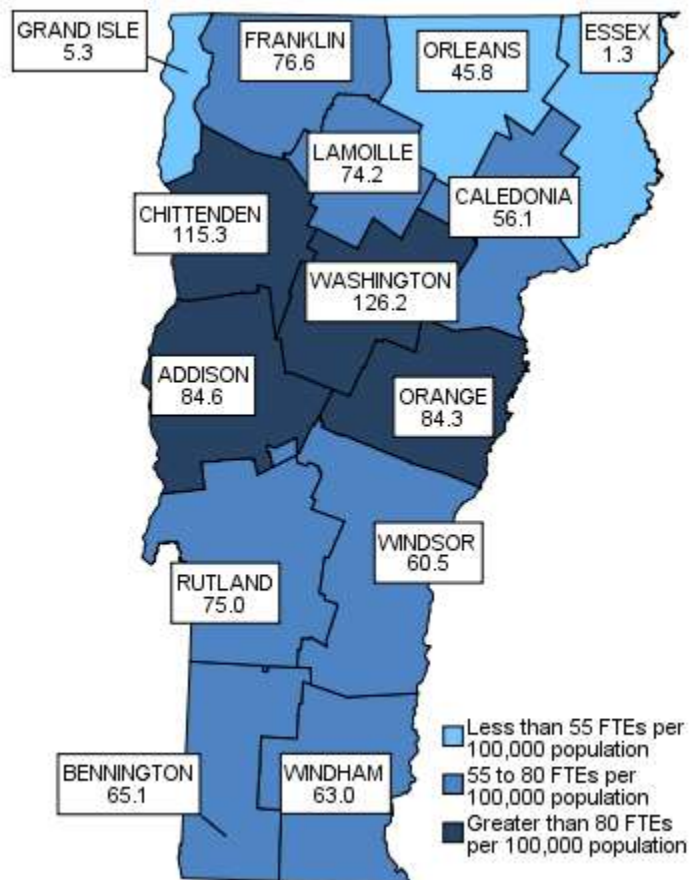


Overview

This Psychotherapist 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. A roster of Vermont non-licensed, non-certified psychotherapists is updated every two years. Data for this report were obtained during the November 2016 roster period and represent a snapshot of the profession at that time.

Psychotherapists provide treatment, diagnosis, evaluation, and/or counseling services to alleviate mental disorders. They are part of the allied mental health professional workforce in Vermont. If someone is providing psychotherapy services but is not currently licensed as another allied mental health professional, they are required to be entered on the roster. This includes psychologists, clinical social workers, mental health counselors, and marriage and family therapists who have completed the education requirements for their license and are currently working on their supervised practice hours.

Non-licensed Psychotherapist FTEs per 100,000 population by county



In Brief

Workforce

Survey period: November 2016
 Response Rate: 99.5%
 Roster renewals: 860
 Active in VT: 747
 Full-time Equivalents: 530.5

Demographics

% Female: 76.3%
 Median Age: 39
 % 60 or older: 14.5%

Education and Training

% doctorate: 4.0%
 % educated in VT: 49.4%
 % educated in Northeast: 81.9%

Main Specialties

Child & Adolescent Treatment: 25.5%
 Counseling: 15.7%

Current Employment

Accepting new patients: 91.4 %
 Full time hours at main site: 35.8%
 Plans to increase hours: 18.2%
 Plans to reduce hours: 2.4%

Geographic Distribution

(FTE to 100,000 pop. ratio)
 Highest: 126.2, Washington County
 Lowest: 1.3, Essex County

Workforce

- 860 psychotherapists renewed their roster entry during the census period and 856 completed the workforce survey for a response rate of 99.5%.
- Out of the 856 respondents, 747 (87.3%) indicated that they were active and providing direct patient care in Vermont as psychotherapists.
- Of the 109 respondents who reported a non-active status, 59 (54.1%) indicated they planned to start providing direct patient care in Vermont within the next 12 months.
- The remainder of this report is based on the 747 psychotherapists who reported being active and providing direct patient care in Vermont as psychotherapists. One active respondent did not provide any site or hour information, so they were not included in totals of practice characteristics or FTEs.

