED SERVICES" BY PLACE OF PRACTICE, BY GEOGRAPHIC AREA, STATE OF MAINE, 1974.

Geographic Area	Number of physicians providing "selected services"	Place of practice		
		Private practice only	Organized facility only	Both
STATE TOTAL	500	390	35	71
AROOSTOOK (I)	25	25	-	-
Aroostook	25	25	-	-
EASTERN MAINE (II)	83	64	11	8
Hancock	18	17	-	1
Penobscot	46	33	8	5
Piscataquis	11	8	2	1
Washington	8	6	1	1
KENNEBEC VALLEY (III)	56	33	10	13
Kennebec	45	26	10	9
Somerset	11	7	-	4
TRI-COUNTY (IV)	52	39	2	10
Androscoggin	28	21	2	5
Franklin	6	6	-	-
Oxford	18	12	-	5
CUMBERLAND (V)	91	69	9	12
Cumberland	91	69	9	12
YORK (VI)	29	24	1	4
York	29	24	1	4
BATH/BRUNSWICK (VII)	16	15	-	1
Lincoln	11	10	-	1
Sagadahoc	5	5	-	-
PEN-BAY (VIII)	16	14	1	1
Knox	14	12	1	1
Waldo	2	2	-	-
AREA NOT INDICATED	132	107	1	22

NOTE: "Selected services" means direct services related to mental health problems of patients.

SOURCE: Department of Mental Health and Corrections, Manpower Survey of Physicians, 1974.

TABLE 4. KIND OF "SELECTED SERVICES" PHYSICIANS PROVIDED, BY GEOGRAPHIC AREA, STATE OF MAINE, 1974.

Geographic Area	Number of physicians providing "selected services"	Kind of "selected services" provided*					
		Diagnosis			Treatment		
		Yes	No	No report	Yes	No	No report
STATE TOTAL	500	440	10	50	484	6	10
AROOSTOOK (I)	25	21	1	3	24	-	1
Aroostook	25	21	1	3	24	-	1
EASTERN MAINE (II)	83	72	3	8	80	1	2
Hancock	18	17	-	1	18	-	-
Penobscot	46	39	3	4	45	-	1
Piscataquis	11	8	-	3	9	1	1
Washington	8	8	-	-	8	-	-
KENNEBEC VALLEY (III)	56	47	2	7	54	1	1
Kennebec	45	38	2	5	44	1	-
Somerset	11	9	-	2	10	-	1
TRI-COUNTY (IV)	52	47	-	5	50	-	2
Androscoggin	28	27	-	1	26	-	2
Franklin	6	4	-	2	6	-	-
Oxford	18	16	-	2	18	-	-
CUMBERLAND (V)	91	81	3	7	88	2	1
Cumberland	91	81	3	7	88	2	1
YORK (VI)	29	27	1	1	28	1	-
York	29	27	1	1	28	1	-
BATH/BRUNSWICK (VII)	16	15	-	1	16	-	-
Lincoln	11	10	-	1	11	-	-
Sagadahoc	5	5	-	-	5	-	-
PEN-BAY (VIII)	16	12	-	4	16	-	-
Knox	14	10	-	4	14	-	-
Waldo	2	2	-	-	2	-	-
AREA NOT INDICATED	132	118	-	14	128	1	3

* These data provide separately the number of physicians engaged in diagnosis and treatment; it should be noted that both kinds of activities were reported by individual physicians.

SOURCE: Department of Mental Health and Corrections, Manpower Survey of Physicians, 1974.

TABLE 5. TYPE OF MENTAL HEALTH TREATMENT PROVIDED BY PHYSICIANS,
BY GEOGRAPHIC AREA, STATE OF MAINE, 1974.

Geographic Area	Number of physicians providing M. H. treatment	Type of mental health treatment*			
		Prescribing medication	Counseling	Other	No report
STATE TOTAL	484	433	370	32	9
AROOSTOOK (I)	24	20	13	-	1
Aroostook	24	20	13	-	1
EASTERN MAINE (II)	80	75	69	5	-
Hancock	18	18	17	1	-
Penobscot	45	40	38	3	-
Piscataquis	9	9	7	-	-
Washington	8	8	7	1	-
KENNEBEC VALLEY (III)	54	52	43	7	-
Kennebec	44	43	34	7	-
Somerset	10	9	9	-	-
TRI-COUNTY (IV)	50	41	40	5	1
Androscoggin	26	26	21	5	-
Franklin	6	4	4	-	1
Oxford	18	11	15	-	-
CUMBERLAND (V)	88	79	67	6	1
Cumberland	88	79	67	6	1
YORK (VI)	28	18	21	2	3
York	28	18	21	2	3
BATH/BRUNSWICK (VII)	16	15	13	-	1
Lincoln	11	11	9	-	-
Sagadahoc	5	4	4	-	1
PEN-BAY (VIII)	16	15	12	2	-
Knox	14	13	10	2	-
Waldo	2	2	2	-	-
AREA NOT INDICATED	128	118	92	5	2

* It should be noted that more than one type of treatment was reported by individual physicians.

