





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







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

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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



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		
Explaining why a particular measure would be helpful		
Administering the measure(s) to the client		
SHARE SKILLS		
Reporting the data to the client in a timely manner		
Explaining what the score means		
Verifying that the data matches the client's subjective experience		
Providing education on the measure and/or process as needed to ensure the client and I are on same page		
Capturing the data in the medical record or progress note		
ACT SKILLS		
Together with the client, appraising what the data means in terms of their progress		
Collaboratively brainstorming ideas for next steps in treatment based on the appraisal the client and I made together		
Vorking with the client to choose a new plan, new goals, or set an agenda (or agreeing to keep the plan unchanged)		

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.

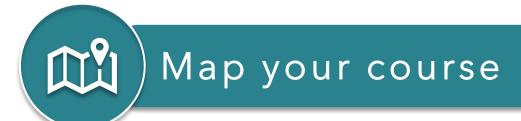








STEP THREE



Use the Goal-Setting
Worksheet on the next
pageto 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

DATE:	Use this sheet to track how your experiment went.	
MBC SKILL:		
What went well?	What might you do differently next time?	
	nt agree to change the treatment plan (or goa agenda) as a result of the data?	İs
What were your conc during the encounte	erns ahead of time? Did they come up at all r?	
What was the client's	s reaction to your use of MBC?	
How did MBC fit into	your encounter in terms of time?	









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?