

Measurement Based Care: Fixing Behavioral Healthcare in America

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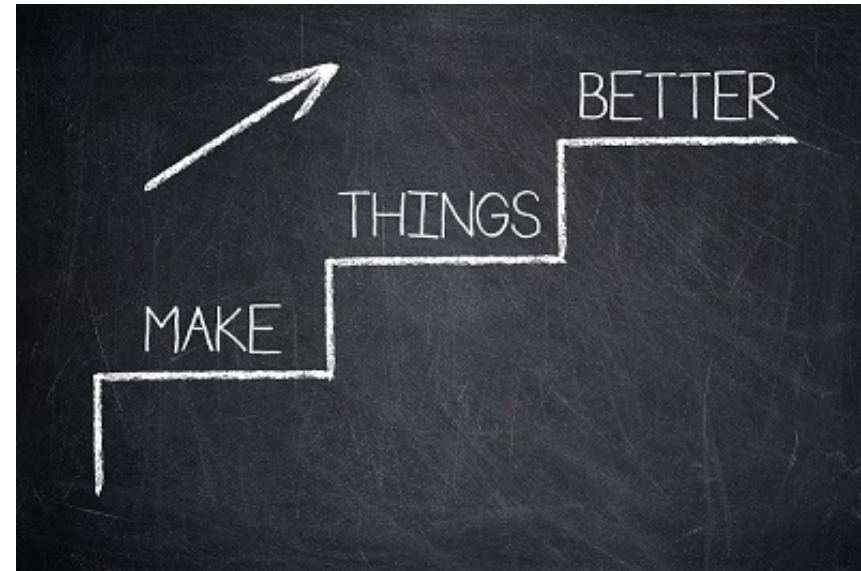
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What is Measurement Based Care(MBC)?

The systematic administration of symptom rating scales and using the results to drive clinical decision making at the level of the individual patient



Fortney, J., Unützer J., Wrenn, G., Pyne, J., Smith, R., Schoenbaum, M., Harbin, H. "A Tipping Point for Measurement Based Care" *Psychiatric Services* (In Press, 2016).

Just take my word for it?

Only **17.9% of psychiatrists** and **11.1% of psychologists** in the US routinely administer symptom rating scales to their patients

How are you?

Lost. Alone. Helpless. Desperate.

Anxious. Overwhelmed. Empty. Weak.

Ready to give up. Empty. Falling apart.

Angry. Hurt. Frustrated. Scared.

Filled with fear. Sad. Lonely. Isolated.

Frail. Pathetic. Hopeless. Not good enough.

Can't stop crying. Defeated. On the verge.

Good.

Trust me, I'm a doctor.

With clinical judgement alone, mental health providers **detect** worsening for **only 21.4% of** their patients with **increased symptom severity**.



(Hatfield, 2010)