TABLE 6. NUMBER OF PHYSICIANS REFERRING PATIENTS FOR MENTAL HEALTH SERVICES, BY GEOGRAPHIC AREA, STATE OF MAINE, 1974.

Geographic Area	Total physicians	Do refer patients	Do not refer patients	No report
STATE TOTAL	949	762	102	85
AROOSTOOK (I)	38	34	2	2
Aroostook	38	34	2	2
EASTERN MAINE (II)	133	110	10	13
Hancock	25	21	3	1
Penobscot	86	70	6	10
Piscataquis	11	11	-	-
Washington	11	8	1	2
KENNEBEC VALLEY (III)	107	83	17	7
Kennebec	90	67	16	7
Somerset	17	16	1	-
TRI-COUNTY (IV)	116	93	14	9
Androscoggin	70	52	12	6
Franklin	16	14	1	1
Oxford	30	27	1	2
CUMBERLAND (V)	185	129	31	25
Cumberland	185	129	31	25
YORK (VI)	46	43	3	-
York	46	43	3	-
BATH/BRUNSWICK (VII)	28	20	3	5
Lincoln	18	13	2	3
Sagadoc	10	7	1	2
PEN-BAY (VIII)	39	28	2	9
Knox	30	23	1	6
Waldo	9	5	1	3
AREA NOT INDICATED	257	222	20	15

SOURCE: Department of Mental Health and Corrections, Manpower Survey of Physicians, 1974.

TABLE 7. NUMBER OF PHYSICIANS MAKING REFERRALS, BY PLACE OF REFERRAL, AND BY GEOGRAPHIC AREA, STATE OF MAINE, 1974:

Geographic Area	Number of physicians making referrals	Place of referral				
		PPP	CMHC	P	SI	Other
STATE TOTAL	762	607	584	183	240	49
AROOSTOOK (I)	34	22	26	3	6	2
Aroostook	34	22	26	3	6	2
EASTERN MAINE (II)	110	87	62	28	50	10
Hancock	21	15	16	8	12	1
Penobscot	70	57	35	14	26	7
Piscataquis	11	9	7	5	7	-
Washington	8	6	4	1	5	2
KENNEBEC VALLEY (III)	83	62	71	21	27	5
Kennebec	67	49	59	18	19	5
Somerset	16	13	12	3	8	-
TRI-COUNTY	93	72	80	21	18	2
Androscoggin	52	41	46	10	8	2
Franklin	14	7	11	5	3	-
Oxford	27	24	25	6	7	-
CUMBERLAND (V)	129	107	101	43	31	15
Cumberland	129	107	101	43	31	15
YORK (VI)	43	34	31	8	15	3
York	43	34	31	8	15	3
BATH/BRUNSWICK (VII)	20	15	15	6	13	-
Lincoln	13	9	11	3	10	-
Sagadahoc						
PEN-BAY (VIII)	28	23	24	5	14	3
Knox	23	20	19	5	11	3
Waldo	5	3	5	-	3	-
AREA NOT INDICATED	222	185	174	48	66	9

NOTE: PPP: Psychiatrist in private practice P: Psychologist
 CMHC: Community Mental Health Centers SI: State institutes

SOURCE: Department of Mental Health and Corrections, Manpower Survey of Physicians, 1974.

TABLE 8. NUMBER OF PATIENTS AND AVERAGE NUMBER PER PHYSICIAN REFERRED ANNUALLY, BY GEOGRAPHIC AREA, STATE OF MAINE, 1974.

