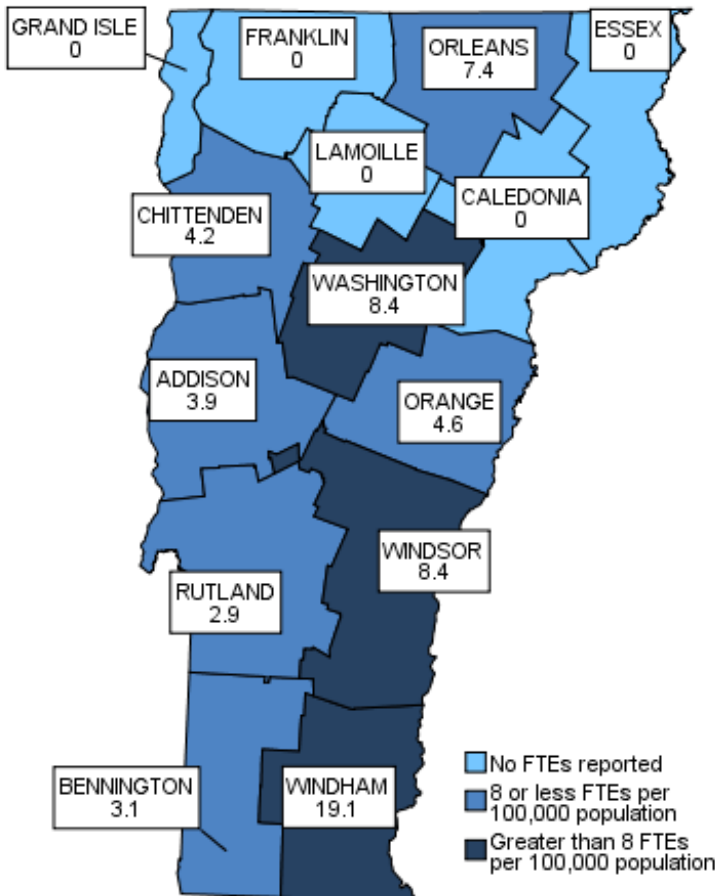


Overview

This Marriage and Family Therapists census is part of the Vermont Department of Health’s healthcare provider data program, which is used to monitor and measure the supply of health care providers in Vermont over time. Vermont Marriage and Family Therapists are relicensed every two years. Data for this report were obtained during the November 2016 relicensing period and represent a snapshot of the profession at that time.

Marriage and family therapists 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.

Marriage and Family Therapist FTEs per 100,000 population by county



In Brief

Workforce

Survey period – November 2016

Response Rate: 100%

Licenses renewed: 62

Active in VT: 54

Full-time Equivalents: 32.2

Demographics

% Female: 79.6%

Median Age: 53

% 60 or older: 37.0%

Education and Training

% PhD: 9.3%

% educated in VT: None

% educated in Northeast: 47.2%

Main Specialties

Couple and Family Psychology: 35.2%

Counseling Psychology: 22.2%

Current Employment

Accepting new patients: 87.0%

Full time hours at main site: 22.2%

Plans to increase hours: 16.7%

Plans to reduce hours: 14.8%

Geographic Distribution

(FTE to 100,000 pop. ratio)

Highest: 19.1, Windham County

Lowest: 0, Caledonia, Essex,

Franklin, Grand Isle, and Lamoille

Counties

Workforce

- 62 marriage and family therapists (MFTs) renewed their licenses during the surveyed period and 62 completed the workforce survey for a response rate of 100.0%.
- Out of the 62 respondents, 54 (87.1%) indicated that they were active and providing direct patient care in Vermont as marriage and family therapists.
- Of the 8 respondents currently reporting a non-active status, 2 (25.0%) 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 54 marriage and family therapists who reported being active and providing direct patient care in Vermont as marriage and family therapists.

