

Health Care Workforce Census

Marriage and Family Therapists, 2020

July 2023

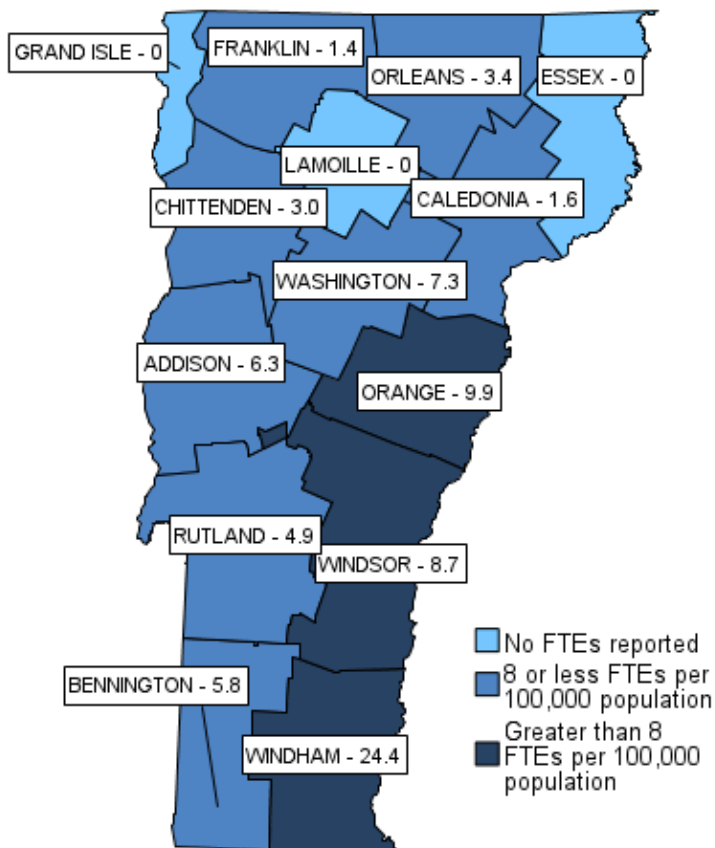
Overview

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 2020 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

Census period: November 2020
 Response Rate: 100%
 Licenses renewed: 77
 Active in VT: 60
 Full-time Equivalents (FTEs): 38.1

Demographics

% Female: 78.3%
 Median Age: 53
 % 60 or older: 33.3%

Education and Training

% PhD/PsyD/EdD: 8.3%
 % educated in VT: 1.7%
 % educated in Northeast: 55.4%

Main Specialties

Couple and Family Psychology: 40.0%
 Counseling Psychology: 28.3%

Current Employment

Full time hours at one site: 21.7%
 Full time hours at all sites: 25.0%
 Plans to reduce hours: 8.3%
 Plans to retire: 0%

Geographic Distribution

FTEs per 100,000 population:
 Highest: 24.4, Windham County
 Lowest: 0, Essex, Grand Isle and Lamoille Counties

Trends in Statewide FTEs

2014: 26.4
 2016: 32.2
 2018: 35.3
 2020: 38.1

Workforce

- 77 marriage and family therapists (MFTs) renewed their Vermont license in 2020, and 77 completed the workforce census for a 100% response rate.
- 35.3% (6/17) of MFTs who are not currently providing care in Vermont said they planned to do so within the next 12 months.
- 60 MFTs (77.9%) indicated that they were active and providing direct patient care in Vermont and the remainder of this report is based on them.

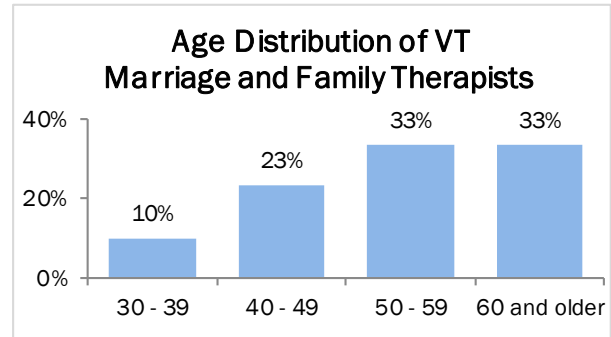
Demographics

Gender

- 78.3% of MFTs were female.
- 20.0% were male.
- 1.7% were another gender.

