

# Using Data in School Mental Health Treatment Stakeholder Summary

**Measurement-based care (MBC)** is the use of student- and parent-reported measures of progress in mental health early intervention and treatment to improve personalized, data-driven, shared decision making with the student and parent. MBC is not used very often in school mental health even though there are many ways to train and support school mental health clinicians to use it. A total of 49 school mental health stakeholders (clinicians, supervisors and researchers) across the country participated in our study and said these six strategies are critical for successfully implementing MBC in schools.

## Top Six Most Important and Feasible Strategies for Implementing MBC in School Mental Health



### Assess for readiness and identify barriers and facilitators

Assess readiness for MBC at clinician, administration, and school setting levels by querying strengths or facilitators that can support the implementation effort and barriers that might get in the way.



### Identify and prepare champions

Identify individuals who are passionate about MBC and are influencers or informal leaders among fellow clinicians. Prepare and support them to facilitate implementation, support their peers, and promote acceptance of MBC.



### Develop a useable implementation plan

Develop a usable plan that details processes and strategies for implementation of MBC, with a focus on improving student outcomes as the ultimate goal. Include timeframe and milestones, roles and responsibilities of all stakeholders, and appropriate performance/progress measures.



### Offer a clinician-informed menu of free, brief measures

★ *New strategy recommended by participants just for MBC in schools*

Engage clinicians in a discussion about measure selection to select and distribute a small number of progress monitoring tools they can choose from. Emphasize tools that are free, brief, and easy to score.

**Need measures?** Create a SHAPE account to search the [screening and assessment library](#) or check out [Evidence Base Update for Brief, Free and Accessible Youth MH Measures](#) or [Measuring MH: A Review of Child Self-Report Measures](#).



### Develop and provide access to training materials

Training materials (i.e., a curriculum, toolkit, or guide) for mental health professionals should include MBC definition, goals, and values as well as clear steps to follow, examples and non-examples of proper MBC, implementation scripts, practice profiles, timelines, and measures for use.



### Make implementation easier by removing burdensome documentation tasks

Remove or alleviate burdensome tasks or documentation that could come with implementing MBC (e.g., removing unnecessary or unused data forms, streamlining duplicative paperwork, require only minimal necessary documentation, and make sure all data collected are used).

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