Mental Health Care Providers
Mental health provider types

- Physicians
- Advance Practice Registered Nurses
- Physician Assistants
- Alcohol and Drug Counselors
- Clinical Social Workers
- Marriage and Family Therapists
- Mental Health Counselors
- Psychoanalysts
- Psychologists
  - Master
  - Doctoral
- Psychotherapists*

*Rostered
Overlap among actively practicing professionals

Active in more than 1 survey
- 122 individuals
- 215.6 FTEs
  - 11% of total FTEs
- Apparent double counting of hours
- Surveys do not represent same moment in time

Majority of overlap
- Alcohol and Drug Abuse Counselors – 91
- Social Workers - 51
- Mental Health Counselors – 40
- Psychotherapists – 30
From 2014 Physician Census

9% Psychiatrists

- N = 179
- 116.6 FTEs
Psychiatrists – November 2014

Practice setting

- 24% - solo practitioner
- 21% - hospital inpatient
- 14% - community mental health clinic
Psychiatrists – November 2014

60 years of age and older

- 40% of psychiatrists
- 44.2 FTEs
  - 38% of total FTEs

Plans in next 12 months

- 4% plan to retire
- 18% plan to reduce hours
Psychiatric Nurse Practitioners – March 2015

- 535 active APRNs
- 12% - psychiatric NPs
- N = 64
- 41.5 FTEs

Vermont Department of Health
Psychiatric Nurse Practitioners – March 2015

Practice setting

- 29% - mental health clinics
- 18% - independent solo practices
- 11% - community health centers
- 10% - correctional facilities

Vermont Department of Health
Psychiatric Nurse Practitioners – March 2015

60 years of age and older

- 42% of psychiatric nurse practitioners
- 13.6 FTEs
- 33% of total FTEs

Plans to retire in next 12 months

- No data collected on plans to retire or reduce hours

Vermont Department of Health
Physician Assistants – January 2016

- 310 active physician assistants
- 1% - psychiatric specialty

- N = 3
- 2.6 FTEs
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<th>Practice setting</th>
<th>Age and plans in next 12 months</th>
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<tr>
<td>1 - single specialty care practice and VA</td>
<td>No PAs specializing in psychiatric care are over age 60 or plan to retire or reduce hours</td>
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<td>2 - hospital inpatient</td>
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89% response rate (434/489)
- 76% active
  N = 332
  194.1 FTEs

41% (n=38) of non-active counselors plan to start or resume direct patient care in the next 12 months
Practice setting

- 33% – private practice
- 18% – substance abuse clinics
60 years of age and older*

- 38% of alcohol and drug abuse counselors
- 31.7 FTEs
  - 16% of total FTEs

*Missing age for 57% of respondents

Plans in next 12 months

- 1% plan to retire
- 4% plan to reduce hours

Vermont Department of Health
99% response rate (1014/1020)

78% active in direct patient care

- N = 794
- 635.5 FTEs

39% (n=86) of non-active social workers plan to start or resume direct patient care in the next 12 months
Practice setting

- 33% - independent solo practice
- 18% - mental health clinic
- 8% - hospital
- 8% - school or college

Vermont Department of Health
60 years of age and older

- 32% of social workers
- 176.8 FTEs
- 28% of total FTEs

Plans in next 12 months

- 1% plan to retire
- 5% plan to reduce hours

Vermont Department of Health
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<th>N = 42</th>
<th>96% response rate (50/52)</th>
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<td>84% active in direct patient care</td>
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<td>N = 42</td>
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<td>26.4 FTEs</td>
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<td>50% (n=4) of non-active therapists plan to start or resume working as a therapist in the next 12 months.</td>
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Practice setting

- 57% - independent solo practice
- 19% - independent group practice
- 12% - mental health clinic
60 years of age and older

- 36% of marriage and family therapists
- 9.7 FTEs

37% of total FTEs

Plans in next 12 months

- No one indicated plans to retire
- 5% plan to reduce hours
Mental Health Counselors – January 2015

- 76% response rate (521/686)
  - 84% active in direct patient care
    - N = 440
    - 299.6 FTEs
  - 41% (n=34) of non-active counselors are planning to start or resume working in direct patient care in the next 12 months

