

NEW STUDY: 49% of Behavioral Health Providers Could Take on More Patients If Administrative Burden Were Cut

A new national survey of 400+ clinicians reveals that administrative bureaucracy is actively shrinking patient access to mental healthcare.

BALTIMORE, MD, UNITED STATES, June 29, 2026 /EINPresswire.com/ -- As millions of Americans

“

Something has to give. Notes are consuming the exact hours that should be going directly to face-to-face patient care.”

Surveyed clinician

face weeks-long waitlists for mental health services, a new study reveals a stark paradox: nearly half of practicing behavioral health providers have the desire and physical capacity to treat more patients, but are blocked from doing so by an overwhelming wall of administrative paperwork.

According to the [ICANotes Clinician Survey 2026](#), which gathered insights from 416 licensed behavioral health professionals across the United States, 49% of clinicians

state they could immediately expand their patient capacity if documentation consumed less time. Instead, clinical hours are being heavily cannibalized by back-end bureaucracy, creating an artificial choke point in a healthcare system already starved for accessible care.

The survey found that 40% of licensed clinicians spend six or more hours per week on documentation and administrative tasks, the equivalent of losing one full workday every single week to paperwork. This administrative friction has forced many providers to make difficult operational survival choices over the past 12 months.

- 26% of clinicians have actively reduced their active patient caseloads purely to cope with the mounting administrative burden.

- 24% have routinely declined or turned away new patients seeking care.

- 24% have seriously considered leaving the profession entirely within the last year.

"The clinical workforce is being pushed to its limits, but it's not just clinical burnout — it's systemic administrative exhaustion," said [ICANotes](#) Chief Clinical Officer, October Boyles, DNP.

"We have a severe provider shortage in this country, yet we are forcing the highly trained professionals we do have to spend 20% of their week typing notes instead of treating patients. If the digital health industry wants to solve the access crisis, it needs to stop trying to automate the therapist on the front-end and start using back-end technology to eliminate the paperwork blockade."

The data highlights that this capacity drain spans the entire behavioral health ecosystem, cutting across solo private practices (35% of respondents), group practices (26%), and community mental health centers (24%). It impacts veteran providers and industry newcomers equally, proving that traditional practice management models are struggling to scale against modern compliance and documentation demands.

As one surveyed clinician noted: "The reimbursement is low, the insurance demands are endless, and the documentation is time-consuming. Something has to give. Notes are consuming the exact hours that should be going directly to face-to-face patient care."

With 23% of surveyed providers reporting wait times of four or more weeks or stating they are no longer accepting new patients, the findings serve as an urgent call to action for the healthcare IT sector. To safely expand patient access, the industry must prioritize intuitive, clinician-centric workflow technologies that streamline charting and administrative overheads, returning the focus of behavioral healthcare to the human connection.

October Boyles
ICANotes
+1 443-347-0990
[email us here](#)

This press release can be viewed online at: <https://www.einpresswire.com/article/923022667>

EIN Presswire's priority is source transparency. We do not allow opaque clients, and our editors try to be careful about weeding out false and misleading content. As a user, if you see something we have missed, please do bring it to our attention. Your help is welcome. EIN Presswire, Everyone's Internet News Presswire™, tries to define some of the boundaries that are reasonable in today's world. Please see our Editorial Guidelines for more information.

© 1995-2026 Newsmatics Inc. All Right Reserved.