Demographics

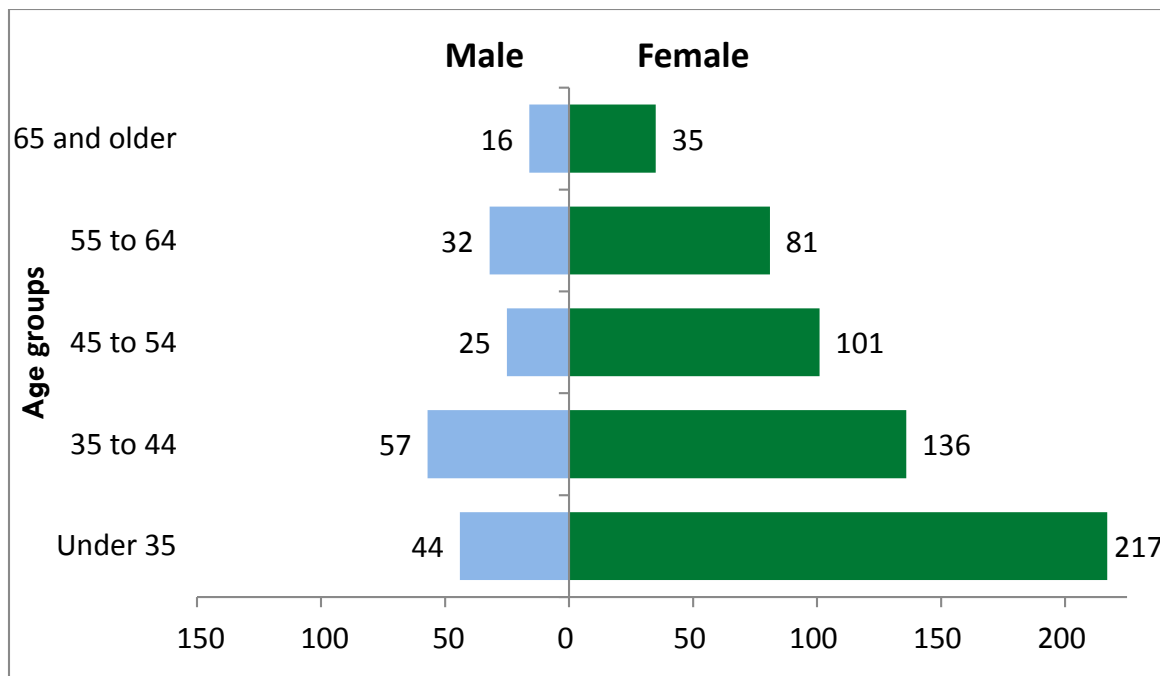
Gender

- 76.3% were female.
- 23.3% were male.

Age

- 60.8% of psychotherapists were younger than 45
- 6.8% of psychotherapists were 65 or older

Age and gender of psychotherapists



Education and Training

- 86.7% (645) had a master’s degree.
- 4.0% (30) had a doctoral degree (PhD/PsyD/EdD).
- 81.9% completed their education in the Northeast.

Additional licenses

- Many rostered psychotherapists were licensed in another mental health profession.
 - 26 were mental health counselors.
 - 101 were alcohol and drug abuse professionals.
 - 7 were psychologists.
 - 19 were clinical social workers.
 - 1 was a marriage and family therapist.
 - 2 were registered nurses.

Region in which highest degree awarded	Number	Percent
Vermont	330	49.4%
Northeast excluding Vermont	217	32.5%
Midwest	28	4.2%
South	36	5.4%
West	47	7.0%
Canada	6	0.9%
Other Foreign Country	4	0.6%
Missing data from 79 respondents		

Practice Characteristics

Specialties

- Child & adolescent therapy and counseling were the most common specialties.

Specialty*	Main*		Secondary	
	Count	FTEs	Count	FTEs
Child & Adolescent Therapy	190	110.3	23	4.5
Clinical Psychology	50	25.0	14	4.4
Cognitive/Dialectical Behavior Therapy	59	21.4	81	19.2
Counseling	117	54.8	44	9.8
Couple and Family Treatment	24	14.3	42	7.9
Crisis	20	14.5	4	1.6
Psychodynamic Psychology	21	8.8	19	5.1
School Psychology	8	4.3	6	1.2
Social Work/Case Management	101	74.2	55	18.3
Substance Abuse	71	45.0	67	24.0
Other***	85	42.6	76	16.6

*Specialty was not indicated for 2.7 FTEs, so those FTEs were not included in this table
 **Main specialty is one in which most annual hours were reported
 ***Other specialties include (but are not limited to) art therapy, business and organizational therapy, clinical neuropsychology, group therapy, police and public safety, somatic therapy, and trauma

2016 Psychotherapists

Access to care

- 91.4% accepted new clients.
- Data was not collected on Medicaid and Medicare acceptance as non-licensed, non-certified psychotherapists are typically not eligible to charge as providers to those programs.

