



2022 State of Mental Health: American Healthcare Workers Report

Foreword

The pandemic has dramatically impacted the well-being and mental health of healthcare workers in the U.S.; many healthcare professionals are witnessing more suffering and death than ever before. The frequency and intensity of this exposure are causing an unprecedented amount of trauma and stress, leading to high levels of burnout.

Our 2022 State of Mental Health: American Healthcare Workers Report indicates high levels of substance abuse, an acute mental health crisis, and stigma within the healthcare industry. This report also highlights the brokenness of the healthcare system, proving it is difficult to navigate, even for people who work within the system.

Unfortunately, the healthcare industry has been slow to respond to the growing demand for behavioral health services, often treating mental health as secondary to physical health. Our lack of action has pushed us to a critical moment, on the precipice of collapse. We cannot waste any more time: we must put mental health on par with physical health by recognizing mental health as a fundamental human right, an indicator of overall health, and a protected industry standard.

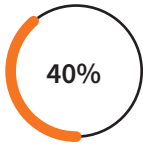


Noah Nordheimer

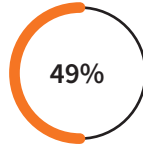
Founder & CEO
APN

U.S. Healthcare Workers Are At Their Breaking Point

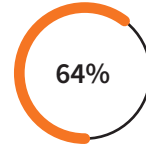
Many healthcare workers have left the field over the last two years, but those who stayed are struggling more than ever:



40% feel anxiety or dread about going to work.



Nearly half (49%) say they are either at their breaking point or looking for new work due to the stress and trauma they endure on the job.



64% say the overturning of Roe either increased their stress levels or made them feel betrayed by the country that they work so hard to keep healthy.

Physicians are Showing Up to Work High or Drunk

It's no surprise healthcare workers are suffering from burnout, but according to a new report over the last three months, physicians are struggling the most:



1 in 7 (14%) physicians admit to consuming alcohol or controlled substances at work.



More than 1 in 5 (21%) say they consume alcohol or controlled substances multiple times per day.



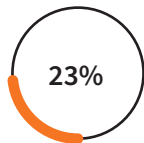
17% say they consume alcohol or controlled substances at least once daily.

These statistics are troublesome for healthcare workers, but they also highlight a dangerous threat to quality patient care.

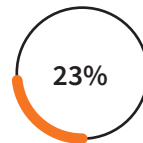
1 in 5 healthcare workers have checked into rehab or a detox facility in the last three months, but 14% of the population surveyed say they don't want to admit they have a problem. So, what's holding them back from seeking help?



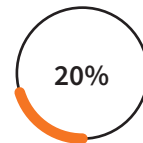
Nearly 1 in 3 (32%) say they are too overworked and don't have the time.



23% are concerned colleagues/family will judge them.



23% said they are afraid of getting their license revoked.



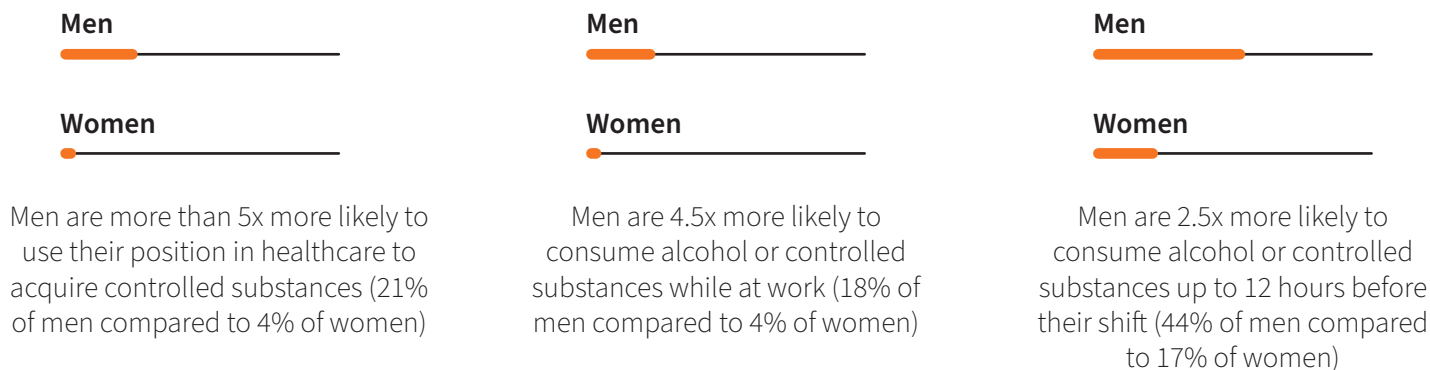
1 in 5 (20%) say they don't know where to begin and think the system is broken or too hard to navigate.

