

MEASUREMENT-  
BASED  
CARE



# MBC basics

## MEASUREMENT-BASED CARE: A WAY TO DO RECOVERY-ORIENTED CARE



"Mental health recovery is a journey of healing and transformation for a person with a mental health disability to be able to live a meaningful life in communities of his or her choice while striving to achieve full human potential or 'personhood.'" SAMHSA, 2005.

Highlighted terms below reference SAMHSA's 10 Guiding Principles of Recovery (see <https://store.samhsa.gov/sites/default/files/d7/priv/pep12-recdef.pdf> for more).

By choosing measures that complement the client's **self-directed** goals & values, care is **individualized**.

In Recovery, **progress is non-linear**. Use MBC to detect & address inevitable setbacks. Use MBC to discover the client's **strengths**, which can be harnessed to overcome setbacks & to build upon progress.

In addition to measures required by your organization or program, you & the client can **collaboratively** select measures that allow for monitoring of a range of functional, **holistic** goals.



MBC inspires **Hope** by providing a process whereby clinician & client define and monitor progress toward treatment targets that align with the client's **picture of a positive future**.

MBC embodies **empowerment** via collaborative decision-making, allowing clients to partner with their clinicians while also taking **responsibility** for their care.

MBC exemplifies transparent collaboration, which fosters mutual **respect** & deepening of **trust**.