Number of practice sites

- 6.8% (51) of psychotherapists practiced at 2 or more locations.
- 0.3% (2) of psychotherapists practiced at 3 or more locations.

Practice setting

- For psychotherapists' main practice location, the most common setting was community mental health centers and designated agencies, followed by independent solo practices.

Main Setting	Number	Percent
Community health center or medical practice	49	6.6%
Hospital: general	17	2.3%
Hospital: psychiatric	10	1.3%
Independent group practice	55	7.4%
Independent solo practice	138	18.5%
Justice and Corrections system	13	1.7%
Mental health center/Designated Agency	272	36.5%
Residential	28	3.8%
School-based mental health service	93	12.5%
Substance abuse treatment facility	48	6.4%
Other setting	23	3.1%

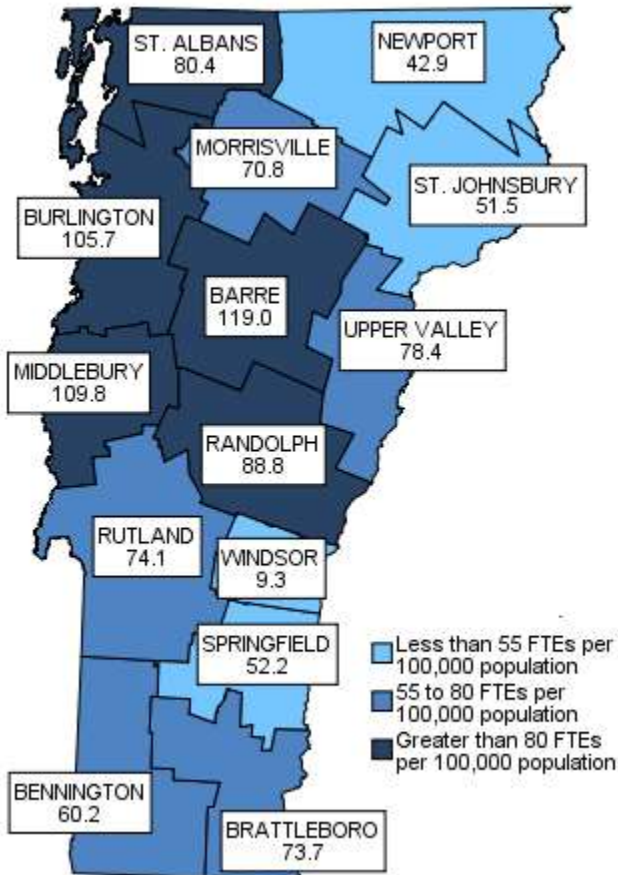
Full Time Equivalents

- 35.8% worked 40 hours or more per week at their main site.
- 530.5 total FTEs were provided by 746 psychotherapists.
- 62.7 FTEs, or 11.8% of total FTEs, were age 60 and older (108 individuals).

Weekly hours at main site	Number	Percent
Less than 20 hours	186	24.9%
20 to 39 hours	293	39.3%
40 hours or more	267	35.8%

2016 Psychotherapists

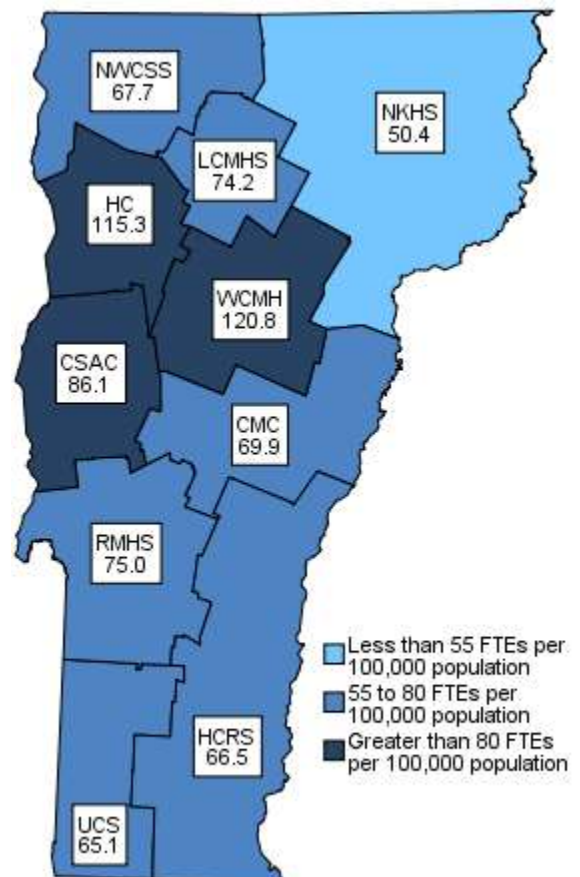
Psychotherapist FTEs per 100,000 population by Blueprint Health Care Areas



