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.


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.

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

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

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

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.

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). MBC is Recovery-Oriented Care. https://medicine.yale.edu/psychiatry/research/programs/clinical_people/mbccollab/