



### HOT TOPICS IN PSYCHIATRY: KEY ISSUES SHAPING MENTAL HEALTH IN 2026

A key finding from the APA's Healthy Minds Poll shows that more Americans than ever are prioritizing mental health in their personal goals. Thirty-eight percent of adults plan to make a mental-health-related New Year's resolution for 2026, a five-percent increase from last year. Younger adults (18-34) are especially motivated, with 58% saying they intend to focus on mental-health habits such as therapy, mindfulness, sleep, and physical activity.

Anxiety levels also remain high across the country. Major areas of concern include personal finances (59%), uncertainty about the coming year (53%), and current events (49%), showing the persistent stressors affecting Americans' well-being.

At the same time, significant policy changes are affecting access to psychiatric care. In January 2026, SAMHSA temporarily terminated nearly \$2 billion in mental-health and substance-use grants before reinstating the funds following bipartisan pressure. Medicaid funding cuts passed in 2025 are projected to result in up to 11.8 million people losing coverage, raising major concerns for access to psychiatric treatment. Additionally, federal plans to halt enforcement of mental-health-parity rules may limit important protections for patients seeking equitable coverage.

Looking forward, the APA and other behavioral-health experts highlight growing trends influencing psychiatric practice. These include expanding use of AI-supported tools and virtual-first care models to support clinicians and patients, along with increasing demand driven by younger generations and evolving needs around trauma, neurodiversity, and workplace mental health.

As these clinical, cultural, and policy shifts continue to reshape the field, mental-health organizations, clinicians, and advocates will play a crucial role in supporting equitable and effective care throughout 2026.

#### UPCOMING EVENT:

We are excited to invite you to the 2026 MAPP Spring Meeting, a full day of expert-led learning, professional development, and meaningful networking. This year's event will take place on:

 Friday, May 8, 2026

 9:00 AM - 4:30 PM

 Harraseeket Inn, Main Street, Freeport

REGISTER  
HERE

Our Spring Meeting brings together clinicians, researchers, and professionals from across Maine for an engaging program focused on neurodivergence across the lifespan—including sensory experience, diagnosis, burnout, treatment, and psychopharmacology.