Blueprint Health Care Areas (see Appendix for details)

- Barre (119.0), Burlington (105.7), and Middlebury (109.8) Health Care Areas had the highest ratio of psychotherapist FTEs to population.
- Springfield, St. Johnsbury, Newport and Windsor Health Care Areas had less than 55 FTEs per 100,000 population.

Psychotherapist FTEs per 100,000 population by Mental Health Catchment Areas



Mental Health Catchment Areas (see Appendix for details)

- Northeast Kingdom Health Services (NKHS) had the lowest ratio of 50.4 FTEs per 100,000 population.
- Highest ratio was 120.8 in Washington County Mental Health Services (WCMH) area.

Current Experience and Future Plans

- Median amount of time rostered in Vermont: 3 years.

In the next 12 months

- 74.9% planned to continue working as they had been.
- 18.2% planned to increase their hours.
- 2.4% planned to reduce their hours.

Years rostered in Vermont	Number	Percent
0 to 5 years	522	70.8%
6 to 10 years	117	15.9%
11 to 15 years	42	5.7%
16 to 20 years	22	3.0%
21 to 25 years	14	1.9%
Over 25 years	20	2.7%

Future professional tracks

- 40.6% planned to be licensed as a mental health counselor.
- 17.0% planned to be licensed as a social worker.
- 11.6% planned to be licensed as a psychologist.
- 10.6% planned to be licensed as an alcohol and drug counselor.
- 2.3% planned to be licensed as a marriage and family therapist.
- 19.9% were not planning on acquiring any of the licenses above.

Questions

For tables detailing these data or further information, contact:

Vermont Department of Health
 Division of Health Surveillance – Workforce Census
 108 Cherry Street, Drawer 41
 PO Box 70
 Burlington, VT 05402-0070
 Tel. 802-863-7300
 Email: AHS.VDHPPhysicianCensus@vermont.gov

Appendix

Active Psychotherapist

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

Census

The census was taken during the biennial psychotherapist roster process which ended on November 30, 2016. The data include all rostered psychotherapists except for new psychotherapists enrolled less than three months before the renewal date (September 2016 – November 2016), as their enrollment was valid until the next renewal date of November 30, 2016. Census questions available upon request.

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.

Health Care Areas

The Health Care Areas in this report are those used by the Vermont Blueprint for Health, an initiative working to transform the way primary care and comprehensive health services are delivered and paid for. It disseminates information on healthcare expenditures, utilization, and care quality measures within these regions (see <http://blueprintforhealth.vermont.gov/>). Data are available for other regional definitions from the Division of Health Surveillance. See the contact information at the end of this report.

Main Practice, Site, Setting, and Specialty

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

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.

Mental Health Catchment Areas

There are 10 designated agencies across the state of Vermont responsible for helping their local populations access mental health services among other things.

Mental Health Catchment Area	Abbreviation
Clara Martin Center	CMC
Counseling Services of Addison County	CSAC
Howard Center	HC
Health Care and Rehabilitation Services of Southeastern Vermont	HCRS
Lamoille County Mental Health Services	LCMHS
Northeast Kingdom Human Services	NKHS
Northwestern Counseling and Support Services	NWCSS
Rutland Mental Health Services	RMHS
United Counseling Services	UCS
Washington County Mental Health Services	WCMHS

2016 Psychotherapists

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 2016 and were provided by the Department of Health.

States

States were grouped into the following regions:

Northeast	Midwest	South		West
Connecticut	Illinois	Alabama	North Carolina	Alaska
Maine	Indiana	Arkansas	Oklahoma	Arizona
Massachusetts	Iowa	Delaware	South Carolina	California
New Hampshire	Kansas	Florida	Tennessee	Colorado
New Jersey	Michigan	Georgia	Texas	Hawaii
New York	Minnesota	Kentucky	Virginia	Idaho
Pennsylvania	Missouri	Louisiana	Washington DC	Montana
Rhode Island	Nebraska	Maryland	West Virginia	Nevada
Vermont	North Dakota	Mississippi		New Mexico
	Ohio			Oregon
	South Dakota			Utah
	Wisconsin			Washington
				Wyoming

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.