



U.S. Department of Veterans Affairs

Veterans Health Administration
Office of Mental Health and
Suicide Prevention

Measurement Based Care (MBC): Your care, your way. *Change you can see.*

What is measurement based care (MBC)?

MBC has three steps:

1. Getting information from you about how you feel.
2. Talking about that information with your mental health provider.
3. Using that information to track your progress and make decisions.

It's a lot like having your blood pressure and weight checked every time you see your doctor. These kinds of measures help you and your provider see how you are doing. In fact, you might get a graph of your progress over time—change you can see!

How does MBC affect me?

Because VA is putting MBC in place throughout mental health, you may see changes in your mental health appointments. Your provider will give you the chance to fill out one or two brief questionnaires that fit with your treatment goals. They might include measures of depression, PTSD, or how you are doing with day-to-day activities. Together, you will talk about the results and use them for your treatment planning. At a later time, you will have the chance to fill out the same questionnaires again, and compare them to your previous answers.

MBC puts you in charge!

MBC helps you to see how you are doing over time and advocate for yourself. The questionnaires can help you start to talk with your provider about what's working in your care--and what's not. Then you and your provider can decide whether your treatment plan is meeting your needs and make decisions about your care. It's your care, your way.

Who can see my answers?

The questionnaires that you fill out are kept in your medical chart. If you have any questions or concerns about MBC, speak with your provider. He or she can provide you with more information.

What to expect

- ◆ Your provider will give you the chance to fill out questionnaires at regular times. How often depends on your treatment and your goals.
- ◆ You will be asked to fill out the questionnaires before or at the beginning of your visit. Completing them is always optional.
- ◆ You might complete the questionnaire on paper or on a VA computer or tablet. This depends on what technology your VA has.
- ◆ The questionnaires are brief. They should take 5-10 minutes to fill out at the most.
- ◆ The questionnaires measure your progress toward treatment goals. You and your provider will talk about the results and what they mean for your treatment plans. If your provider doesn't share the results with you, ***please ask them!***
- ◆ Remember, this is your care, your way. The measures are meant to help you talk with your treatment team about your goals and your progress.