

# TALKING POINTS

## INTRODUCING MEASUREMENT-BASED CARE TO CLIENTS

### EXPLAIN WHAT THE MEASUREMENT PROCESS IS:

- As part of our journey together, you will be asked to complete questionnaires consistently throughout your treatment. These questionnaires are designed to gather information about symptoms that are likely relevant to or a result of your mental health concerns. *For example, one questionnaire might focus on measuring the severity of depression and will therefore ask questions about various depressive symptoms a patient might be experiencing.*
- All the questionnaires have been developed through medical research and are proven to effectively measure patient symptom levels. This ensures that the information we gather is accurate and helpful in tailoring our approach to your specific needs.
- The questionnaires vary in length but generally contain between 4 and 20 questions. They are designed to be concise yet comprehensive. The frequency of completion may vary, but it will be a regular part of your ongoing assessment and treatment. This consistent feedback loop allows us to track progress and make necessary adjustments to your care plan.
- Both you and I will have access to the results. It provides valuable insights into your symptom levels and progress over time. As a provider, I will be able to integrate this information into your assessments, allowing for a more informed and personalized approach to your treatment.

### EXPLAIN THE PURPOSE OF IMPLEMENTING AN ONGOING MEASUREMENT PROCESS:

- The main reason we're incorporating this measurement process is because it has been proven to significantly improve treatment outcomes for clients. This process will provide you with valuable information about your progress throughout therapy. You'll be able to see what symptoms are relevant to your mental health concerns and track how you're doing over time.

- The measurement process involves completing questionnaires at different points in your treatment. These questionnaires are carefully designed to gather information about your symptoms. It's like taking a snapshot of where you are, at different stages of your therapy journey. This allows you and I to see patterns, changes, and progress.
- Both you and I will have access to the results, creating a collaborative approach to your treatment. I will use the information to make informed decisions about your care, adjusting as needed. Meanwhile, you'll be able to understand how your efforts are impacting your mental health and see your positive changes.
- It also allows for quicker detection of changes in your health and more tailored adjustments to your treatment plan. Our ultimate goal is to empower you in your journey towards reducing the severity of your symptoms and improving your overall well-being.

## EXPLAIN HOW GREENSPACE WORKS AND HOW TO GET STARTED:

- Greenspace is a secure and privacy-compliant electronic platform that will play a key role in our measurement process. Greenspace ensures the security and privacy of the information shared between us. It allows us to seamlessly follow the measurement process, making it easier for both you and I to stay connected and monitor your progress.
- The process begins with me selecting specific questionnaires tailored to your treatment. These questionnaires are carefully chosen to provide valuable insights into your symptoms and progress. It's an individualized approach to make sure we're focusing on what matters most for your well-being.
- You'll be asked to complete the questionnaires I send you through Greenspace. It's important for the effectiveness of this process that you complete all the assigned assessments. You have a couple of options for completing them. You can either do it during our sessions together, where we can discuss the results in real-time, or you can choose to complete them by email or text message when it's convenient for you.
- Greenspace is designed with your privacy in mind. Only you and I, as your provider, will have access to your profile and results. It ensures that your personal information and progress are kept confidential and secure.

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