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Unintentional Inertia

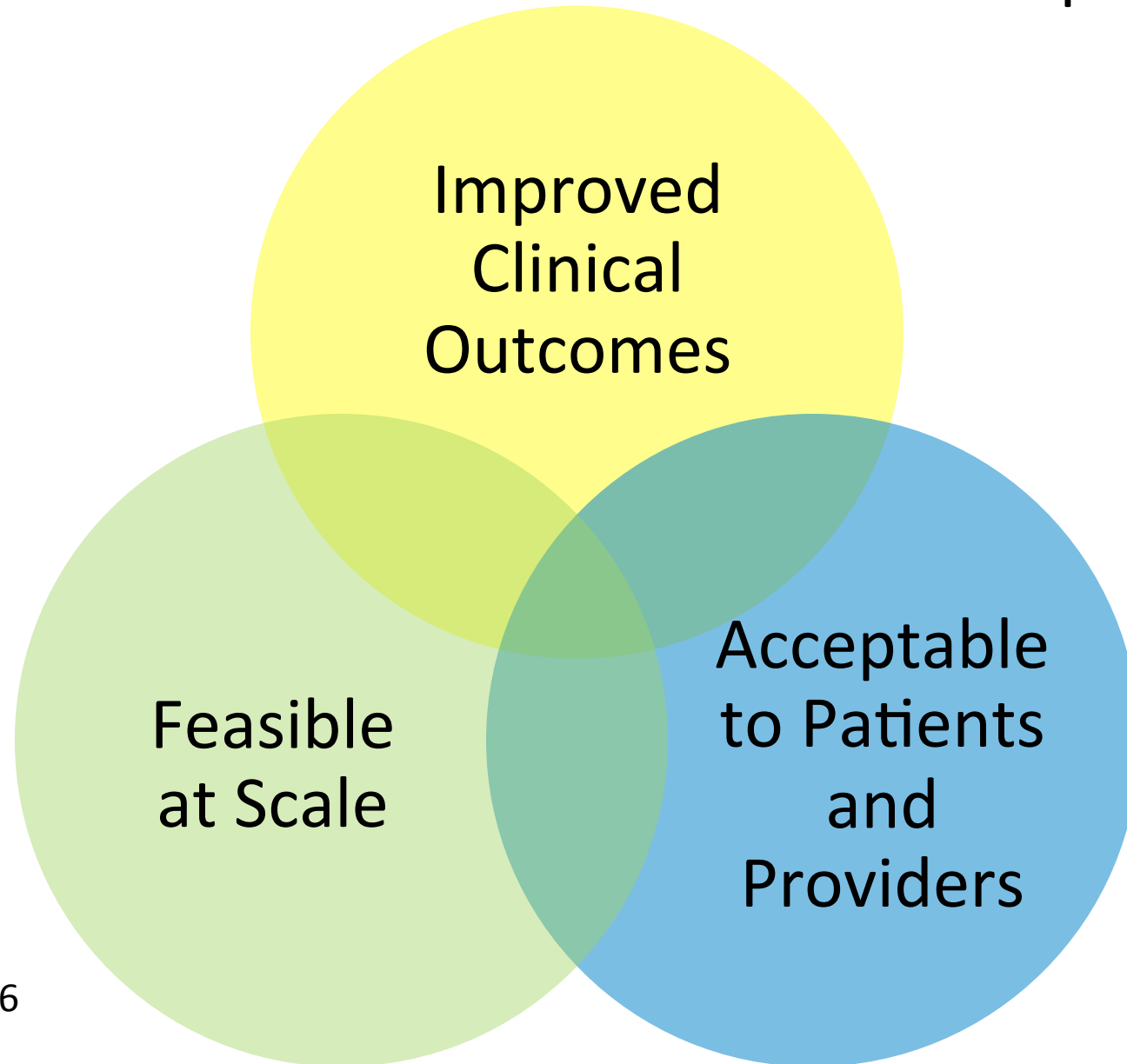
Failure to detect treatment non-response



Keep the same plan despite patient lack of improvement or clinical worsening



What is the Evidence of MBC Impact?



Fortney et al 2016

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Ineffective Methods

- Screening and referral
- Screening and clinical guideline reminders
- Assessing infrequently
- Current assessment not available at the point-of-care



Can Usual Care be Measurement-based?



Research & Clinical Feasibility

- STEP-BD and STAR-D, large scale “usual care” studies used MBC
- Kaiser Permanente and Washington State FQHCs



Department of Veteran's Affairs

- Behavioral Health Lab used in primary care to improve depression outcomes
- MBC incorporated into mental health service line