These numbers confirm that mental healthcare is not a priority, even for healthcare workers.

Men Struggle More with Mental Health Stigma; More Likely to Use Their Position to Acquire Controlled Substances

58% of healthcare workers in the U.S. who identify as male reported they are either at their breaking point or are looking for a new job because of the amount of stress, burnout, and trauma they experience on the job, compared to 45% of healthcare workers who identify as women.

The data suggest that while both groups struggle with substance misuse, men struggle at higher rates:

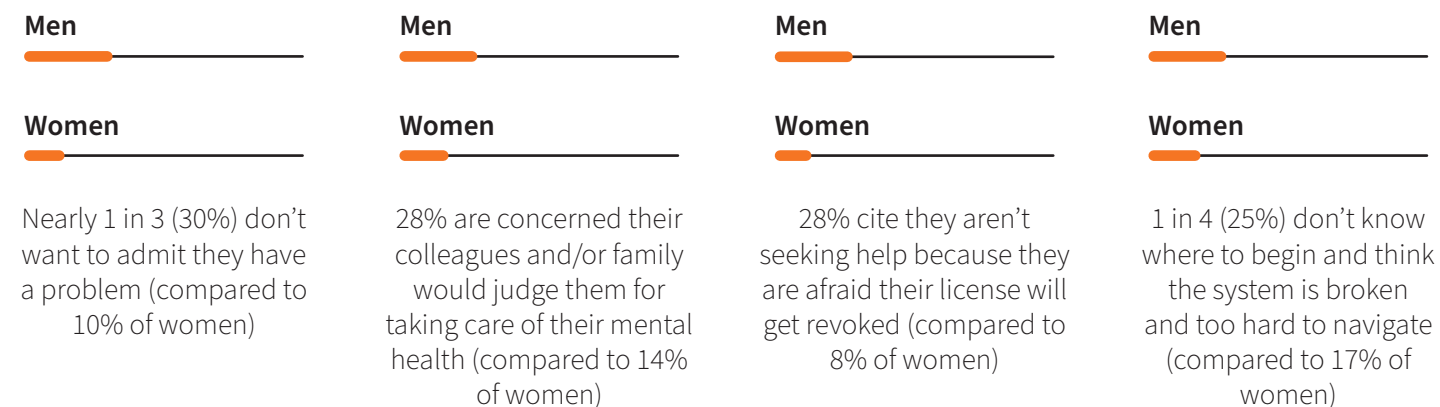


Men are more than 5x more likely to use their position in healthcare to acquire controlled substances (21% of men compared to 4% of women)

Men are 4.5x more likely to consume alcohol or controlled substances while at work (18% of men compared to 4% of women)

Men are 2.5x more likely to consume alcohol or controlled substances up to 12 hours before their shift (44% of men compared to 17% of women)

The data reveals men are also more affected by the stigma associated with seeking mental health help compared to women and provides insight into why they are turning to alcohol and controlled substances instead of seeking treatment:



Nearly 1 in 3 (30%) don't want to admit they have a problem (compared to 10% of women)

28% are concerned their colleagues and/or family would judge them for taking care of their mental health (compared to 14% of women)

28% cite they aren't seeking help because they are afraid their license will get revoked (compared to 8% of women)

1 in 4 (25%) don't know where to begin and think the system is broken and too hard to navigate (compared to 17% of women)

Societal expectations and gender stereotypes play a huge role in these statistics.

The Bottom Line

“There’s still a very real stigma around men asking for help when it comes to their mental well-being. At APN, we are determined to set a new standard of care and remove the fear of seeking help by not forcing people to identify as their disease. The crisis will continue to mount if we do not provide the necessary access and tools to destigmatize mental health treatment. We must act now, not only to support those in the healthcare system, but the country as a whole, before it’s too late.”

Noah Nordheimer

Founder & CEO
APN

Research Methodology

The total sample size was 1,000 healthcare workers in the U.S. aged 22+. The survey was conducted between July 19, 2022, to July 25, 2022. Censuswide abides by and employs members of the Market Research Society which is based on the ESOMAR principles.

About APN

APN is a whole-person health company offering innovative treatment for the mind, body, and soul across the full continuum of care. Its unique approach includes integrated, custom care plans and emerging, evidence-based treatments for on-site and outpatient services, with specialized programming for healthcare workers, veterans, and athletes. Their services include group and individual therapy, medical detox, deep TMS, hyperbaric oxygen therapy, trauma-based therapy, medication management, small-group fitness, and more. Since opening a flagship residence in Edwards, Colorado, APN has expanded to include additional locations in Denver and Malibu and a state-of-the-art APN Connection app to support a lasting commitment to destigmatizing mental healthcare and producing long-term results. For additional information, visit apn.com.

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