

## CLIENT FAQs

### **WHAT IS GREENSPACE?**

Greenspace is a custom platform that provides Measurement-Based Care (MBC) by capturing high-quality data from clients throughout their therapeutic treatment to help inform clinical decision making, increase engagement, and improve outcomes. MBC describes the process of routinely using outcome measurements to guide treatment decisions.

### **HOW DOES MEASUREMENT-BASED CARE WORK?**

Measurement-Based Care involves completing questionnaires consistently throughout your treatment. These questionnaires focus on symptoms related to mental health issues and are developed through rigorous medical research. Ranging from 4 to 20 questions, they provide concise yet comprehensive information. Both you and your provider will have access to the results, facilitating a more informed and personalized approach to your treatment.

### **WHY IS MEASUREMENT-BASED CARE BEING IMPLEMENTED?**

Measurement-Based Care is being implemented to significantly improve treatment outcomes. It enables you to track progress, understand relevant symptoms, and observe changes over time. By completing questionnaires at different stages of treatment, it offers a snapshot of your mental health, enabling quicker detection of changes and more tailored adjustments to your treatment plan. The collaborative approach empowers you on your journey to reducing symptom severity and improving overall well-being.

### **HOW DO I GET STARTED?**

Your provider will select specific questionnaires tailored to your treatment from a secure and privacy-compliant electronic platform called "Greenspace." These questionnaires provide valuable insights into your symptoms and progress. Completing assessments on Greenspace is an important part of your treatment, and you can choose to complete your questionnaires during sessions for real-time discussion or at your convenience via email or text message. Greenspace ensures the confidentiality and security of your personal information and progress, enhancing communication and collaboration in your treatment.

## HOW OFTEN WILL I NEED TO COMPLETE THE QUESTIONNAIRES?

The frequency of completing questionnaires may vary, but it will be a regular part of your ongoing assessment and treatment. The questionnaires generally contain between 4 and 20 questions, designed to be concise yet comprehensive. The varying lengths accommodate different needs, ensuring the process is both efficient and effective in tracking progress and making necessary adjustments to your care plan.

## IS GREENSPACE A REPLACEMENT FOR HAVING TO SEE MY THERAPIST?

No. Greenspace is a clinical tool that does not replace sessions with your therapist. Measuring your progress using Greenspace supplements and supports the therapy process with additional objective information.

## WHY DOES DATA MATTER IN MENTAL HEALTH CARE?

For the same reason that it matters in physical healthcare! Imagine living with diabetes without a glucose meter to monitor your blood sugar levels. Not only can your doctor use that information to diagnose you and determine the appropriate course of treatment, but you have the ability to monitor your own glucose levels at home and manage your symptoms. Adding data into mental health treatment serves the same purpose. You can use it as a tool to better communicate your symptoms and both you and your provider will be able to understand your progress and have extra insight into what you need to feel better.

## DOES GREENSPACE HAVE ACCESS TO MY DATA?

Only clients and their care providers have access to client's personal health information and assessment results. Since each client is identified by a unique code rather than their name, it is not possible for a Greenspace administrator to ascertain the identities of patients.

*Note: Information from this document has been borrowed with permission from Greenspace.*