Geographic Area	Number of physicians making referrals	Number of Patients referred	Average number of patients per physician
STATE TOTAL	682*	10,599**	15.5
AROOSTOOK (I)	32	376	11.8
Aroostook	32	376	11.8
EASTERN MAINE (II)	102	1,698	16.6
Hancock	20	310	15.5
Penobscot	65	1,188	18.3
Piscataquis	11	101	9.2
Washington	6	99	16.5
KENNEBEC VALLEY (III)	72	1,129	15.7
Kennebec	56	889	15.9
Somerset	16	240	15.0
TRI-COUNTY (IV)	81	1,192	14.7
Androscoggin	47	626	13.3
Franklin	11	179	16.3
Oxford	23	387	16.8
CUMBERLAND (V)	114	2,080	18.2
Cumberland	114	2,080	18.2
YORK (VI)	38	584	15.4
York	38	584	15.4
BATH/BRUNSWICK (VII)	20	224	11.2
Lincoln	13	103	7.9
Sagadahoc	7	121	17.3
PEN-BAY (VIII)	23	259	11.3
Knox	19	236	12.4
Waldo	4	23	5.8
AREA NOT INDICATED	200	3,057	15.3

*NOTE: Does not include 78 physicians who did not provide referral information and two physicians whose data were not used.

**NOTE: Does not include information provided by two physicians; one referral of 1000 patients per year and one of 2500 patients per year.

SOURCE: Department of Mental Health and Corrections, Manpower Survey of Physicians, 1974.

TABLE 9 . NUMBER OF PHYSICIANS REPORTING WHETHER THEY WOULD LIKE TO INCREASE THEIR CAPABILITY TO PROVIDE MENTAL HEALTH SERVICES DIRECTLY, BY GEOGRAPHIC AREA, STATE OF MAINE, 1974.

Geographic Area	Total physicians	Would like to increase capability	Would not like to increase capability	No report
STATE TOTAL	949	223	576	150
AROOSTOOK (I)	38	9	25	4
Aroostook	38	9	25	4
EASTERN MAINE (II)	133	38	69	26
Hancock	25	6	13	6
Penobscot	86	24	46	16
Piscataquis	11	4	7	-
Washington	11	4	3	4
KENNEBEC VALLEY (III)	107	28	62	17
Kennebec	90	22	52	16
Somerset	17	6	10	1
TRI-COUNTY (IV)	116	17	82	17
Androscoggin	70	7	52	11
Franklin	16	3	11	2
Oxford	30	7	19	4
CUMBERLAND (V)	185	40	108	37
Cumberland	185	40	108	37
YORK (VI)	46	14	29	3
York	46	14	29	3
BATH/BRUNSWICK (VII)	28	4	19	5
Lincoln	18	2	13	3
Sagadahoc	10	2	6	2
PEN-BAY (VIII)	39	8	22	9
Knox	30	7	17	6
Waldo	9	1	5	3
AREA NOT INDICATED	257	65	160	32

SOURCE: Department of Mental Health and Corrections, Manpower Survey of Physicians, 1974.

TABLE 10. NUMBER AND PERCENT OF PHYSICIANS REPORTING WHETHER THEY PROVIDED "SELECTED SERVICES" AND WHETHER THEY WOULD LIKE TO INCREASE THEIR CAPABILITY TO PROVIDE MENTAL HEALTH SERVICES DIRECTLY, BY GEOGRAPHIC AREA, STATE OF MAINE, 1974.

Geographic Area	Do provide "selected services"		Do not provide "selected services"	
	Number of physicians	Percent that would like to increase capability	Number of physicians	Percent that would like to increase capability
STATE TOTAL	500	38.8	400	7.3
AROOSTOOK (I)	25	32.0	11	9.1
Aroostook	25	32.0	11	9.1
EASTERN MAINE (II)	83	42.2	44	6.8
Hancock	18	33.3	6	0.0
Penobscot	46	45.7	37	8.1
Piscataquis	11	36.4	-	-
Washington	8	50.0	1	0.0
KENNEBEC VALLEY (III)	56	41.1	48	10.4
Kennebec	45	40.0	42	9.5
Somerset	11	45.5	6	16.7
TRI-COUNTY (IV)	52	28.8	59	3.4
Androscoggin	28	21.4	40	2.5
Franklin	6	50.0	9	0.0
Oxford	18	33.3	10	10.0
CUMBERLAND (V)	91	38.5	80	6.3
Cumberland	91	38.5	80	6.3
YORK (VI)	29	48.3	17	0.0
York	29	48.3	17	0.0
BATH/BRUNSWICK (VII)	16	25.0	7	0.0
Lincoln	11	18.2	4	0.0
Sagadahoc	5	40.0	3	0.0
PEN-BAY (VIII)	16	37.5	17	11.8
Knox	14	35.7	13	15.4
Waldo	2	50.0	4	0.0
AREA NOT INDICATED	132	40.9	117	9.4

NOTE: "Selected services" means direct services related to mental health problems of patients.

