



**INCREASING ACCESS TO CARE  
REDUCING SUICIDE RATES  
REDUCING UNNECESSARY MEDICATION**



Specially trained psychologists are authorized to prescribe and deprescribe medication to patients in seven states: **New Mexico** (2002), **Louisiana** (2004), **Illinois** (2014), **Iowa** (2016), **Idaho** (2017), **Colorado** (2023), **Utah** (2024), the U.S. territory of Guam, all branches of the U.S. military, the Indian Health Service (IHS), and the Public Health Service (USPHS).

There are approximately 300 prescribing psychologists (RxPs) across the United States.<sup>1</sup> Psychologists have now been safely prescribing and deprescribing for over two decades, and the results are clear: this public policy provides critical benefits to patients and health systems. Texas should join these states and authorize specially trained psychologists to prescribe (and therefore deprescribe) psychotropic medication.

### ***Serving underserved areas and populations***

A January 2024 survey of prescribing psychologists in New Mexico found:<sup>4</sup>

- **38%** of practices are located in rural areas.
- **97%** of prescribing psychologists accept Medicaid.
- On average **12** patients are seen each day, consistent with the workload of community-based psychiatrists.<sup>5</sup>
- **75%** of patients seen experience moderate to severe symptoms, persistent mental illness, or crisis symptoms.

Granting prescriptive authority is associated with improved access to pediatric mental health care in terms of both unmet needs and receiving medication treatment.<sup>6</sup>

According to a two-year pilot study by the Department of Defense, RxPs *“[reduced] the time patients must wait for treatment and [increased] the number of personnel and dependents who can be treated for illnesses requiring psychotropic medications.”*<sup>7</sup>

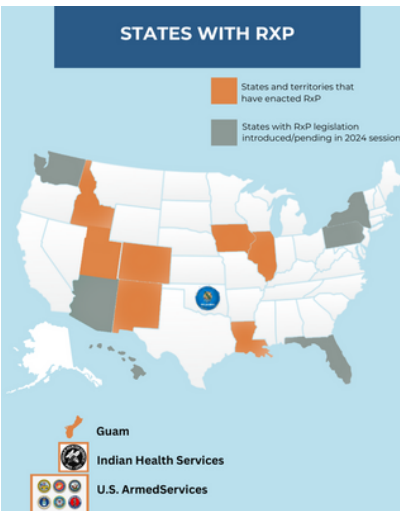
### ***Deprescribing***

RxPs reduced the dosage or removed at least one medication for **57.8%** of new patients who were already on medication.<sup>8</sup>

### ***Extensive training***

Prescribing psychologists are licensed psychologists who have completed a post-doctoral Masters of Science degree in Clinical Psychopharmacology, which includes training in biological sciences, pathophysiology, neuroscience, and psychopharmacology, as well as supervised practice, passing a national exam (PEP), and two years of conditional prescribing. Total training requires **12-14** years.

#### STATES WITH RxP



***If Oklahoma passes proposed RxP legislation this session, all states surrounding Texas will have prescribing psychologists providing needed services to their residents.***

### ***Saving lives***

- **Suicide rates decreased by 5-7%** in New Mexico and Louisiana following prescriptive authority expansions for psychologists.<sup>2</sup>
- Another study identified a decrease in the rate of deaths attributable to mental illness in New Mexico.<sup>3</sup>





## References

<sup>1</sup> Beth Rom-Rymer, PhD of the American Psychological Association.

<sup>2</sup> Choudhury, A.R., Plemmons, A. Effects of giving psychologists prescriptive authority: Evidence from a natural experiment in the United States. *Health Policy*. <https://doi.org/10.1016/j.healthpol.2023.104846>

<sup>3</sup> Hughes PM, McGrath RE, Thomas KC. Evaluating the impact of prescriptive authority for psychologists on the rate of deaths attributed to mental illness. *Res Soc Adm Pharm* 2023; 19: 667–672. <https://doi.org/10.1016/j.sapharm.2022.12.006>

<sup>4</sup> Chang, R. (2024). Summary of the prescribing psychologist practice survey. State Psychologist Association New Mexico. <https://www.spanewmexico.org/rxp-practice-survey>.

<sup>5</sup> Hunter L. McQuiston, M.D., and Rachel Zinns, M.D., Ed.M. Workloads in Clinical Psychiatry: Another Way. *Psychiatric Services* (2019). <https://ps.psychiatryonline.org/doi/epdf/10.1176/appi.ps.201900125>

<sup>6</sup> Hughes, P.M., Graaf, G., Gigli, K.H. et al. Pediatric Mental Health Care and Scope-of-Practice Expansions. *Adm Policy Ment Health* (2024). <https://doi.org/10.1007/s10488-024-01342-w>

<sup>7</sup> Kylin Peck, Robert McGrath, and Bryan Holbrook, “Practices of Psychologists: Replication and Extension,” *Professional Psychology Research and Practice* 52, no. 3 (October 2020): 195–201.

<sup>8</sup> General Accounting Office, “Prescribing Psychologists: DOD Demonstration Participants Perform Well but Have Little Effect on Readiness or Costs,” *Health, Education and Human Services Division*, June 1999.

## Additional Supporting Studies

Choudhury, A. R., & Plemmons, A. (2023). Effects of giving psychologists prescriptive authority: Evidence from a natural experiment in the United States. *Health Policy*, 134, 104–846. <https://doi.org/10.1016/j.healthpol.2023.104846>

Hughes, P. M., McGrath, R. E., & Thomas, K. C. (2023). Evaluating the impact of prescriptive authority for psychologists on the rate of deaths attributed to mental illness. *Research in Social and Administrative Pharmacy*, 19(4), 667–672. <https://doi.org/10.1016/j.sapharm.2022.12.006>

Hughes, P. M., Phillips, D. C., McGrath, R. E., & Thomas, K. C. (2023). Examining Psychologist Prescriptive Authority as a Cost-Effective Strategy for Reducing Suicide Rates. *Professional Psychology: Research and Practice*, 54(4), 284–294. <https://doi.org/10.1037/pro0000519>

## ENDORSEMENTS



AMERICAN  
PSYCHOLOGICAL  
ASSOCIATION



COLLIN COUNTY  
PSYCHOLOGICAL ASSOCIATION



FORT WORTH AREA PSYCHOLOGICAL ASSOCIATION



El Paso  
Psychological Assn.