

Understanding and Implementing Measurement-Based Behavioral Health Care

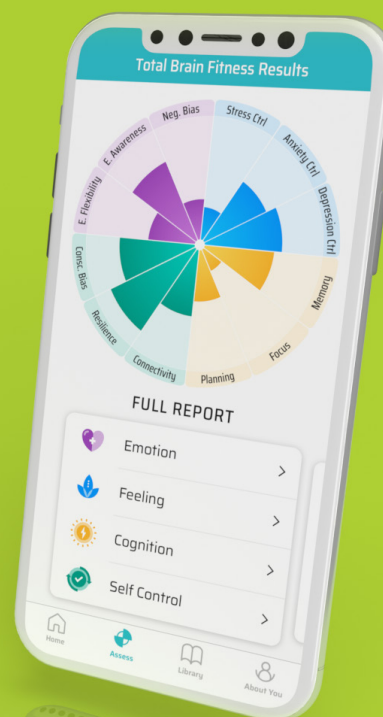
As we navigate the mental health crisis plaguing society, there is a push to use data to guide treatment, measure patient progress and improve outcomes. Measurement-based care (MBC) has been proven to provide better outcomes than usual care. And, increasingly, there is a shift toward this value-based care approach, creating a significant incentive for providers and health plans to implement MBC.

In this whitepaper, we will discuss the key tenets of measurement-based care, the push to implement it among providers and payers, the move toward standards, and new tools available to enable it. We'll even share an example of a provider that has leveraged these tools to successfully implement measurement-based care in their practice.

What is Measurement-Based Care?

Measurement-based care is defined as the practice of basing clinical care on patient data collected throughout treatment episodes. Clinicians use a step-by-step approach for assessing, treating and measuring outcomes, adjusting their approach based on the data.

Standardized, and regular assessments provide both a baseline from which to measure progress, as well the ability to monitor outcomes over time. This routine data collection provides deep insight into patient needs, informs personalized care plans, and, ultimately, leads to improved patient outcomes.



Shift Toward Collaborative, Value-Based Care

In healthcare today, there is an increasing demand for accurate assessments and outcome measures. Payers are tired of writing blank checks in the fee-for-service models and increasingly are demanding evidence-based outcomes from network providers. Additionally, Medicare and Medicaid are increasingly requiring objective documentation of patient improvement. Measurement-based care provides empirical evidence of clinical outcomes - answering the question of whether patients are improving from the provider's treatment plan and then substantiating that through objective outcomes data.

Further, as the lines between physical and mental health begin to blur, and healthcare moves to a more integrated, collaborative care model, assessment and monitoring over time provide much needed support for that model. Quantitative measures provide an objective picture of a patient's mental health, and the data can be easily shared with, and understood by, collaborating providers.



Measurement Standards and Quality of Care

As the industry moves toward measurement-based care, the issue of standardization arises. At this stage, while there are a variety of organizations proposing standards, and a variety of bodies offering accreditation, there lacks a true standard for behavioral health and substance use.

In many cases, standardized instruments, like the PHQ-9 for example, are used at the patient level to measure symptoms. However, they are limited in scope, often "patient-reported", and do not provide a simple, efficient method for measuring outcomes over a broad population of patients at a single provider. As a result, many providers and payers are relying on process measures, rather than outcome measures to assess quality of care. This is far from ideal, but will likely evolve as new solutions and standards for enabling measurement-based care are developed.

While it's unlikely we'll see a single, "gold-standard" for MBC, we do expect that over the next several years, a select few benchmarking standards will emerge. These quality improvement standards are likely to be adopted by payers first, who will, in turn, incentivize providers to adhere to them to receive reimbursement or pay for quality program bonuses.



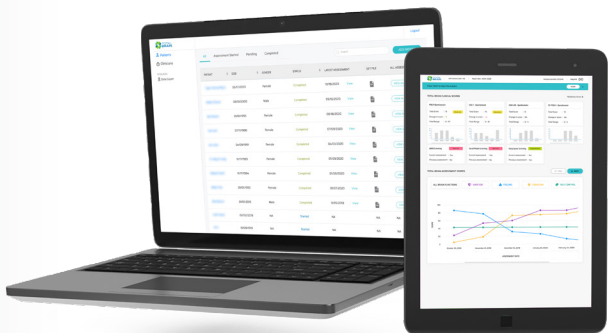
Accurate Assessment and Monitoring - Where It All Begins

Historically, clinicians have relied largely on qualitative data to assess and monitor patients. This approach includes patient-reported data, sometimes collected via standard screening questionnaires, as well as insights derived by the clinician from interactions with the patient.



This approach is time consuming, and fraught with issues and inconsistencies. It often relies on pen and paper questionnaires, as well as clinicians' individual assessment skills and biases.

The rise of digital tools, however, offers great promise for improving both the efficiency and accuracy of assessment and monitoring. Companies like Total Brain have developed digital platforms that enable clinicians to offer standardized, science-based neuro-psych assessments, screening questions, biometrics and even genetics testing, which can be easily deployed through mobile devices or desktop computers. The results of these assessments feed robust clinical dashboards so clinicians can monitor individual progress and outcomes, and administrators can monitor aggregate outcomes across their clinics down to the individual provider level.