Vermont Department of Health
Mental Health Counselors – January 2015

Practice setting

- 49% - independent solo practice
- 18% - mental health clinic
- 7% - independent group practice
- 7% - school-based
- 6% - community health center
Mental Health Counselors – January 2015

60 years of age and older

- 33% of mental health counselors
- 94.4 FTEs
- 32% of total FTEs

Plans in next 12 months

- No one indicated plans to retire
- 4% plan to reduce hours

Vermont Department of Health
Psychoanalysts – November 2014

N = 18

FTEs = 8.1

- 95% response rate (54/57)
  - 33% active in direct patient care
    - N = 18
    - 8.1 FTEs
- 19% (n=7) of non-active psychoanalysts indicated plans to start or resume working in the next 12 months.
- All were working in independent solo practice
Psychoanalysts – November 2014

60 years of age and older

- 83% of psychoanalysts
- 6.5 FTEs
- 80% of total FTEs

Plans in next 12 months

- No one indicated plans to retire or reduce hours

Vermont Department of Health
Psychologists – January 2016

- 99.8% response rate (590/591)
- Masters Level
  - 93% active
  - N = 175
  - 131.3 FTEs
- Doctoral Level
  - 78% active
  - N = 314
  - 224.5 FTEs

N = 489
FTEs = 355.8
Psychologists – January 2016

Practice setting

- Masters level settings
  - 54% - independent solo practice
  - 16% - mental health clinic

- Doctoral level settings
  - 49% - independent solo practice
  - 10% - independent group practice
Psychologists (masters) – January 2016

60 years of age and older

- 54% of masters level psychologists
- 65.5 FTEs
- 50% of total FTEs

Plans in next 12 months

- 1% plan to retire
- 9% plan to reduce hours

Vermont Department of Health
Psychologists (doctoral)—January 2016

- 43% of doctoral level psychologists
- 90.1 FTEs
- 40% of total FTEs

- 2% plan to retire
- 8% plan to reduce hours

Vermont Department of Health
77% response rate (511/660)

- 86% active in direct patient care
  - N = 437
  - 293.4 FTEs

- 49% (n=34) of non-active therapists plan to start or resume working in next 12 months

- Rostered, not licensed

Vermont Department of Health
Psychotherapists – November 2014

Practice setting

- 53% - designated agencies
- 18% - independent solo practice

Vermont Department of Health
Psychotherapists – November 2014

60 years of age and older

- 16% of psychotherapists
- 42.1 FTEs
  - 14% of total FTEs

Plans in next 12 months

- Less than 1% plan to retire
- 3% plan to reduce hours

Vermont Department of Health
HRSA designations for underserved areas

- Core mental health professionals
  - psychiatrists
  - clinical psychologists
  - clinical social workers
  - psychiatric nurse practitioners
  - marriage and family therapists

No current standards for how many mental health care professionals are needed.

Vermont Department of Health
HRSA designations, continued

Population to provider ratio

- >6,000 :1 core mental health professional and >20,000:1 psychiatrist
- >9,000:1 core mental health professional
- >30,000:1 psychiatrist

Provider to 100,000 population

- <16.7 FTE core mental health professionals and <5 FTE psychiatrists
- <11.1 FTE core mental health professionals
- <3.3 FTE psychiatrists
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<th>advanced practice registered nurses</th>
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Glossary

CMC = Clara Martin Center
CSAC = Counseling Services of Addison County
FTE = Full time equivalent
HC = Howard Center
HCRS = Health Care and Rehabilitation Services of Southeastern Vermont
HRSA = Health Resources and Services Administration
LCMH = Lamoille County Mental Health Services
MHCA = Mental Health Catchment Area
NCSS = Northwestern Counseling and Support Services
NKHS = Northeast Kingdom Human Services
RMHS = Rutland Mental Health Services
UCS = United Counseling Services
WCMH = Washington County Mental Health Services
Surveys are completed at the time the provider relicenses, which is every two years.

Different professions relicense at different times.

Full-time Equivalents (FTEs) are defined as 40 hours per week and 48 weeks per year. Hours are patient care hours only.

To determine number of active providers and FTEs a census is required. When the response rate is lower, the results will underestimate the number of providers and FTEs.

Some individuals hold more than one license. They are completing the surveys for each of their licenses. A review of the data found 122 individuals with more than one license. The total FTEs for these individuals was 215.6, indicating that there is double counting of hours.
Questions?

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