Demographics

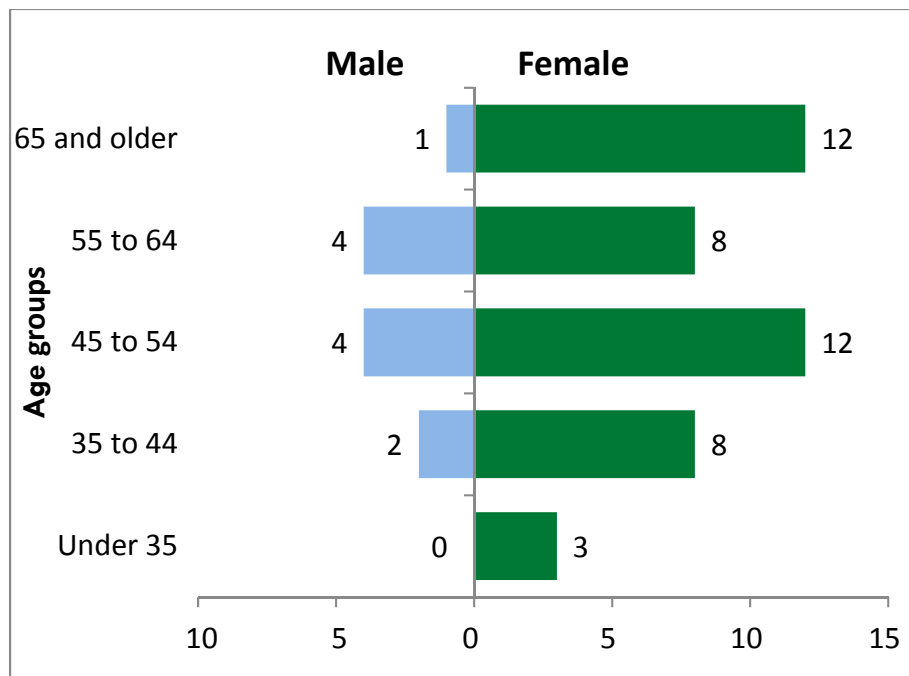
Gender

- 79.6% were female.
- 20.4% were male.

Age

- 24.1% of MFTs were younger than 45.
- 24.1% of MFTs were 65 or older.

Age and gender of MFTs



Education and Training

- All MFTs must have master’s degree to be licensed.
 - 1.9% (1) had a specialist degree or certificate of advanced graduate study.
 - 9.3% (5) had a PhD.
- Almost half of the MFTs completed their education in the Northeast.

Where highest degree was awarded	Number	Percent
Vermont	0	0.0%
Northeast excluding Vermont	25	47.2%
Midwest	2	3.8%
South	2	3.8%
West	23	43.4%
Canada	1	1.9%

Additional licenses

- Some MFTs maintained more than one mental health care license.
 - 3 were licensed alcohol and drug abuse counselors.
 - 2 were licensed mental health counselors.
 - 2 were psychologists.

Practice Characteristics

Specialties

- The most common specialties were couple and family psychology and counseling psychology.

Specialty	Main		Secondary	
	Count	FTEs	Count	FTEs
Clinical Child & Adolescent Psychology	5	3.0	3	0.8
Clinical Health Psychology	---	---	1	0.5
Clinical Psychology	5	3.1	2	0.3
Cognitive Behavioral Psychology	3	1.4	2	0.7
Counseling Psychology	12	4.3	11	1.0
Couple & Family Psychology	19	8.0	14	3.0
Substance Abuse	2	1.1	1	0.1
Other	8	4.3	4	0.8

Access to care

- 87.0% accepted new clients.
- 70.4% participated in Medicaid.
- 66.7% 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.
 - 16.7% participated in Medicare.
 - 14.8% accepted new Medicare clients.

Number of practice sites

- 11.1% of marriage and family therapists practiced at more than one location.

Practice setting

- Most marriage and family therapists were working in an independent solo practice as their main practice setting.

Main Setting	Number	Percent
Independent solo practice (private practice)	31	57.4%
Independent group practice	10	18.5%
Community health center	1	1.9%
Community mental health center / Designated Agency	2	3.7%
Substance abuse treatment facility	1	1.9%
School-based mental health service	2	3.7%
Other setting	7	13.0%

Full Time Equivalent

- 22.2% worked 40 hours or more per week at their main site.

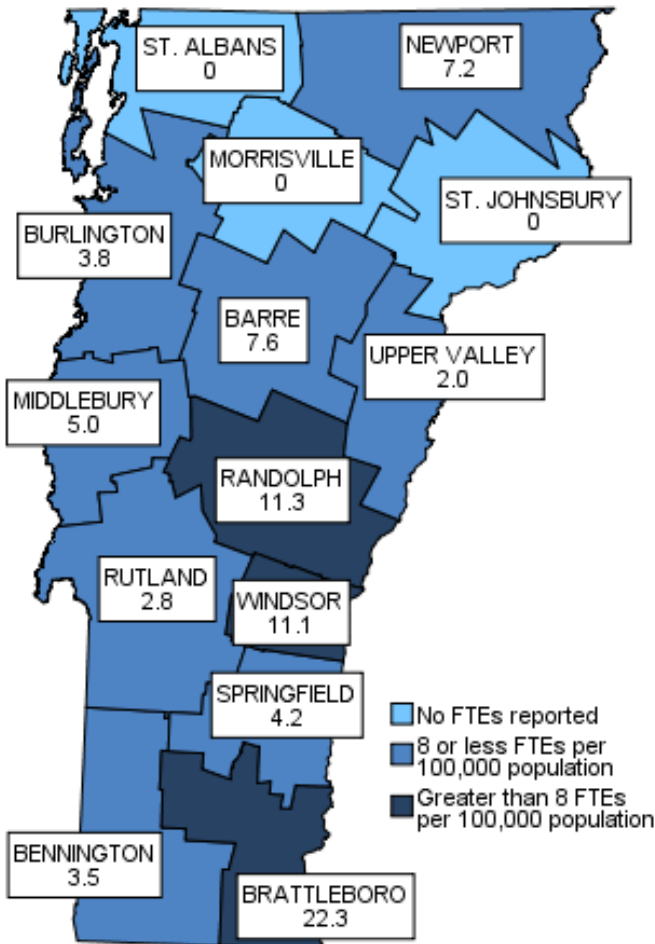
Weekly hours at main site	Number	Percent
Less than 20 hours	22	40.7%
20 to 39 hours	20	37.0%
40 hours or more	12	22.2%

- 32.2 total FTEs were provided by 54 marriage and family therapists.
- 10.5 FTEs, or 32.6% of total FTEs, were age 60 and older (20 individuals).

