

FEEDBACK- INFORMED TREATMENT

TRAINING
•
IMPLEMENTATION

About Feedback-Informed Treatment (FIT)

The biggest challenges in behavioral health are clients prematurely dropping out of services *OR* staying in services for a long time without improving

FIT is designed to address the **dropout problem** in behavioral health and to guide practitioners in **adjusting treatment to meet the specific needs of the client**

- Research shows that **two things** contribute the most to client success in therapy:
 - 1) Early change in treatment
 - 2) The quality of the therapeutic alliance (as rated by the client)
- FIT practitioners administer 2 short measures at each client visit to assess outcomes and the alliance
- FIT practitioners are trained on how to solicit honest feedback from clients and to use data to adjust treatment if needed
- FIT has shown to decrease client dropout rates by as much as 50%
- FIT has shown to significantly improve client outcomes

Contact:

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About Rikke Addis:

Rikke has 15 years of experience evaluating behavioral health services in California. As a certified FIT trainer, Rikke brings her rich background in anthropology and evaluation to assist agencies in changing to a true feedback-informed culture

Visit <https://bhestrategies.com> to find information about Feedback-Informed Treatment services provided by Rikke Addis