



Measurement Based Care for Individuals

www.aspireintegratedhealthcare.com/measurement-based-care

Our Behavioral Healthcare system has limited resources, shortage of providers, long waitlist for therapy services, and poor clinical outcomes. Data shows that only 50% of people experiencing a mental health or substance abuse crisis seek help.



Measurement-Based Care “MBC” is a mental health assessment tool that allows you to check in with how you’re doing on a regular basis so you can better understand your mental health, ensure that your experience is at the center of care, and feel empowered as an active partner in your care process.

Therapeutic Relationship-Alliance is all about the relationship that you form with your Provider! It’s about how strongly you feel they understand you and your needs, how you engage with one another, and how strong of a bond you develop together. This relationship is so important because of the nature of the information you’re sharing with your therapist. The more you connect with your therapist and trust them, the more you can be open with them, allowing you to learn and grow from your sessions. Here’s how Measurement-Based Care will help improve your experience during treatment or care from a provider:

1. **Understand Yourself** - get access to insights that help you better understand your mental health journey and communicate your needs to your Provider.
2. **Recognize Symptom Changes** - regular assessments will help you uncover symptom change patterns and better recognize what influences your ups and downs - helping you have a strong understanding of your mental health.
3. **Partner In Your Care** - feel empowered with the knowledge and language to surface what you think is important for your provider, collaborate on care decisions, and be an active partner in your treatment process.
4. **Find Hope When You Need It** - progress is not always linear, there are good days and bad days. Measurement Based Care will help you remember and reflect on the progress you’ve made so you can find hope in care.

Register [here](#) to enroll into our Program.

1. **Access Your Assessment** - We will send you a link to register for your assessments via text or email on a set schedule.
2. **Complete Assessment(s)** - Each assessment is short and won’t take long to complete. You may be asked to complete these once every 1, 2, 4 or 8 weeks.
3. **View Your Results** - Visit your portal link to log into your secure and encrypted account. Here, you can review your assessment results and overall progress. Continue your assessment after treatment to continue to measure your results. If you continue treatment later, even with a new provider, you can share your secure data and results, so your new provider has a good understanding of your progress and results from previous care.
4. **Reflect on Your Changes** - Take a few moments to determine if there’s anything in your results that you would like to talk about in your next session. Does anything stand out to you? Has something changed since your last assessment that you’d like to dig into during your session? Learn more about the benefits of monitoring your progress and reflecting on your results below!