SOURCE: Department of Mental Health and Corrections, Manpower Survey of Physicians, 1974.

APPENDIXES

- A. Technical notes
- B. Reproduction of 1974
Cover Letter and
Questionnaire

APPENDIX A

GENERAL METHODOLOGY

The identification and location of physicians was carried out in cooperation with the State Department of Health and Welfare. The Bureau of Health provided a mailing list compiled from directories of licensed doctors of medicine and of osteopathy in the state. On December 11, 1973, questionnaires similar to that in appendix B were mailed by the Department of Mental Health and Corrections to an estimated 1,229 physicians. ^{1/} Table A1 provides the distribution of the number of questionnaires mailed and received for physicians for each county.

Respondents returned approximately 1,066 questionnaires. About 117 questionnaires were eliminated as duplicates, deceased, moved out of state etc.; in addition some 25 licensed physicians who had out of state addresses were also eliminated, so that about 949 physicians are included in the data of this report.

The format of the questionnaire and the return mailing procedures were designed to reduce the burden on the respondent and to obtain as high return rate as possible. A follow-up mailing was made one month after the initial mailing to those physicians who had not yet responded. These efforts resulted in a response rate of about 77 percent.

COVERAGE

Information was collected by the Department of Mental Health & Corrections on a voluntary basis from physicians in an attempt to obtain as complete a coverage as possible of non-mental health facilities in the State of Maine. It should be recognized that this study did not include physicians not on available mailing lists and those who never received a questionnaire. No attempt was made to determine the characteristics for nonrespondents.

The percent of respondents not answering individual questions on the manpower questionnaire was from 2 to 15 percent for all but part of question 2. Over half of the 500 physicians providing mental health services did not indicate whether they provided these services in an organized facility. It may well be that physicians

^{1/} Thirty-two physicians identified as psychiatrists were not included in this study since they were being included in a more detailed manpower study of the Department's total mental health manpower development and utilization efforts in the state.

reporting that they were in private practice did not feel it necessary to indicate that they were not in an organized facility. The data requested in question 2 was an attempt to identify the number of physicians who were in private practice as distinct from those associated in an organized facility, such as, hospitals, clinics; and also to determine how many physicians practice in both their own private practice, in addition to practicing in an organized facility. The percent of respondents not answering individual questions is shown in table A2.

CONCEPTS AND DEFINITIONS

Much thought was given to the wording of the questions so as to allow the respondents the broadest possible interpretation of which "selected services" to consider as related to mental health problems of patients. No attempt was made to define the term "mental health services". The objective being to obtain needed information on the perception of physicians of their role and their impact on the mental health system in the state. In this report "selected services" and mental health services are used interchangeably.

Based on the address, the responses were tabulated according to county boundaries and geographic areas. ^{2/} A number of physicians, some 257, returned the completed questionnaire omitting their name and address. For this group the data are presented as "area not indicated" and are also included in the state totals. It should be noted that the percent reported for each geographic area has been underestimated by the number of individuals actually located in that area because it was not possible to properly distribute the 257 individuals whose geographic area was unknown.

It was intended that the responses to question 5 - estimate the number of patients you have referred for mental health services during the year 1973 - would be based on annual referrals. Referrals that were reported on weekly or monthly basis were converted to an annual basis.

An important consideration in understanding the impact of these referrals on the mental health system would be the information on how many of these individuals being referred did or did not avail themselves of mental health services. This information can only be determined from a separate study since it was not possible within the time and resource limits available in this special manpower study.

The reader should be cautioned in interpreting the responses to question 6 - would you like to increase your capability to provide such mental health services directly? Without further follow-up these data show a general interest on the part of the physicians in becoming more directly involved in providing mental health services. Such additional study should determine the nature and extent of how such capability would be determined, for example: should physicians receive specialized training? Should physicians avail themselves of auxiliary mental health personnel?

No attempt was made to include or analyze the remarks section provided by the respondents. However, it is intended that as time and resources permit, the Department will utilize these remarks to better understand data.

^{2/} The areas, based on county, vary slightly from the geographic areas as defined by the State Planning Office.

TABLE A-1 NUMBER OF QUESTIONNAIRES MAILED, NUMBER AND PERCENT OF PHYSICIANS INCLUDED, BY GEOGRAPHIC AREA, STATE OF MAINE, 1974.

