



Collect.



Share.



Act.

SELF-PACED MBC SKILL-BUILDING TOOLKIT

Adopt and hone your MBC practice a little at a time.

THE YALE
MEASUREMENT
BASED CARE
COLLABORATIVE



"I really think about my answers on the forms. It helps me think about how I'm doing and what I want to talk about when I get in here."

- Client in MH care

SELF-PACED MBC SKILL-BUILDING TOOLKIT

These materials were developed as part of the Department of Veterans Affairs Measurement Based Care in Mental Health Initiative.

Suggested citation: Barber, J.A. & Resnick, S.G. (2020). Self-Paced MBC Skill-Building Toolkit.
https://medicine.yale.edu/psychiatry/research/programs/clinical_people/mbccollab/

HOW TO USE THIS GUIDE

Measurement Based Care uses data from patient reported outcome measures to enhance care and to empower clients and providers to collaborate on goal-setting and treatment planning.

You may wish to incorporate MBC into your practice, or to increase your use of it, but you may not be sure where to start. Changing clinical practice can seem daunting. There are skills to learn, you might worry about client reactions to something new, and time management is always a concern.

Changing your clinical practice can seem daunting. There are skills to learn, you might worry about client reactions to something new, and time management is always a concern.


It can feel overwhelming.

That's why we've designed this toolkit: to guide you through adopting and honing your MBC practice a little at a time.




Assess

Use the self-assessment to determine your MBC skill strengths and to discover areas for growth.



Select your tool(s)

One-page clinical guides break the MBC process into discrete steps & easy-to-practice skills. Choose the tool(s) that complement your strengths and areas for growth.



Map your course

Use the Goal-Setting Worksheet to turn the skills contained in the clinical guides into small goals to guide your practice.



Experiment

Approach the process as a series of small experiments. The Experiment Worksheet will help you evaluate how it went, and decide on next steps.

STEP ONE



Assess

Use the self-assessment on the following page to determine your MBC skill strengths and to discover areas for growth.

COLLECT SKILLS

	Skills I'm doing well	Skills I'd like to improve
Presenting the rationale for MBC to the client	<input type="checkbox"/>	<input type="checkbox"/>
Explaining why a particular measure would be helpful	<input type="checkbox"/>	<input type="checkbox"/>
Administering the measure(s) to the client	<input type="checkbox"/>	<input type="checkbox"/>

SHARE SKILLS

Reporting the data to the client in a timely manner	<input type="checkbox"/>	<input type="checkbox"/>
Explaining what the score means	<input type="checkbox"/>	<input type="checkbox"/>
Verifying that the data matches the client's subjective experience	<input type="checkbox"/>	<input type="checkbox"/>
Providing education on the measure and/or process as needed to ensure the client and I are on same page	<input type="checkbox"/>	<input type="checkbox"/>
Capturing the data in the medical record or progress note	<input type="checkbox"/>	<input type="checkbox"/>

ACT SKILLS

Together with the client, appraising what the data means in terms of their progress	<input type="checkbox"/>	<input type="checkbox"/>
Collaboratively brainstorming ideas for next steps in treatment based on the appraisal the client and I made together	<input type="checkbox"/>	<input type="checkbox"/>
Working with the client to choose a new plan, new goals, or set an agenda (or agreeing to keep the plan unchanged)	<input type="checkbox"/>	<input type="checkbox"/>

Based on my self-appraisal, the skills I'd like to experiment with are:

STEP TWO



Select your tool(s)

The Yale MBC Collaborative resource library contains a dozen one-page clinical guides that break down the MBC process into discrete steps & easy-to-practice skills. Choose the tool(s) that complement your strengths and areas for growth.

STEP THREE



Map your course

Use the Goal-Setting Worksheet on the next page to turn the skills contained in the clinical guides into small goals to guide your practice.

We recommend starting by setting one goal. For example, you can choose one skill to try out for a day, or a week, or with a specific group of clients.

EXAMPLES:

I will give the PHQ-9 to all new clients I meet with this week.

For every client I meet with today, I will practice checking in with client as to how the measure data matches their subjective experience.

Instead of automatically suggesting treatment ideas, I'll start by eliciting ideas from the client first. I'll try this for one week.

YOUR GOAL(S):

STEP FOUR



Experiment

Approach the process as a series of small experiments. The Experiment Worksheets on the following pages will help you evaluate how it went and decide on next steps.



EXPERIMENT DATA COLLECTION SHEET

Use this sheet to track how your experiment went.

DATE:

MBC SKILL:

What went well?

What might you do
differently next time?

Did you and the client agree to change the treatment plan (or goals or set your session agenda) as a result of the data?

What were your concerns ahead of time? Did they come up at all during the encounter?

What was the client's reaction to your use of MBC?

How did MBC fit into your encounter in terms of time?



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EXPERIMENT REVIEW & PROCESSING

Once your experiment is over, use this sheet to process your reactions and determine your next steps.

We recommend you read through the sheets you filled out during the experiment period.

What were your insights from the experiment?

How did your experience line up with your assumptions about what would happen?

Do you plan to incorporate this skill into your regular practice?

What alterations or adjustments might make it go even better?