



# Psychiatric Bed Utilization Projections and Need Determinations for Historically Underserved Populations

MARYLAND HEALTH CARE COMMISSION

FEBRUARY 19, 2026



# Agenda

## OVERVIEW: Certificate of Need Requirements

1. PRESENTATION: Psychiatric Bed Utilization Projections
2. ACTION ITEM: Need Determinations for Historically Underserved Populations



# Certificate of Need Review Standards

- ▶ Applicants must provide:
  - ▶ A detailed explanation why the proposed project is needed
  - ▶ Service-area level needs assessment
  - ▶ Projected need presented in relation to:
    - ▶ Utilization projections
    - ▶ Needs determination for historically underserved populations



# Utilization $\neq$ Need

- ▶ Utilization – refers to the volume of healthcare services delivered and reflects observed patterns of service use within existing capacity and access constraints
- ▶ Need – represents the level of services required based on population characteristics, disease prevalence, and clinical standards if all individuals who could benefit from care were able to obtain it



# Health Planning Regions (HPRs)





# PRESENTATION: Utilization Forecast for Acute Psychiatric Hospital Beds

## AGENDA

1. Purpose
2. Methodology
3. Limitations
4. Forecast
5. Next Steps

# Factors Used for Assessing the Need for a Proposed Psych Project

CON applicant's explanation of why the project is needed

CON applicant's service-area level needs assessment

MHCC's regional acute psychiatric hospital utilization projections

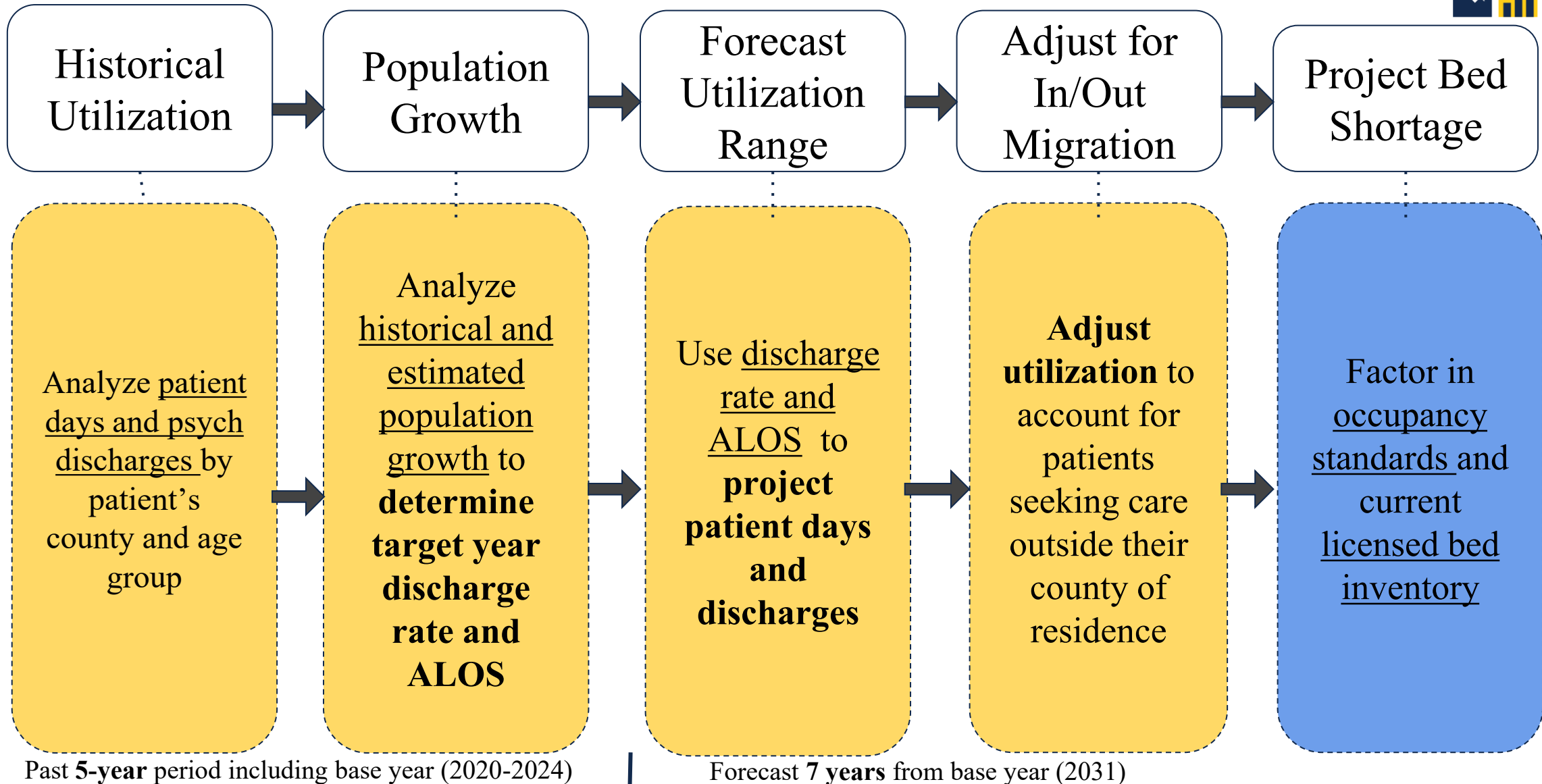
MHCC's needs determination for historically underserved populations