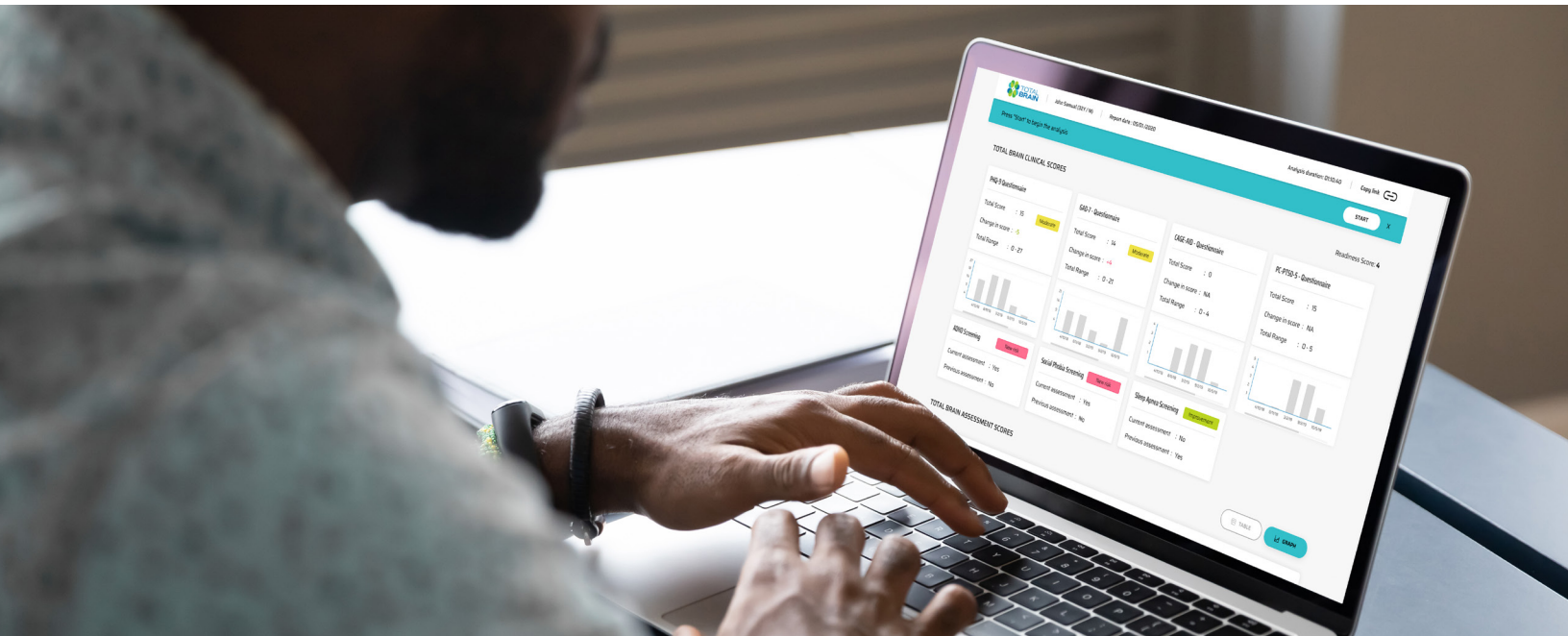


Adopting Measurement-Based Mental Health Care is Easy with Total Brain

Total Brain, an applied, integrative neuroscience company, offers a SaaS-based mental health platform that is uniquely positioned to solve many of the measurement-based care gaps in the market.

First, our assessment mixes standardized instruments - like the PHQ-9 and GAD-7, with more robust brain capacity measures, biometrics - like heart rate variability, and genetics testing, providing an expanded, objective dataset of measures to both baseline patients and track treatment outcomes over time.

Second, Total Brain's clinician dashboard enables individual patient monitoring and trend reporting, as well as the ability to aggregate that data up for population level reporting. These capabilities enable providers to personalize treatment, easily share objective patient data among collaborating physicians, and show evidence-based outcomes to payers. Finally, in medical and behavioral health settings, the Total Brain assessment is reimbursable under specific CPT codes and scenarios, giving providers the opportunity to increase revenue from insurance reimbursements.



Proven Success

Total Brain's platform has been used by thousands of clinicians to baseline and monitor patients, while providing adjunctive self-care tools to complement traditional therapies.



One of Total Brain's long standing customers is Cornerstone of Recovery. In fact, Total Brain has played an integral role in the assessment of Cornerstone patients for nearly a decade, helping their clinicians to understand patients in ways they could not achieve via other assessments.

Sharing an example of how Total Brain facilitates her measurement-based care efforts, Cornerstone's program director and therapist, Joanna Mansur, LCSW, said:

“ Total Brain is a thorough, easy-to-implement tool that truly complements other assessment instruments. The data that Total Brain provides is objective – different than any other assessment we offer. Together, with subjective responses to patient evaluation questionnaires, we can get a comprehensive picture of our patients’ mental health.

Total Brain enables us to get a baseline and look back over time to assess where we are now and where we are four weeks later and so on. We use these evaluation reports to share with referring physicians and organizations. It helps us validate the progress made. ”

To learn more about Cornerstone of Recovery's success with Total Brain, [download the case study](#).

About Total Brain

Total Brain is an applied, integrative neuroscience company. Our SaaS-based, mental health platform combines monitoring capabilities from assessments, screenings, biometrics and genetics with personalized self-care support tools.

We offer solutions for three market segments: population health, providers and precision medicine, providing our customers with actionable data, operational efficiencies, precision medicine diagnostics, and health and productivity outcomes.

To learn more, [contact us for a free demo](#) of Total Brain's platform.

