

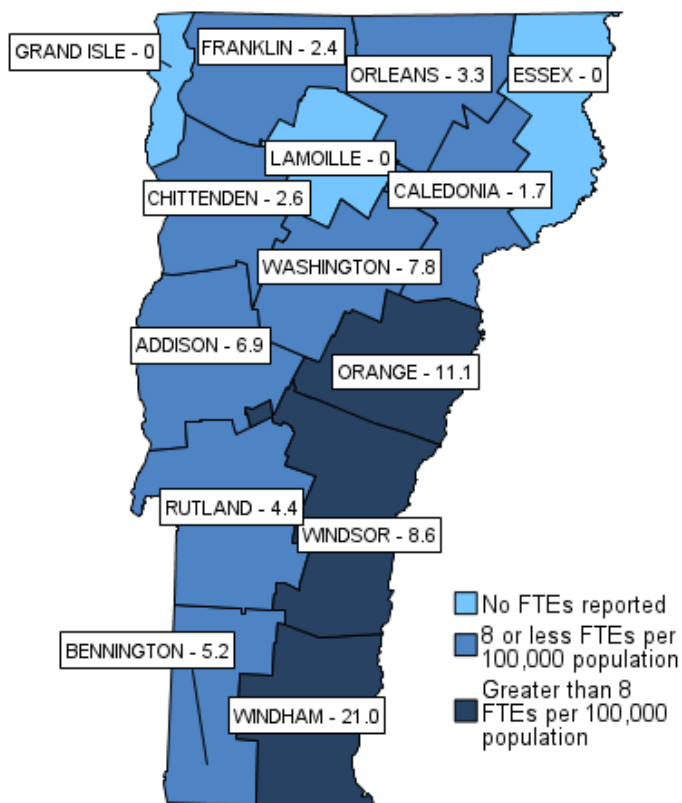
Overview

This Marriage and Family Therapist census is part of the Vermont Department of Health's health care provider data program, which is used to monitor and measure the supply of health care providers in Vermont over time.

Vermont professionals are relicensed every two years. Data for this report were obtained during the November 2018 relicensing period and represent a snapshot of the profession at that time.

Marriage and family therapists (MFTs) diagnose mental disorders and provide psychosocial treatment for individuals, families, and groups. They are part of the allied mental health professional workforce in Vermont. To be licensed in Vermont, therapists must have completed a graduate degree with specific marriage and family therapy focus, have two years (at least 3000 hours) of supervised practice, and pass an examination.

Full time equivalents per 100,000 population by county



In Brief

Workforce

Survey period: November 2018
 Response Rate: 98.6%
 Licenses renewed: 69
 Active in VT: 57
 Full-time Equivalents: 35.3

Demographics

% Female: 73.7%
 Median Age: 52
 % 60 or older: 29.8%

Education and Training

% PhD/PsyD/EdD: 10.7%
 % educated in VT: none
 % educated in Northeast: 54.5%

Main Specialties

Couple and Family Psychology: 47.4%
 Counseling Psychology: 22.8%

Current Employment

Full time hours at main site: 21.1%
 Plans to reduce hours: 8.8%
 Plans to retire: 1.8%

Geographic Distribution

FTEs per 100,000 population:
 Highest: 21.0, Windham County
 Lowest: 0, Essex, Grand Isle and Lamoille Counties

Trends in Statewide FTEs

2014: 26.4
 2016: 32.2
 2018: 35.3

Workforce

- 69 marriage and family therapists renewed their Vermont license in 2018 and 68 completed the census, for a response rate of 98.6%.
- 57 (83.8%) indicated that they were active and providing direct patient care in Vermont.
- Of the 11 that renewed but were not active in Vermont, 3 (27.3%) said they expect to resume Vermont activity within a year.
- The remainder of this report is based on the 57 MFTs active in Vermont.

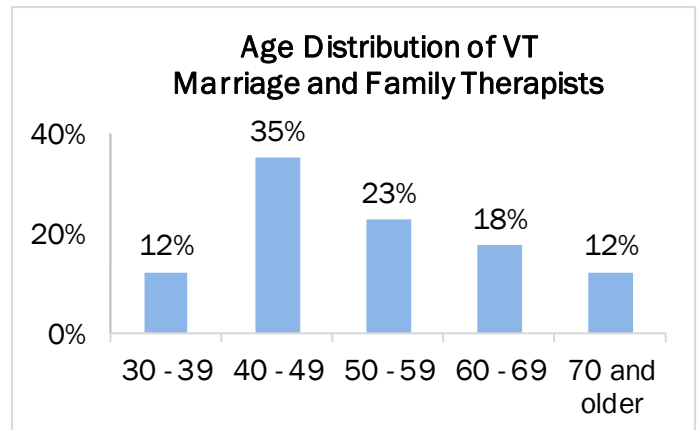
Demographics

Gender

- 73.7% were female.
- 24.6% were male.
- 1.8% were another gender.

Age

- Half of MFTs were younger than age 52.
- 29.8% were 60 or older.



Race and Ethnicity

- MFTs were asked to select their race and could select multiple responses or choose not to answer, so numbers may not equal the total number of MFTs.
- 55 MFTs were White (98.2% of 56 responses), 1.8% were Native American or Alaska Native (1.8%), and 1.8% of MFTs selected another race that was not listed. Two MFTs indicated that they were Hispanic, Latino/a, or of Spanish origin (3.6%) and 1.8% were missing data for ethnicity.