2016 Marriage and Family Therapists

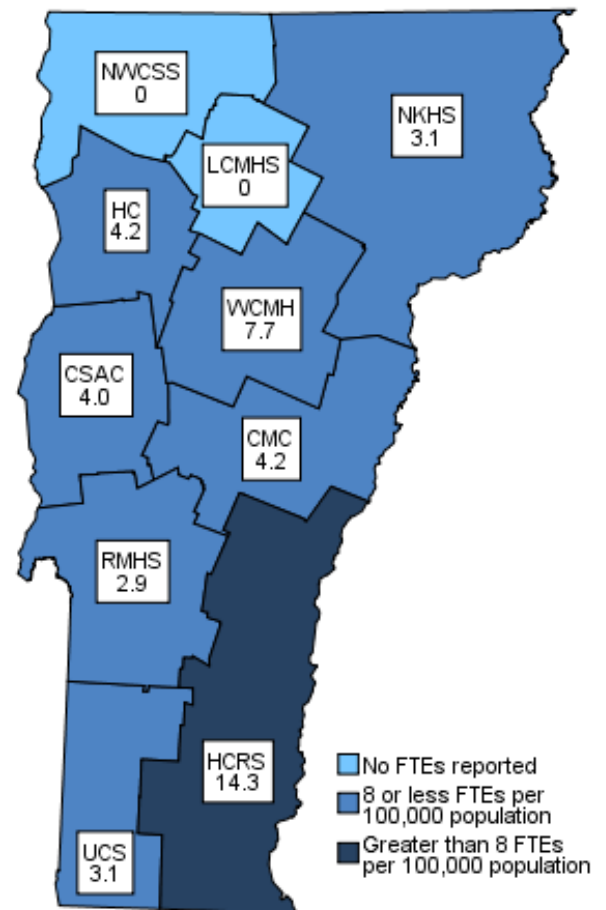
Marriage and Family Therapist FTEs per 100,000 population by Blueprint Health Care Areas

Blueprint Health Care Areas (see Appendix for details)



- Brattleboro (22.3), Randolph (11.3), and Windsor (11.1) Health Care Areas had the highest ratio of marriage and family therapists to population.
- Morrisville, St. Albans, and St. Johnsbury Health Care Areas had no reported marriage and family therapists.

Marriage and Family Therapist FTEs per 100,000 population by Mental Health Catchment Areas



Mental Health Catchment Areas (see Appendix for details)

- No FTEs were reported for Northwestern Counseling and Support Services (NWCSS) and Lamoille County Mental Health Services (LCMHS).
- Highest ratio was 14.3 in Health Care and Rehabilitation Services of Southeastern Vermont (HCRS) area.

Current Experience and Future Plans

- Median amount of time licensed in Vermont: 8.5 years
- Over half of MFTs have been licensed in VT 10 years or less.

In the next 12 months

- 68.5% planned to continue working as they had been.
- 16.7% planned to increase their hours.
- 14.8% planned to reduce their hours.

Years licensed in Vermont	Number	Percent
0 to 5 years	21	38.9%
6 to 10 years	13	24.1%
11 to 15 years	7	13.0%
16 to 20 years	10	18.5%
21 to 25 years	1	1.9%
Over 25 years	2	3.7%

Changes over time

	2014	2016
Number of active MFTs	42	54
FTEs	26.4	32.2
% female	71.4%	79.6%
% over 60	35.7%	37.0%
Accepting new patients	92.9%	87.0%
Planning to reduce hours	4.8%	14.8%

- 12 MFTs joined the workforce since the 2014 census.
- 3 MFTs left the workforce since the 2014 census.
- 3 MFTs who did not complete the 2014 census but were active at that time did complete the 2016 census, for a net increase of 12 therapists.

Observations

- Many therapists indicated a desire to serve Medicare clients, but an inability to do so due to their practice structure and Medicare's reimbursement and billing requirements.

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.VDHPhysicianCensus@vermont.gov

Appendix

Active Marriage and Family Therapist

A marriage and family therapist who reported working in Vermont as such (regardless of how many hours) is considered active.

Census

The census was taken during the biennial marriage and family therapist relicensing process which ended on November 30, 2016. The data include all licensed marriage and family therapists except for new licensees enrolled less than three months before the renewal date (September – November 2016), as their license was valid until the next renewal date of November 30, 2018. 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 Marriage and Family Therapists

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 2015 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.