

APA Official Actions

Position Statement on Carve-Outs

Approved by the Board of Trustees, December 2025

Approved by the Assembly, November 2025

© Copyright 2025, American Psychiatric Association. All rights, including for text and data mining (TDM), Artificial Intelligence (AI) training, and similar technologies, are reserved.

“Policy documents are approved by the APA Assembly and Board of Trustees. . . These are . . . position statements that define APA official policy on specific subjects. . .” – APA Operations Manual

Issue:

The separation of the funding and delivery of psychiatric and/or chemical dependency services (carve- outs) from general medical services is detrimental to providing high-quality, comprehensive care. The carve-out mechanism leads to the stigmatization of psychiatric patients and marginalization of psychiatric treatment.

The advent of managed care has resulted in millions of individuals receiving psychiatric treatment through “behavioral health carve-outs.” While the goal of these carve outs may have been to ensure that individuals have access to specialized care for mental health conditions, in reality, it resulted in care fragmentation and further stigmatization.

APA Position:

The APA opposes psychiatric carve-outs where their implementation may diminish funding of psychiatric treatment in either the private or public sector,-decrease access to services, and/or reduce the quality of care for individuals with mental illness and/or substance use disorder.