Education and Training

- Slightly more than half of the 57 MFTs active in Vermont in 2018 completed their degrees in the Northeast (54.5%), and 38.2% in the West. No MFTs completed their education in Vermont.
- 10.7% had earned a doctoral degree (PhD/PsyD/EdD) while 87.5% had earned a master's degree.
- 8.8% also maintained a license as an Alcohol and Drug Abuse Counselor, and 7.0% as a Mental Health Counselor.

Practice Characteristics

Practice setting

For MFTs' main practice location, the most common settings were:

- independent solo practice (64.9%)
- independent group practice (10.5%)
- community mental health center / designated agency (3.5%)
- school-based mental health service (3.5%)
- substance abuse treatment facility (1.8%)
- other setting (not listed) (15.8%)

Highest degree awarded in...	Number	Percent
Northeast	30	54.5%
South	1	1.8%
Midwest	2	3.6%
West	21	38.2%
Outside US	1	1.8%

Number of sites

- 7.0% (4) MFTs practiced at 2 or more locations.

Specialties

- The most common primary specialty of marriage and family therapists at their main practice setting was Couple and Family Psychology (47.4%), followed by Counseling Psychology (22.8%).

Access to care

- 89.5% of MFTs accepted new patients.
- 64.9% participated in Medicaid, and 61.4% accepted new Medicaid clients.
- Medicare does not reimburse marriage and family therapists directly so MFTs accepting Medicare must be able to bill using another provider type or provide services under supervision of a covered license type.

% of MFTs that	Number	Percent
Accept new patients	51	89.5%
Participate in Medicaid	37	64.9%
Accept new Medicaid patients	35	61.4%
Participate in Medicare	5	8.8%
Accept new Medicare patients	4	7.0%

Full Time Equivalent (FTEs)

- 35.3 total FTEs were provided by the 57 total MFTs.
- 8.0 FTEs, or 22.7% of total FTEs were provided by MFTs age 60 and older (17 individuals).
- 21.1% of MFTs worked 40 hours or more per week at their main site.
- 64.9% worked at least 20 hours per week at all their work sites combined.

Average weekly hours – main site	Number of MFTs	Percent
Less than 20 hours	21	36.8%
20 to 39 hours	24	42.1%
40 hours or more	12	21.1%

Current Experience

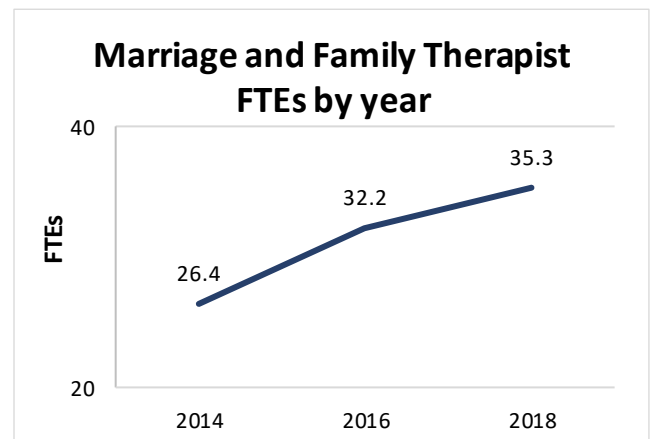
- Median time since first licensed as a marriage and family therapist: 10 years.

Future Plans

- 44 MFTs (77.2%) planned to continue as they are in the next 12 months, and 6 (10.5%) planned to increase their hours.
- 5 (8.8%) planned to reduce their hours in the next 12 months, and 1 (1.8%) planned to retire.

Trends in Statewide FTEs

- FTEs increased by 22.0% from 26.4 to 32.2 between 2014 and 2016, and again by 9.6% to 35.3 in 2018.



Key Takeaways

- Almost three-quarters of MFTs in Vermont are female, and the median age of MFTs is 52.
- The most common settings for MFTs are independent solo or independent group practices.
- In terms of access to care, MFTs are most common in Windham and Orange Counties relative to the population, and 90% of MFTs are accepting new patients.
- MFTs saw a 9.6% increase in FTEs between 2016 and 2018.

For more information, contact: AHS.VDHPPhysicianCensus@vermont.gov

Appendix

Active Marriage and Family Therapist

An MFT who reported working in Vermont as such (regardless of how many hours) is considered active.

Census

The census was taken during the biennial MFT relicensing process which ended on November 30, 2018. Census questions available upon request.

Main Practice, Site, Setting, and Specialty

The main practice site, setting, or specialty of an individual refers to the practice site, setting, or specialty with the greatest number of reported annual hours.

Full Time Equivalent (FTE)

Full time is defined as 40 or more working hours in Vermont per week, 48 weeks or more per year. Reporting more than 40 hours per week is defined as one FTE regardless of the number of hours over 40 per week worked.

Maps

For county map, colors define quartiles. The lowest 25% of FTE equivalents to population ratio is displayed in the lightest color, the middle 50% in medium, and highest 25% in the darkest color.

Missing data

Unless otherwise noted, missing data are excluded from tables. Thus, totals may vary from table to table.

Population Estimates

Population estimates are for July 2018 and were provided by the Vermont Department of Health.

Weekly Hours

Average weekly hours is based on hours and weeks reported, adjusted to a full-time 48-week working year (hours * (weeks/48)). Thus, the average weekly hours for an individual working 40 hours a week for half the year (24 weeks) is 20.