

# Measurement-based Care (MBC) Implementation Training Module

VTIP 21-133: “Measurement-Based Care (MBC) Implementation Training Module”

## THE CHALLENGE

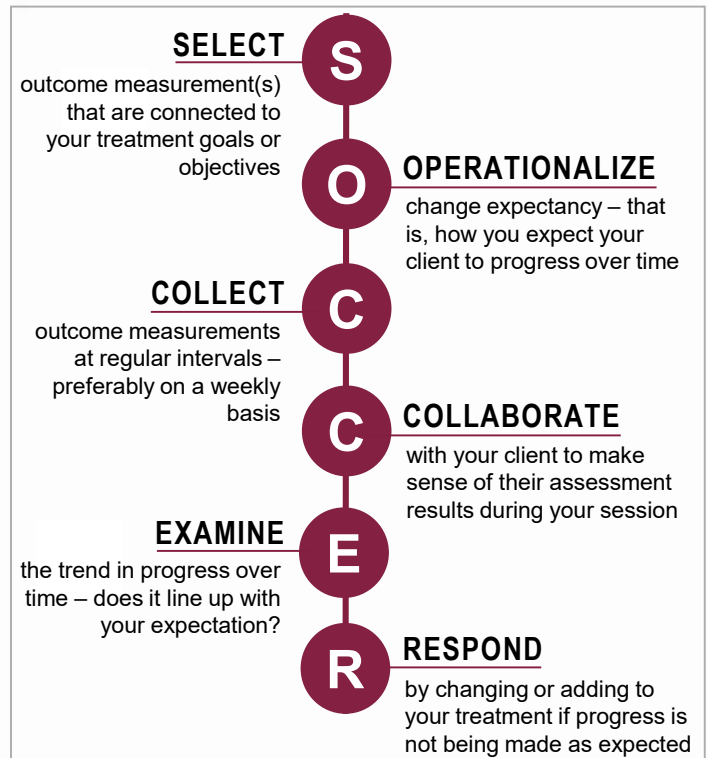
In 2019, over 20% of U.S. adults experienced mental illness, and that figure doubled during the COVID-19 pandemic. In addition to the personal, family, and community impacts of mental illness, serious mental illness causes over \$193 billion in lost earnings each year in the U.S. Of those who did receive treatment, less than 10% of mental health patients received treatment that could be considered effective.

## OUR SOLUTION

Measurement-Based Care (MBC) involves an ongoing evaluation of patient mental health symptoms to inform clinical decision making and treatment. The use of MBC has been shown to significantly improve patient outcomes, but there are notable barriers to adoption. The most cited barrier is the lack of training and support for providers. Access to standardized training and support in MBC is imperative to successfully implementing MBC to achieve and document better patient outcomes. Researchers at Virginia Tech and Carilion Clinic have developed an MBC implementation training module with great potential to change how MBC is taught, and how patient assessment and treatment is handled overall.



(Source: Scripps.org)



The SOCCER model is one approach to Measurement Based Care. (Modified from Psychology Today)



**CONTACT:**

**Rozzy Finn**  
[rozzy@vt.edu](mailto:rozzy@vt.edu)  
 540-231-1566

**CONTACT:**

**Aileen Helsel**  
[ahelsel@carilionclinic.org](mailto:ahelsel@carilionclinic.org)  
 540-231-1566