Age

- Half of MFTs active in Vermont were under age 53.
- 33.3% were aged 60 and 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.
- 58 MFTs were white (96.7% of 60 responses), and 2 MFTs selected another race that was not listed (3.3%). 1.7% of MFTs indicated that they were Hispanic, Latino/a, or of Spanish origin, and 98.3% were not.

Education and Training

- Slightly more than half of the 60 MFTs active in Vermont in 2020 completed their degrees in the Northeast (55.4%), and 35.7% in the West. One MFT completed their degree in Vermont (1.8%, data not shown).
- 8.3% had earned a doctoral degree (PhD/PsyD/EdD), and 88.3% had a master's degree.
- 5.0% also maintained a license as an Alcohol and Drug Abuse Counselor, and 3.3% as a Mental Health Counselor.

Practice Characteristics

Practice setting

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

- independent solo practice (70.0%)
- independent group practice (6.7%)
- community mental health center/designated agency (5.0%)
- school-based mental health service (5.0%)
- other setting (not listed) (13.3%).

Highest degree awarded in...	Number	Percent
Northeast	31	55.4%
South	2	3.6%
Midwest	2	3.6%
West	20	35.7%
Canada	1	1.8%
* Missing data for 4 individuals		

Number of sites

- 13.3% (8) MFTs practiced at 2 or more locations.

Specialties

- The most common primary specialty of marriage and family therapists was Couple and Family Psychology (40.0%), followed by Counseling Psychology (28.3%).

Access to care

- 91.4% of MFTs accepted new patients.
- 69.5% participated in Medicaid, and 64.9% 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	53	91.4%
Participate in Medicaid	41	69.5%
Accept new Medicaid patients	37	64.9%
Participate in Medicare	7	13.2%
Accept new Medicare patients	5	9.4%

Full Time Equivalent (FTEs)

- 38.1 total FTEs were provided by the 60 MFTs.
- 8.96 FTEs, or 23.5% of total FTEs, were provided by MFTs aged 60 and older (20 individuals).
- 21.7% of MFTs worked 40 hours or more per week at their main site.
- 25.0% worked 40 hours or more per week at all their work sites combined.
- 61.7% worked at least 20 hours per week at all their work sites combined.

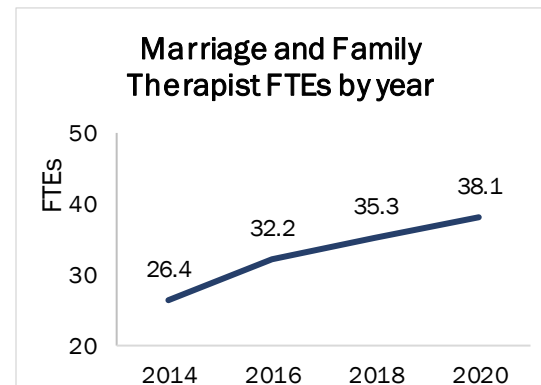
Average weekly hours – main site	Number of MFTs	Percent
Less than 20 hours	25	41.7%
20 to 39 hours	22	36.7%
40 hours or more	13	21.7%

Current Experience

- Median time since first licensed as a marriage and family therapist: 11 years.

Future Plans

- 46 MFTs (76.7%) planned to continue as they are in the next 12 months, and 7 (11.7%) planned to increase their hours.
- 5 (8.3%) planned to reduce their hours in the next 12 months, and 2 (3.3%) indicated that their plans were unknown. No MFTs planned to retire.



Trends in Statewide FTEs

- MFT FTEs increased by 33.7% from 26.4 in 2014 to 35.3 in 2018 and increased again by 7.9% to 38.1 in 2020.

Key Takeaways

- More than three-quarters of MFTs in Vermont are female, and the median age of MFTs is 53.
- The most common settings for MFTs are independent solo practices.
- Relative to population, MFTs are most common in Windham and Orange Counties.
- Just over 90% of MFTs are accepting new clients, and nearly 70% participate in Medicaid.
- MFTs saw a 7.9% increase in FTEs between 2018 and 2020.

For more information, contact: AHS.VDHPhysicianCensus@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, 2020. 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 2020 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 ($\text{hours} * (\text{weeks}/48)$). Thus, the average weekly hours for an individual working 40 hours a week for half the year (24 weeks) is 20.