Measurement Based Care:
Fixing Behavioral Healthcare in America

NIHCM Foundation Webinar, July 18, 2016

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The Satcher Health Leadership Institute
What is Measurement Based Care (MBC)?

The systematic administration of symptom rating scales and using the results to drive clinical decision making at the level of the individual patient.

Just take my word for it?

Only 17.9% of psychiatrists and 11.1% of psychologists in the US routinely administer symptom rating scales to their patients.

Zimmerman 2008, Hatfield, 2010
Trust me, I’m a doctor.

With clinical judgement alone, mental health providers detect worsening for only 21.4% of their patients with increased symptom severity.

(Hatfield, 2010)
Unintentional Inertia

Failure to detect treatment non-response

Keep the same plan despite patient lack of improvement or clinical worsening

Henke 2009
What is the Evidence of MBC Impact?

- Improved Clinical Outcomes
- Feasible at Scale
- Acceptable to Patients and Providers

Fortney et al. 2016
Ineffective Methods

• Screening and referral
• Screening and clinical guideline reminders
• Assessing infrequently
• Current assessment not available at the point-of-care
Can Usual Care be Measurement-based?

Research & Clinical Feasibility
- STEP-BD and STAR-D, large scale “usual care” studies used MBC
- Kaiser Permanente and Washington State FQHCs

Department of Veteran’s Affairs
- Behavioral Health Lab used in primary care to improve depression outcomes
- MBC incorporated into mental health service line

Department of Defense
- Behavioral Health Data Portal for Specialty Mental Health Clinics
- MBC Incorporated into integrated Primary Care settings
MBC Benefits to Payers

• **Transparency.** Under the Mental Health Parity and Addiction Equity Act, payers are held accountable to offer equivalent benefits for behavioral health and physical health. Symptom rating scale data can be easily aggregated across patients to make outcomes more transparent and to enable payers to observe the outcomes of treatments they are legally required to reimburse providers to deliver.

• **Value-Based Care.** Make informed value-based purchasing decisions

• **Smart Provider Networks.** Use aggregated symptom rating scale data to help identify higher quality provider organizations.

• **Payer Reimbursement.** Helping payers better allocate dollars for MH/SUD services by demonstrating ROI.

• **Actionable Measures.** Creating feedback loops that enhance clinical practices.
MBC Core Measures Supplement

• Provides a **set of outcome measures** suitable for MBC

• Payers should use measures that are **clinically useful, time efficient**, and **enable monitoring** of aggregate data on quality and population health

• Account for the **case mix** of the targeted populations based on severity and diagnosis

The Future is Coming

• **NQF** and **NCQA** continue to expand behavioral health measures

• **APA Council on Quality** actively engaging discussion on measures

• **Joint Commission** will likely move standards to MBC in 2017