# Regional Utilization Projections

- ▶ Specific methodology in SHP Chapter - cannot be changed without regulatory amendments
- ▶ Calculates utilization in each region (HPR) based on age groups
  - ▶ Children (0-12)
  - ▶ Adolescents (13-17)
  - ▶ Adults (18-64)
  - ▶ Geriatric (65+)

# Variables Included in SHP Methodology





# Limitations

- ▶ Utilization Projections ≠ Need
- ▶ Certain regions are showing potential shortages if utilization trends continue
- ▶ May still be a need even if utilization trends predict a surplus of beds
- ▶ Utilization of acute psych beds is impacted by:
  - ▶ Current availability and staffing of beds
  - ▶ Patient acuity
  - ▶ Social, physical, and financial barriers to accessing care
  - ▶ Reduction in bed capacity over the years
  - ▶ Overutilization of criminal justice system to address mental health issues



# Psychiatric Utilization Forecast - CY 2031

<b>Health Planning Region (County of Residence)</b>	<b>Children</b>	<b>Adolescents</b>	<b>Adults</b>	<b>Geriatric</b>
<b>Baltimore Upper Shore</b>	No projected bed shortage	No projected bed shortage	No projected bed shortage	<b>Possible shortage of 0-20 beds</b>
<b>Lower Eastern Shore</b>	No projected bed shortage	No projected bed shortage	<b>Possible shortage of 2-6 beds</b>	<b>Possible shortage of 1-3 beds</b>
<b>Montgomery</b>	<b>Possible shortage of 1-4 beds</b>	No projected bed shortage	No projected bed shortage	<b>Possible shortage of 1-7 beds</b>
<b>Southern Maryland</b>	<b>Possible shortage of 0-5 beds</b>	<b>Possible shortage of 9-23 beds</b>	<b>Possible shortage of 0-21 beds</b>	<b>Possible shortage of 0-11 beds</b>
<b>Western Maryland</b>	No projected bed shortage	No projected bed shortage	No projected bed shortage	<b>Possible shortage of 4-6 beds</b>



# Next Steps for Utilization Forecast

- ▶ Publish projections in the *Maryland Register*
- ▶ MHCC staff will use the projections when evaluating the need for future CON projects proposed that are associated with acute psych services
- ▶ *No Commission vote required - methodology is set in the regulations and cannot be changed without amendments*



# ACTION ITEM: Needs Determination for Historically Underserved Populations

## AGENDA


1. Factors for Assessing Need
2. Underserved Populations
3. Considerations
4. Comments and Feedback
5. Limitations
6. Need Determinations
7. Staff Recommendation

# Factors Used for Assessing the Need for a Proposed Psych Project

CON applicant's explanation of why the project is needed

CON applicant's service-area level needs assessment

MHCC's regional acute psychiatric hospital utilization projections



MHCC's needs determination for **historically underserved populations**



# Historically Underserved Populations

- ▶ Children (0-12)
- ▶ Adolescents (13-17)
- ▶ Patients of all ages with psych diagnoses and one or more developmental disabilities (DD) as secondary diagnosis
- ▶ Patients of all ages with psych diagnoses and secondary diagnosis of substance use disorder (SUD)



# Considerations for Current Underserved Needs Determination

- ▶ SHP requires publication of draft needs determination by region (June 2025)
- ▶ Commission to consider public comments received and MHCC staff recommendations before establishing the needs determination that will be used in CON reviews
- ▶ Factors to consider:
  - ▶ Trend in acute psychiatric discharges
  - ▶ Trends in hospital ED boarding
  - ▶ Needs assessments developed by Local Behavioral Health Authorities (LBHAs) and State agencies that identify gaps in the behavioral health system

# Public Comments and Stakeholder Feedback



- ▶ Process Critiques
  - ▶ Projected need is too low
  - ▶ Methodology leaves out certain patients
  - ▶ Important to distinguish bed type
  - ▶ Less about need, more about risk and patient milieu
- ▶ Continuum of Care – service availability and access to care is a problem across State
- ▶ Factoring in Aggression – “appearance of” versus “actions displayed”
- ▶ Discretion on Patient Admission – multiple contributing variables
- ▶ Shortcomings and Challenges with ED Interactions – negative experiences cause families to “give up” on seeking care



# Limitations

- ▶ Extremely limited data
- ▶ Research often based on small or very specialized samples
- ▶ Sources lack granular state level data
- ▶ Conducted stakeholder interviews to supplement and contextualize available data
- ▶ Staff synthesized best available evidence to inform decision making

# Summary of Needs Determinations



<b>Health Planning Region</b>	<b>Children</b>	<b>Children w/ psych + DD</b>	<b>Adolescents</b>	<b>Adolescents w/ psych + DD</b>	<b>Adolescents w/ psych + SUD</b>	<b>Adults w/ psych + DD</b>	<b>Adults w/ psych + SUD</b>
<b>Baltimore Upper Shore</b>	Yes	Yes	Yes	Yes	Yes	Yes	Yes
<b>Lower Eastern Shore</b>	Yes	Yes	Yes	Yes	Yes	Yes	No
<b>Montgomery</b>	Yes	Yes	Yes	Yes	Yes	Yes	Yes
<b>Southern Maryland</b>	Yes	Yes	Yes	Yes	Yes	Yes	Yes
<b>Western Maryland</b>	Yes	Yes	Yes	Yes	Yes	Yes	No



# Staff Recommendation

Staff requests approval of the draft need determinations for historically underserved populations for publication and use in future CON projects associated with acute psychiatric services



Questions?