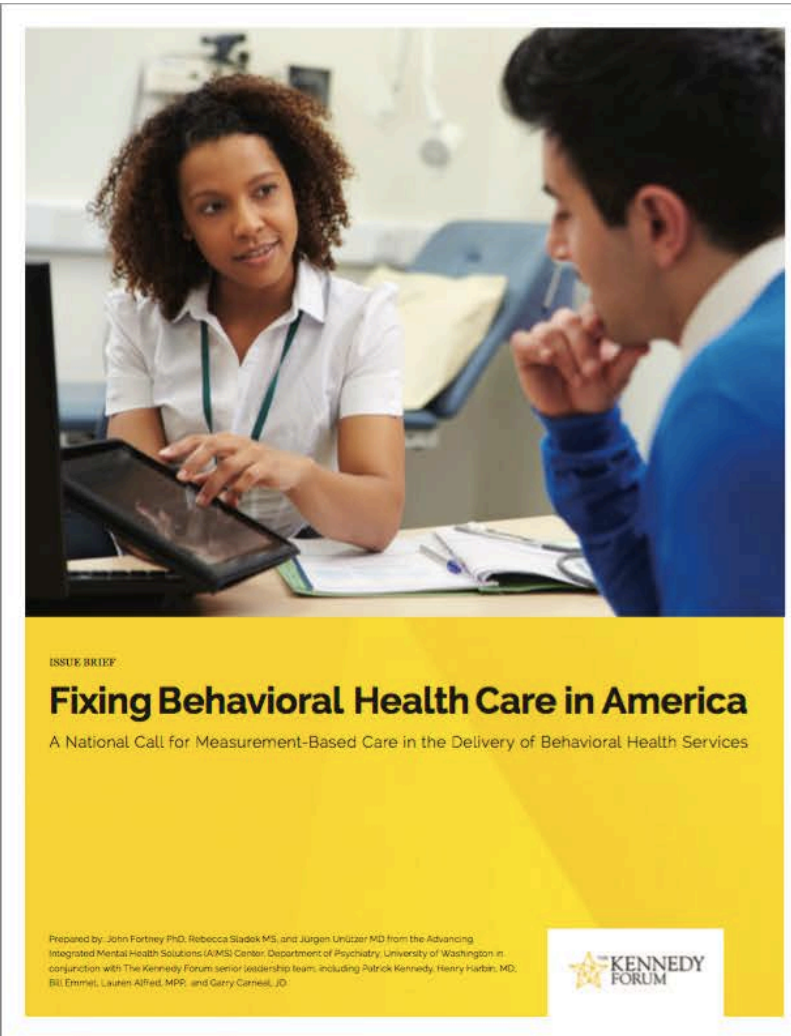


Department of Defense

- Behavioral Health Data Portal for Specialty Mental Health Clinics
- MBC Incorporated into integrated Primary Care settings

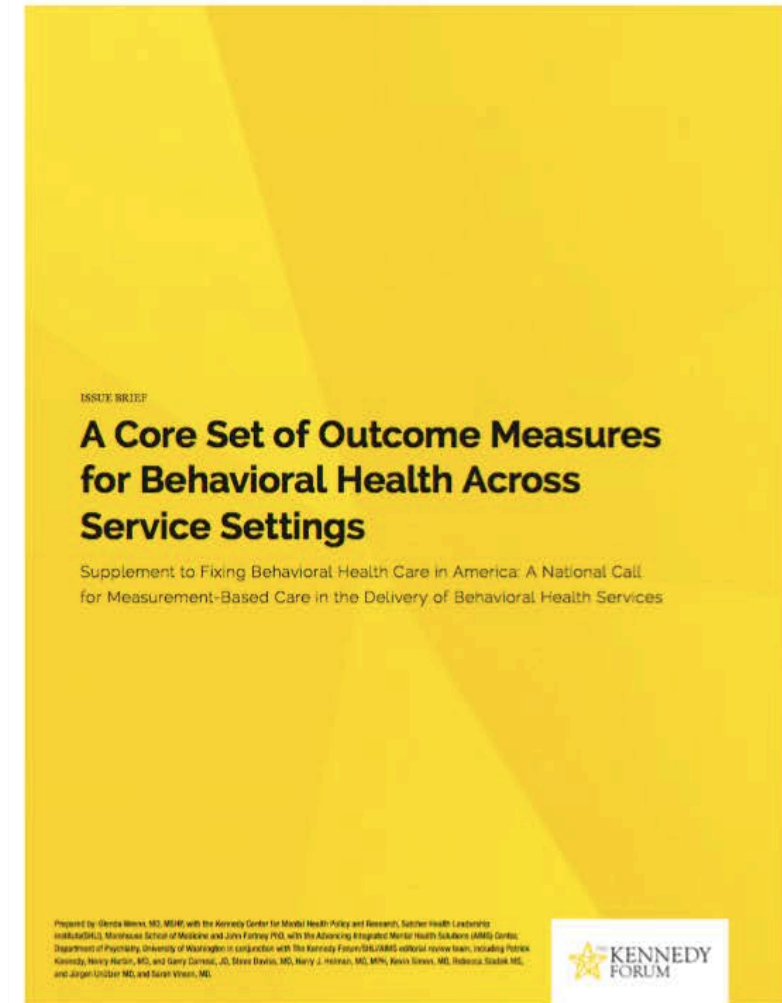
MBC Benefits to Payers

- **Transparency.** Under the Mental Health Parity and Addiction Equity Act, payers are held accountable to offer equivalent benefits for behavioral health and physical health. Symptom rating scale data can be easily aggregated across patients to make outcomes more transparent and to enable payers to observe the outcomes of treatments they are legally required to reimburse providers to deliver.
- **Value-Based Care.** Make informed value-based purchasing decisions
- **Smart Provider Networks.** Use aggregated symptom rating scale data to help identify higher quality provider organizations.
- **Payer Reimbursement.** Helping payers better allocate dollars for MH/SUD services by demonstrating ROI.
- **Actionable Measures.** Creating feedback loops that enhance clinical practices.



MBC Core Measures Supplement

- Provides a **set of outcome measures** suitable for MBC
- Payers should use measures that are **clinically useful**, **time efficient**, and **enable monitoring** of aggregate data on quality and population health
- Account for the **case mix** of the targeted populations based on severity and diagnosis



The Future is Coming

- **NQF** and **NCQA** continue to expand behavioral health measures
- **APA Council on Quality** actively engaging discussion on measures
- **Joint Commission** will likely move standards to MBC in 2017



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