MBC basics
Why Measurement-Based Care?

Enhance Care
- Work on what matters most.
- Tracking what matters to the client becomes easier. You and the client know when there’s progress & when there isn’t. Facilitates goal-setting and agenda-setting.

Empower Clients
- The right treatment at the right time.
- Clients are more likely to engage in care when they have a say in their treatment plan.

Patient-Centered Access
- Facilitates collaborative decision making.
- Setting goals, tracking, and discussing progress gives you and the client a shared language, improving communication and empowering the client.

Enhanced partnering.
- Client-provider relationships improve. Satisfaction ratings increase. Clients’ confidence in their providers increases.

Outcomes
- Enhanced partnering.
- Work on what matters most.
- The right treatment at the right time.
- Facilitates collaborative decision making.

Engagement
- Timely triaging.
- Complements clinical judgement to facilitate decisions about adjustments to care, including discharge & transfer.

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). Why measurement-based care? https://medicine.yale.edu/psychiatry/research/programs/clinical_people/mbccollab/