Geographic area	Total mailed	Total included	Percent included
STATE TOTAL	1,229	949	77.2
AROOSTOOK (I)	66	38	57.6
Aroostook	66	38	57.6
EASTERN MAINE (II)	219	133	60.7
Hancock	41	25	61.0
Penobscot	142	86	60.6
Piscataquis	16	11	68.8
Washington	20	11	55.0
KENNEBEC VALLEY (III)	182	107	58.8
Kennebec	151	90	59.6
Somerset	31	17	54.8
TRI-COUNTY (IV)	182	116	63.7
Androscoggin	151	70	46.4
Franklin	23	16	69.6
Oxford	44	30	68.2
CUMBERLAND (V)	363	185	51.0
Cumberland	363	185	51.0
YORK (VI)	90	46	51.1
York	90	46	51.1
BATH/BRUNSWICK (VII)	53	28	52.8
Lincoln	21	18	85.7
Sagadahoc	32	10	31.3
PEN-BAY (VIII)	74	39	52.7
Knox	60	30	50.0
Waldo	14	9	64.3
AREA NOT INDICATED	-	257	-

NOTE: It should be noted that the percent included figures for each geographic area and county are depressed due to the 257 responses that cannot be geographically distributed.

SOURCE: Department of Mental Health & Corrections, Manpower Survey of Physicians, 1974.

TABLE A-2 NUMBER AND PERCENT OF RESPONDENTS NOT ANSWERING INDIVIDUAL QUESTIONS

	Number not answering	Percent not answering
* Of the total 949 physicians responding:		
(Question 1) Do you provide mental health services?	49	5.2
(Question 4) Do you refer patients for mental health services?	85	9.0
(Question 6) Like to increase capability to provide mental health services?	145	15.3
* Of the 762 physicians who referred patients:		
(Question 5) Estimated number of patients referred for mental health services	78	10.2
* Of the 500 physicians who provided mental health services:		
(Question 2) Those who were in private practice?	31	6.2
(Question 2) Those who were in an organized facility?	283	56.6
(Question 3) Those providing diagnosis?	50	10.0
(Question 3) Those providing treatment?	10	2.0

SOURCE: Department of Mental Health & Corrections, Manpower Survey of Non-Mental Health Facilities, 1974.

REPRODUCTION OF 1974 COVER LETTER AND QUESTIONNAIRE



STATE OF MAINE
 DEPARTMENT OF MENTAL HEALTH AND CORRECTIONS
 Augusta, Maine 04330
 Tel. (207) 289-3161

DO NOT SEPARATE

Dear Doctor:

DECEMBER 1973

We seek your cooperation in our effort to appraise the mental health system in delivering services to the citizens of Maine. Accordingly, the Department requests that you take a few moments to answer six questions on the attached postcard and return it to us. No postage is necessary.

Your immediate reply is very important in providing needed information on the extent to which physicians in private practice may impact on the State's mental health system. The Maine Medical Association and others are cooperating in the activity.

Your response will be held in strict confidence - only statistical summaries will be released. I appreciate your help in providing an early response.

Sincerely yours,

William F. Kearns, Jr.
 Commissioner

PLEASE REVERSE FOLD AND TAPE EDGE BEFORE MAILING

DO NOT SEPARATE

PLEASE CHECK ALL THAT APPLY, ALSO BE SURE YOUR MAILING ADDRESS IS CORRECT.

1. Do you provide any direct services related to the mental health problems of your patients? Yes No
 2. Do you provide these mental health services in:

	your private practice	Yes <input type="checkbox"/>	No <input type="checkbox"/>
	an organized facility	Yes <input type="checkbox"/>	No <input type="checkbox"/>

(indicate name of facility) _____
 3. What kind of mental health services do you provide?

	diagnosis	Yes <input type="checkbox"/>	No <input type="checkbox"/>
	treatment	Yes <input type="checkbox"/>	No <input type="checkbox"/>

Prescribing medication Counseling

Other (specify) _____
 4. Do you refer some of your patients for mental health services? Yes No
- Indicate your referrals:
- | | |
|---|---|
| <input type="checkbox"/> Psychiatrist in private practice | <input type="checkbox"/> Community mental health center |
| <input type="checkbox"/> Psychologist | <input type="checkbox"/> State hospital |
| <input type="checkbox"/> Other (specify) _____ | |
5. Estimate the number of patients you have referred for mental health services during the year 1973. Number _____
 6. Would you like to increase your capability to provide such mental health services directly? Yes No

Remarks: