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Improving Outcomes with Measurement Based Care

Facilitated by:

Colette A. Bukowski, MA, LPCC-S Associate Director of Behavioral Healthcare and Human Servcies November 9, 2021

Agenda:



- Overview of Measurement Based Care
- Measurement Based Care: Successes from the Field
 - UnityPoint Health UnityPlace
 - Alta Mira Recovery Programs
 - Mazelden Betty Ford
- Questions







Introduction

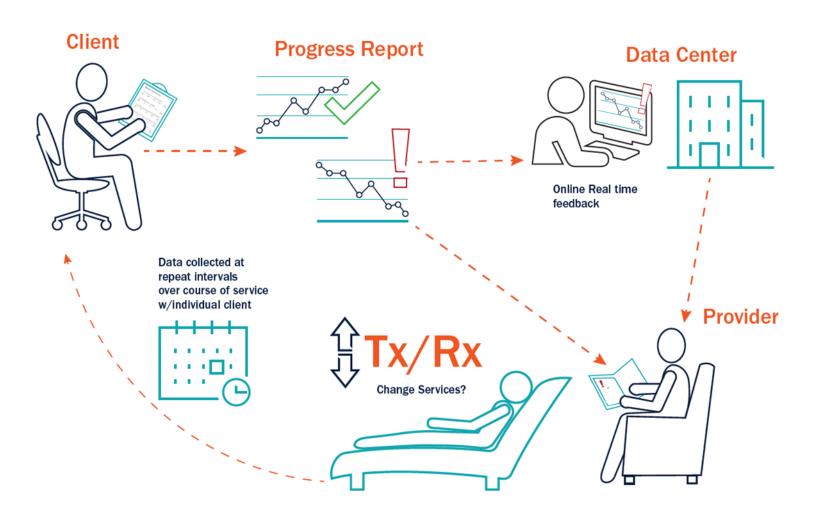
Scott Williams, PsyD Director, Department of Research

What is Measurement-Based Care?

- Measurement-based care is an evidence-based process for improving outcomes of care, treatment or services
 - -Supported by over 20 years of research
 - -Findings are robust (extending across modalities, populations, and settings)
- Successful implementation
 - -Benefits nearly all clients/individuals served
 - -Creates a data infrastructure that can be used to support
 - quality improvement efforts
 - objective assessment of the impact of services provided



Standard CTS.03.01.09 (a requirement for measurement-based care)



Standard CTS.03.01.09 – The organization assesses the outcomes of care, treatment, or services provided to the individual served

- EP 1 The organization uses a standardized tool or instrument to monitor the individual's progress in achieving his or her care, treatment, or service goals
- EP 2 The organization gathers and analyzes the data generated through standardized monitoring, and the results are used to inform the goals and objectives of the individual's plan for care, treatment, or services as needed
- EP 3 The organization evaluates the outcomes of care, treatment, or services provided to the population(s) it serves by aggregating and analyzing the data gathered through the standardized monitoring effort

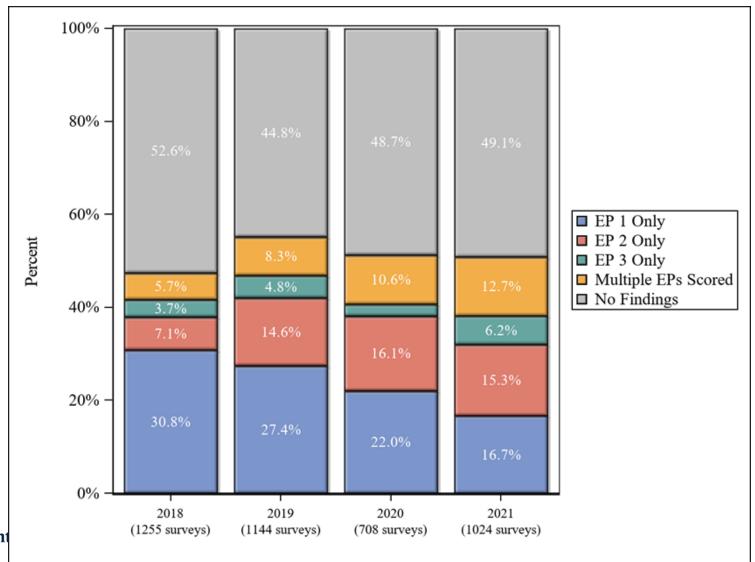


Scoring patterns around CTS.03.01.09

- This standard has now been required for over three years (over a full accreditation cycle)
- Evaluating compliance with the standard is relatively easy (i.e., EPs are highly "observable")
- Survey findings suggest that implementation remains challenging for many accredited organizations
 - -Significant practical and cultural challenges



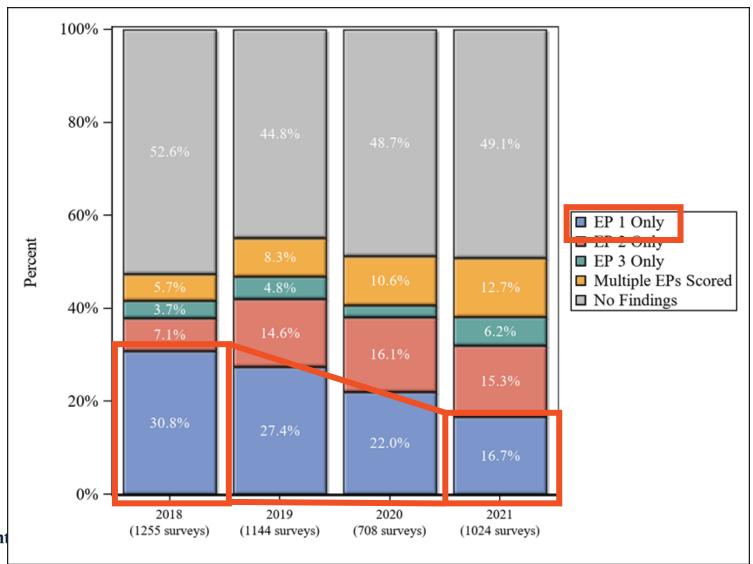
HCOs with CTS.03.01.09 Findings



cts.03.01.09 has been scored on approximately half of all BHC Full surveys since 2018 (when the standard was changed to encourage Measurement-Based Care)...



HCOs with CTS.03.01.09 Findings

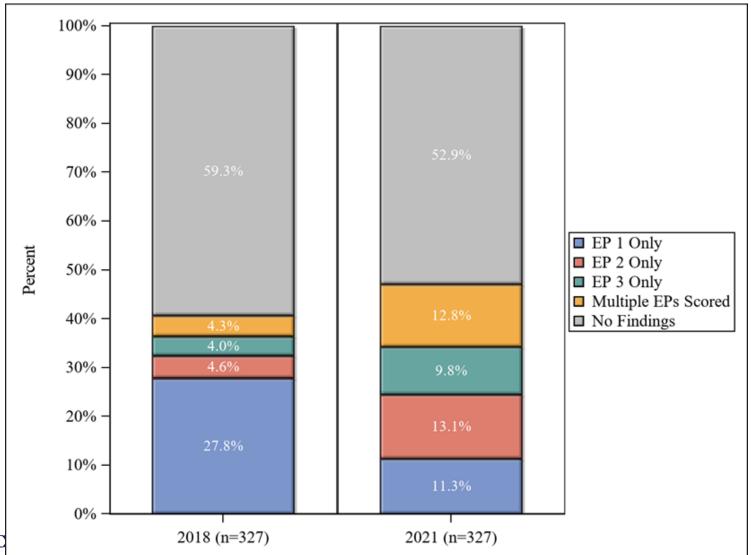


...but scoring patterns have changed significantly since 2018

Initially, organizations were struggling to select and administer objective instruments.



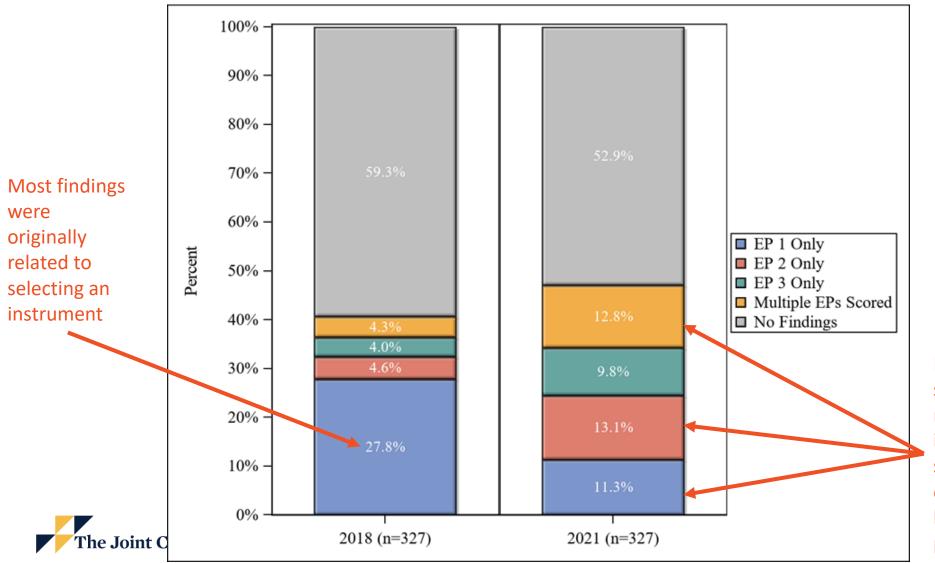
Scoring Among HCOs Completing the Survey Cycle



These trends can be most readily observed among organizations that are now being surveyed for the second time since the standard went into effect.

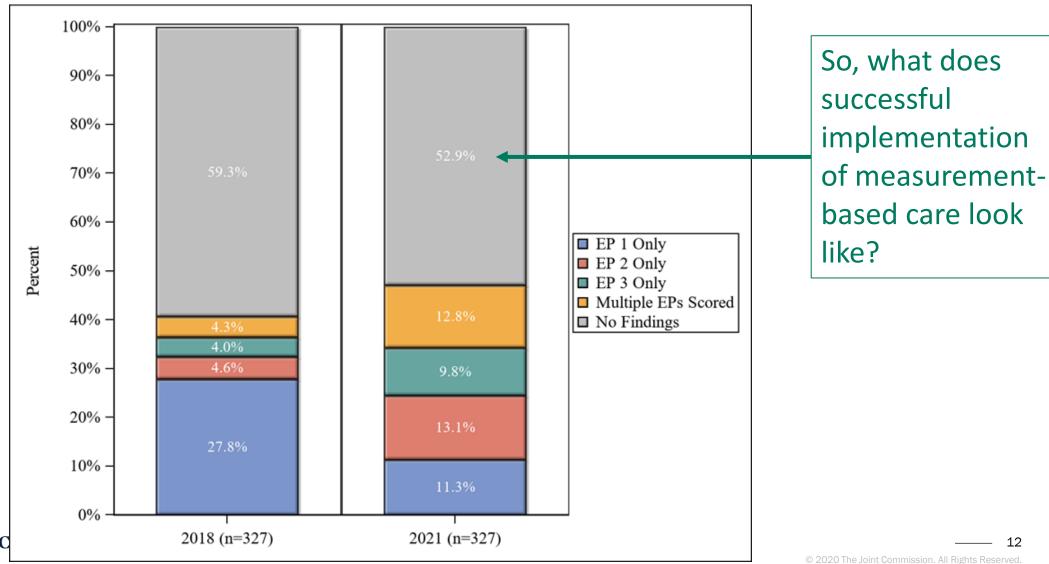


Scoring Among HCOs Completing the Survey Cycle



Findings during the second survey are primarily related to routinely administering the instrument to all individuals served, monitoring and demonstrating how the data are being used to inform the care process

Scoring Among HCOs Completing the Survey Cycle





Let's meet our presenters:

- UnityPoint Health UnityPlace, Illinois David Moore
- Alta Mira Recovery Programs, California Ian Wolds
- Mazeldon Betty Ford, Minnesota John Driscoll



Measurement-Based Care: Using the Brief Addiction Monitor Across Settings

Presentation for The Joint Commission

NOVEMBER 9, 2021

David Moore





UnityPoint Health - UnityPlace

Services Mental Health & Substance Use Disorders





Inpatient Mental Health



Adult Residential Mental Health



Community-Based Services | Mobile Crisis



Psychiatry



Neuropsychological Evaluations



Counseling



Substance Use Disorder

Brief Addition Monitor (BAM)



Identifying A Tool...

2010 – Involved in a NIAAA study that used smart phones as aids in continuing care. A-CHESS (Alcohol – Comprehensive Health Enhancement Support System). Modified BAM was pushed to participants for on-going measure throughout the study.

2011 – Began using the BAM (modified) as a <u>pilot</u> outside of the study and developed our first database. Data was shared with clients across subsequent BAMs and clinical staff began treatment planning with the client based on risk and protective factor scores. Residential only.

Brief Addition Monitor (BAM)



Expanding Use...

2017 – Developed new database and modified the BAM to serve both Residential and Outpatient. New database has a built-in graphing function for clients to see/use the graph.

2018 – Further implementation across the organization - managers identified salient measures to look at in the aggregate for the various populations.

2020 – Further implementation following UnityPlace merger. Some difficulty with implementation and data tracking due to an inability to provide access to the database.

Brief Addition Monitor - Modified



5 - Risk Factors

- Physical Health
- Sleep
- Mental Health
- Cravings
- Family Concerns

5 - Protective Factors

- Confidence in Ability to Not Use
- Attendance at Self-help Meetings
- Religion or Spiritual Support
- Financial Support
- Family Support

^{**} Level of Satisfaction Toward Achieving Recovery Goals

^{**} Medication Assisted Treatment Question

BAM Implementation



Frequency

- Each of the programs uses the BAM-R with clients at:
 - Admission,
 - Intervals that correlate with Treatment Plan Reviews
 - Discharge (if the patient is available to complete).
- Treatment plan review cycle is different depending on the level of care - programs may be administering the BAM-R at 14 days, 30 days or 90 days.

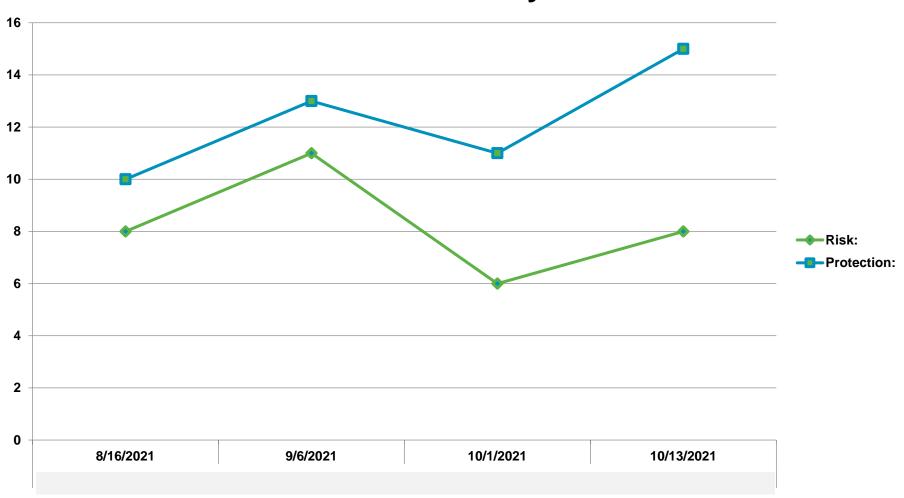
Patient Participation



- Patients complete the survey and turn it in to staff.
- Once scored, the staff person shares the results (across multiple surveys) and treatment plans with the patient.
 Specific "risk" or "protective" scores are discussed so that treatment planning objectives and interventions can be targeted towards those areas.
- Most programs have access to the electronic database which allows the counselor to graph the results for the client.

Individual BAM Scores

Four Individual Residential Surveys



Treatment Plan Reviews

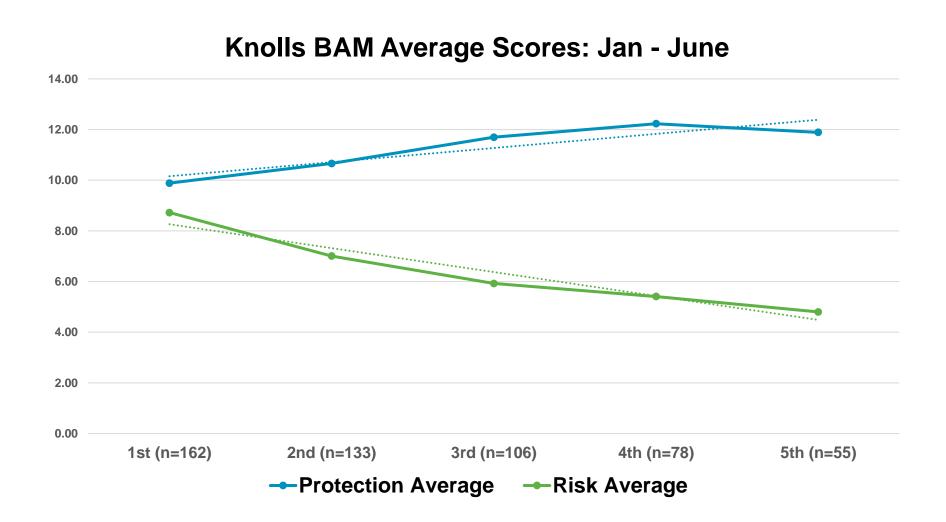
Was the BAM completed during the review cycle? ⊙ Yes ○ No
Please explain: Within this review cycle, Chris described being in good health. Chris described slight difficulty with sleep and reported experiencing considerable struggles with mood (dep/anx.) Chris endorsed experiencing moderate struggles with cravings/urges. Chris described feeling considerably confident in his ability to abstain from use. Chris described experiencing considerable benefit to his cause through community support meetings and slight benefit to his cause through spirituality. Chris described a calm and extremely supportive familial dynamic. Chris described feeling considerably satisfied with progress he has made towards his treatment goal.
Was there a significant change?
Does the Tx plan need to be modified? ○ Yes ⊙ No Please explain: Chris will continue attending group and sessions and completing work through both.

Population Level Data



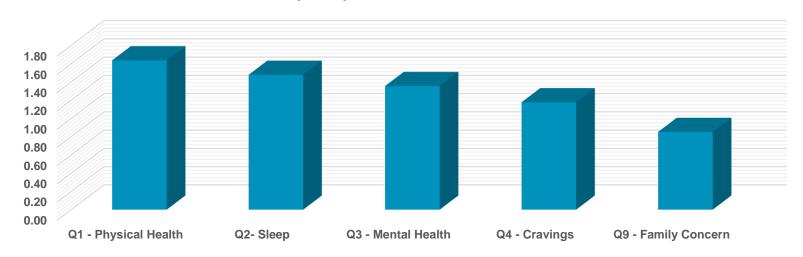
- Program managers receive aggregate data at six-month intervals.
- Aggregate data is shared as a chart showing the average composite score for both "Risk" and "Protection" factors across subsequent surveys within the period.
- Managers have also asked to look at each of the five "risk" questions - in descending order (for each six-month period) so that they could prioritize education efforts for higher priority areas such as sleep or mood.

Aggregate Risk & Protection Scores

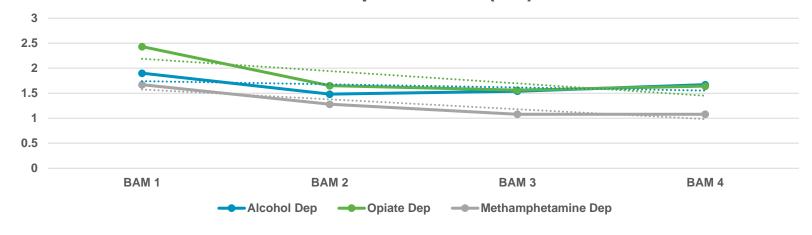


Aggregate BAM Scores – Drilling Down on Risks

Knolls BAM (Ave) Risk Questions: Jan - June



Knolls BAM Sleep Measure (Q2): Jan-June



Thank You



Alta Mira Recovery Programs

Measurement-Based Care

Ian Wolds



Vista Research Group

- HIPAA-compliant, web-based platform
- Collects data from clients about how they're feeling and summarizes it so our clinicians
 can use it to inform clinical care and make changes/updates to the treatment plan.
- Client issues related to treatment success can be identified and tracked
 - Co-occurring disorders (depression, anxiety, trauma, eating disorders, etc.)
 - Suicidality and self-harming behaviors
 - Cravings
 - Satisfaction with treatment
- These client issues are monitored up to one-year post-treatment





Vista Research Group - Measurement-Based Care

- What drew our interest?
 - Independent, and therefore objective, research group.
 - Utilization of in-treatment and post-treatment surveys to measure, track, and improve outcomes.
 - Validated research methodologies and assessment tools to monitor treatment progress/efficacy.
- Progress Monitoring Surveys
 - Serve as the basis of measurement-based care
 - Conducted at intake and every 1-2 weeks thereafter throughout the course of treatment
 - Tailored to symptom areas endorsed by each client and/or selected by staff
 - Survey domains include:

Depression - Patient Health Questionnaire (PHQ)-9

Anxiety — General Anxiety Disorder (GAD)-7

Trauma — PTSD Checklist (PCL)-6

Mania — Altman Self-Rating Mania Scale

Psychosis - PRIME Screen Revised Score

Suicide Risk Severity Scale

Eating Disorder Scales – Fasting, Intense Exercise, BMI

Substance Use Scales – Current Use, Frequency/Severity of Cravings

Quality of Family Relationships

Satisfaction with Treatment



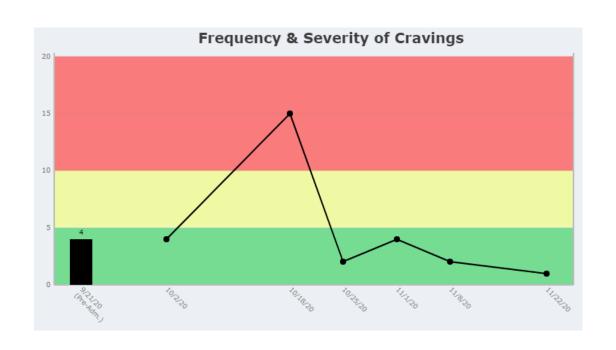
Vista Research Group - Survey Data Utilization

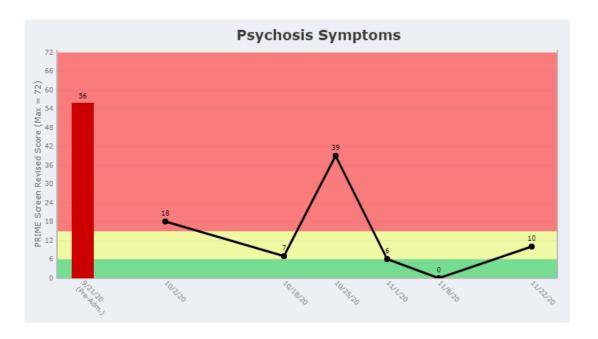
- Graphical representation of survey results allows us to:
 - Integrate survey data into weekly Treatment Team Meetings reviewed as team, on screen
 - Track treatment response across domains
 - Determine proactive responses to persistent or increasing symptom profiles therapeutic engagement or intervention strategies, medication management, treatment plan changes
 - Bring the client's voice via comments/self-report into treatment team discussion (Feedback-Informed Treatment)
 - Track client satisfaction closer to real-time identify, strategize, and respond to ruptures in a manner that can demonstrate attunement and responsiveness to the client, facilitate repair, and support stronger alignment with client on treatment goals/objectives.
- Benefits experienced by our clients:
 - Highly validating to see progress over time and reflect on gains/improvements
 - Increased sense of collaboration with therapist and medical providers regarding how to address specific areas of treatment
 - Tangible demonstration of the benefits of their efforts in treatment



Client 1

Demonstrates spikes in specific areas, allowing for targeted focus

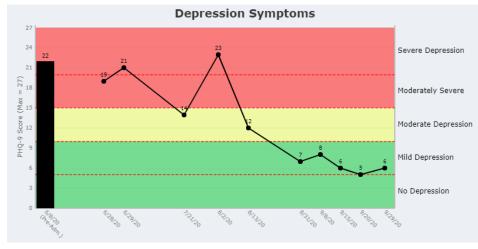


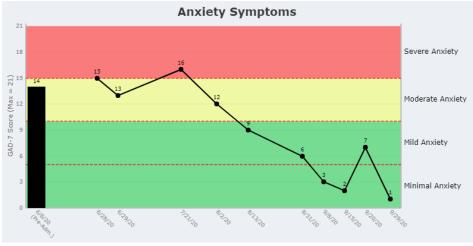


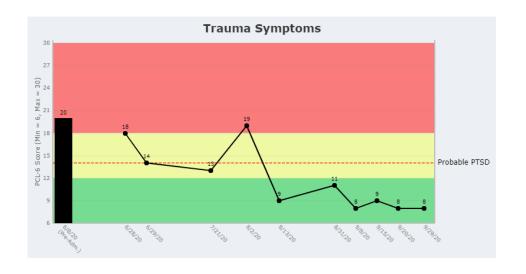


Client 2

Demonstrates ability to track trends and fluctuations across time that can mobilize various responses (medications, therapeutic intervention, modifications to treatment plans, etc.)









Client 3

Demonstrates ability to respond to overall treatment satisfaction and identify/address issues that emerge regarding a person's experience of treatment.



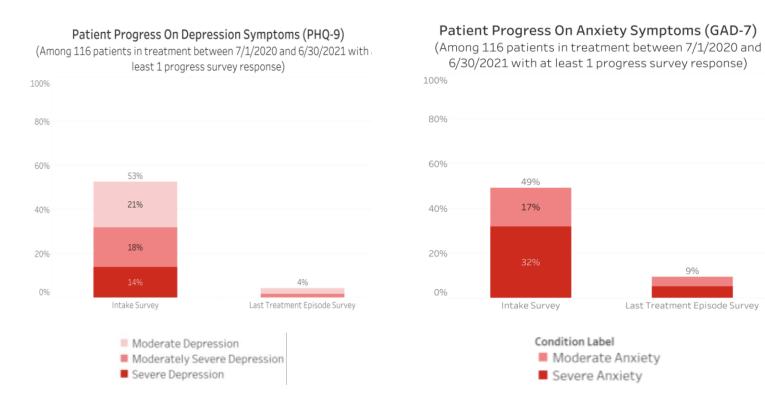


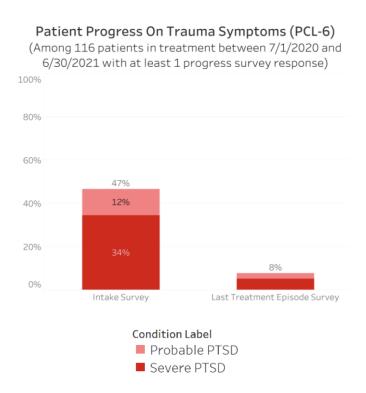
Support for Program Development

Measurement-based improvements to support evolution of our programming, in order to benefit current and future clients.



Pre- and Post-Treatment Analytics

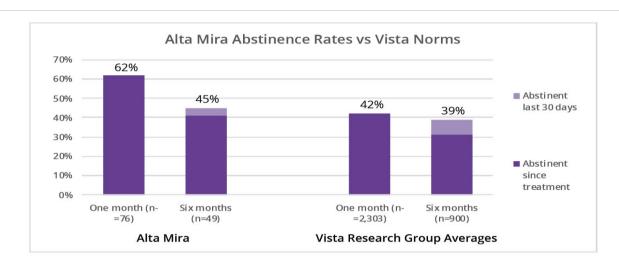


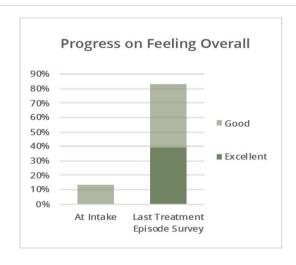


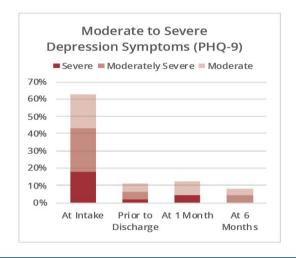
Source: Vista Research Group, Alta Mira Treatment Effectiveness Report July 1, 2020 – June 30, 2021

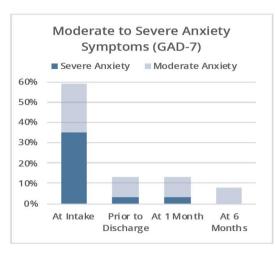


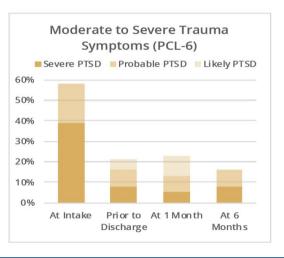
Outcomes Data Across Intervals











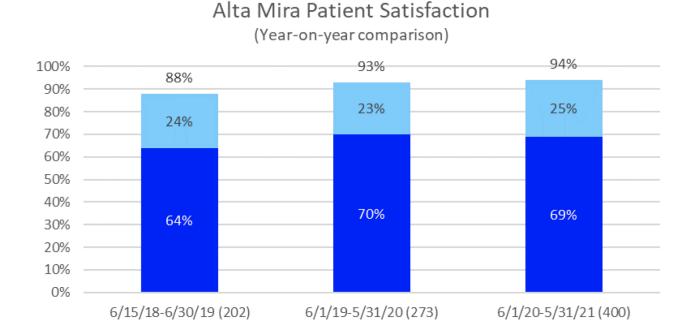


Comparative Data and Trends over Time

This year's satisfaction rate is consistent with that of the previous year, and higher than the satisfaction rate recorded for 2018/19:

Demonstration of improvements in two targeted areas of performance:

- Survey Enrollment
- Satisfaction Rates



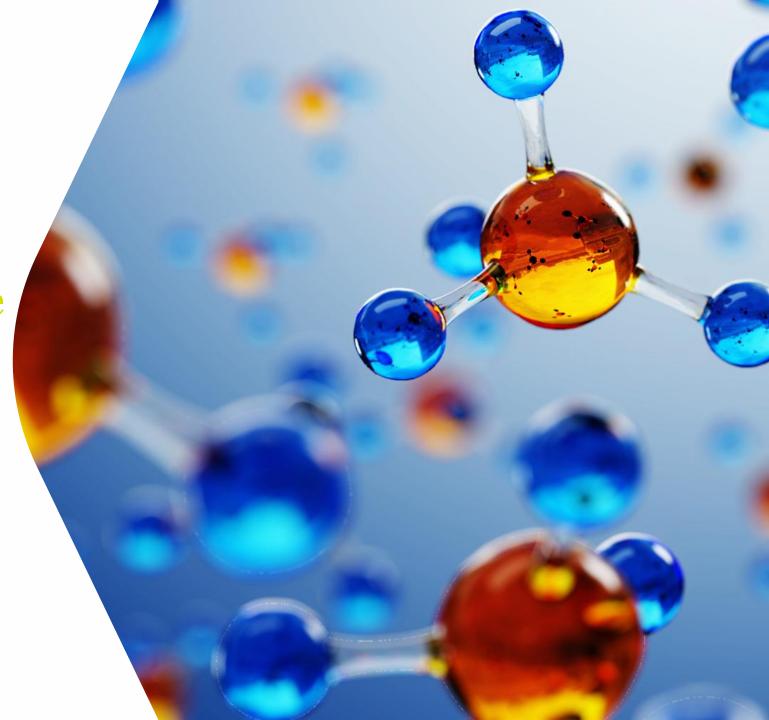
Source: Vista Research Group, Alta Mira Treatment Effectiveness Report July 1, 2020 – June 30, 2021



Measurement Based Care

John Driscoll Sr. VP Recovery Services





Why:

Measurement based treatment, embedded within the clinical process, ensures objective data is utilized in care decisions, ultimately improving quality and outcomes for our patients.

FIT (Feedback Informed Treatment) increases the provider's ability to personalize treatment to specific patient needs by using objective data to regularly monitor progress or regression in key clinical areas. This helps to inform:

- The need to add or change treatment interventions
- Length of stay and readiness for level of care transitions
- Ongoing recovery support recommendations

How:

- Integrated FIT functionality within Compass/EHR supports FIT processes so clinicians have efficient, intuitive, and simplified clinical tools
- Ongoing staff training and messaging to create a culture of measurement based care within addiction treatment
- Patients easily access and complete FIT assessments in the patient portal (MyRecoveryCompass)
- Strategies to improve patient engagement in measurement based care include weekly automated reminder messages to complete FIT as a part of their care
- Yearly strategic FIT goal to measure FIT Integration across all levels of care



FIT Assessments

- Patient Health Questionnaire (PHQ-9)
- Generalized Anxiety Disorder 7 item scale (GAD-7)
- Desire for Substances Questionnaire (DSQ)
- Commitment to Sobriety Scale (CSS-5)
- Working Alliance Inventory (WAI)





Implementing FIT with Patients

- Patients take FIT assessments in MyRecoveryCompass; patient portal
- Register and orient patients to portal and FIT using key messages
 - Ideally registration takes place during pre-entry process
 - Admissions team registers any that are not done pre-entry
 - Patients refusing registration are referred to counselor to discuss as a clinical issue for resolution
- Once admitted, email/Message Center automated reminder is sent weekly, every Sunday



Tracking Patient Adherence to FIT

 Overall: 86% of patients across all of HBFF took at least one FIT assessment in September 2021

- Range: 75% to 98%

Count of ASSMESSMENTS_COMPLETED Col ▼									
Row Labels	No	Yes	Total	%					
■ Beaverton	8	105	113	93%					
Intensive Outpatient	8	105	113						
■ Bellevue	10	48	58	83%					
Intensive Outpatient	10	48	58						
■ Betty Ford Ctr	46	323	369						
Day Treatment	6	100	106	94%					
Intensive Outpatient	1	50	51	98%					
Residential	39	173	212	82%					
□ Center City	109	403	512						
Day Treatment	10	87	97	90%					
Residential	99	316	415	76%					
■ Chaska	1	44	45	98%					



Implementing FIT with Staff

- Trained on FIT as part of clinical model during onboarding process
- Reviewed in supervisory shadowing/record review
- Multiple reference tools available on Fusion (HBFF intranet)
- Continually enhancing functionality to EHR to streamline integration of FIT into patient care
- Monthly data collected and shared re: utilization/integration
- Strategic plan goal with annual targets tied to performance reviews for line staff, incentives for impacted leaders

FIT

FIT Staff Quickguide

FIT How to Assign Scorecard

Making Treatment FIT for Improved Outcomes

<u>Updated FIT Scoring Rubric</u>

FIT Enhancement Training

FIT Enhancement FAQs

<u>Video: Leaders Discuss FIT vision and new enhancements</u>



Efficient, Intuitive, Simplified Clinical Workflow

- "At a glance" dashboard view of key FIT information visible across caseload/unit
- Quicker/clearer recognition of completed assessments and "red zone" scores indicating a need for action
- Alert notifications/visuals to direct attention to high risk responses to prompt intervention
- Improved graph representation of results for observing trends/changes to be used for progress monitoring





FIT Dashboard (home screen for all clinicians)





FIT Graphs: Progress Over Time



- This recognizes the first date of assessment within the 3 or 6 month view.
- Denotes subsets of scoring. In this case there are two different subsets in the DSQ.
- Hover over the individual axis point to view the overall date and time of the FIT Assessment.

Scoring Rubric: Making meaning, Taking action...

Assessment Tool Name	What is the tool assessing?	Score Interpretation	Clinical Action Steps/Suggested IPOCS		
Patient Health	Depression severity	0 – 9 = None or mild	None		
Questionnaire 9 Item (PHQ 9)		10 – 14 = Moderate	Action Step: Monitor symptoms, add/change interventions if not resolving		
nem (mg s)		15 – 27 = Severe	Action Step: Consult with/Refer to internal/external Mental Health for individual therapy; Consult with/Refer to internal/external psychiatry for evaluation; Update treatment team Note: If severe impairment or poor response, consider referral to MH-specific facility IPOC: Improve ability to manage symptoms of mood disorders Dim3; Maintain stability with mental health symptoms Dim3		
Generalized Anxiety Disorder Scale 7 Item (GAD-7)	Anxiety severity	0 – 9 = None or mild	None		
		10 – 14 = Moderate	Action Step: Monitor symptoms, add/change interventions if not resolving		
		15 – 21 = Severe	Action Step: Consult with/Refer to internal/external Mental Health for individual therapy; Consult with/Refer to internal/external psychiatry for evaluation; Update treatment team IPOC: Improve ability to manage symptoms of anxiety Dim3; Maintain stability wit mental health symptoms Dim3		
Desire for	Cravings severity	Subscale & Design/Indention & Ho			
Substances Questionnaire (DSQ)	Cravings severity	Subscale 1: Desire/Intention to Use 0 – 2 = Low risk	None		
		3 – 4 = Moderate risk	Action Step: Monitor symptoms, add/change interventions if not resolving		
		5 – 7 = High risk	Action Step: Consult with/Refer to internal/external medical provider for MAT; Assess for atypical discharge risk; Update treatment team IPOC: Incorporate medication assisted treatment into recovery plan Dim1; Reduce cravings for substances and manage symptoms of withdrawal Dim1		
		Subscale 2: Negative Reinforcement			
		0 – 2 = Low risk	None		
		3– 4 = Moderate risk	Action Step: Monitor symptoms, add/change interventions if not resolving		
		5 – 7 = High risk	Action Step: Consult with/Refer to internal/external health and wellness activities; Update treatment team		

IPOC: Increase use of coping skills for craving Dim5



Goal: Integration into Patient Care

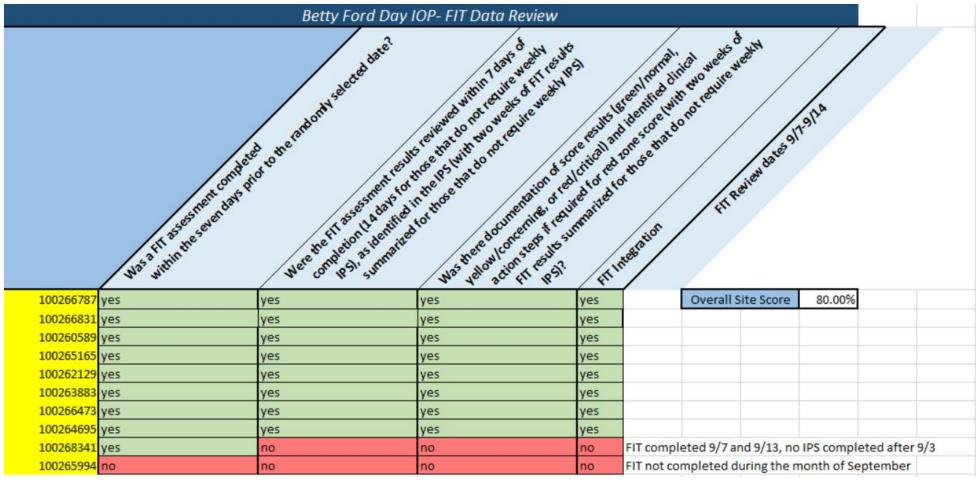
- Monthly Data
- % of patients TAKING the FIT assessments
- % of INTEGRATION into the patient care
 - Target is at least 75% in 2021
 - Target will increase in 2022



Site	July		August		September	
Site	FIT Integration	Percentage of Assessmen ts Complete	FIT Integration	Percentage of Assessmen ts Complete	FIT Integration	Percentage of Assessmen ts Complete
Beaverton	67%	79%	59%	84%	70%	93%
Bellevue	55%	93%	50%	84%	58%	83%
BFC Day Tx	90%	98%	79%	96%	71%	94%
BFC IOP	67%	100%	90%	100%	80%	98%
BFC Res	86%	86%	84%	80%	78%	82%
Center City Day Tx	65%	89%	50%	93%	74%	90%
Center City Res	69%	80%	59%	75%	49%	76%
Chaska	77%	97%	67%	97%	67%	98%
Chicago	39%	83%	50%	78%	53%	84%
Maple Grove	68%	96%	67%	95%	79%	96%
Naples IOP	71%	82%	27%	87%	36%	95%
Naples Residential/Day TX	59%	92%	64%	90%	54%	89%
Newberg Day Tx	23%	87%	42%	92%	33%	91%
Newberg Res	42%	72%	20%	77%	60%	81%
New York	28%	81%	56%	70%	37%	75%
Plymouth Day TX			70%	94%	58%	87%
Plymouth IOP	4%	86%	8%	73%	27%	95%
Plymouth Res	48%	82%	76%	75%	58%	77%
San Diego	62%	83%	40%	83%	40%	80%
St. Paul Day Tx	44%	91%	48%	92%	61%	96%
St. Paul IOP	63%	96%	48%	94%	55%	96%
W. LA	20%	79%	25%	80%	57%	77%

Determining "Integration"

- Getting to "yes":
 - FIT assessment taken
 - Results reviewed and documented
 - Action taken for concerning results





Highlights

- Dashboard has helped streamline entire process
- Clinicians that have integrated FIT into care model seeing benefits such as catching clinical issues to intervene sooner, potentially preventing atypical discharge, poor outcome
- Helps clinicians explain progress and/or areas of focus for patient to work on, through objective data that the patient provided
- Patients like seeing progress on the graphs
- Utilization with managed care, objective, measurable data helps with additional days authorized for care



Challenges

- Inconsistent integration across locations
- Shifting clinicians to using FIT as part of clinical practice vs a "bolt on" or "box to check"
- Ensuring documentation of FIT integration occurs in a timely way AND in a standardized location
- Patients not able to access mobile phones at several residential locations (changing soon!) makes taking assessments more difficult
- Some patients do not have email addresses (required for registration)
- Working on ways to aggregate the data to help with informing programmatic changes (coming soon!)



QUESTIONS





Behavioral Health Care & Human Services Accreditation Team



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Thank you for joining us!

