



## **GREENSPACE: MEASUREMENT-BASED CARE**

### **INTRODUCING MEASUREMENT-BASED CARE IN THERAPY**

Greenspace is an online Measurement Based Care portal that delivers standardized assessment tools to clients in the Outpatient Mental Health Department. As a best practice guideline, Greenspace leverages Measurement Based Care to streamline and simplify data collection processes. This allows you (the client) and your care providers the ability to easily measure and monitor your progress throughout your treatment, and provides us with the feedback about our services.

### **WHAT IS MEASUREMENT-BASED CARE?**

Measurement-Based Care involves the completion of questionnaires throughout the therapy process.

- Each questionnaire is developed and medically validated through scientific research. It may also be a satisfaction survey.
- Questionnaires are short and will be between 4 and 20 questions.
- Some questionnaires are meant to be completed more frequently than others. You may be asked to complete a questionnaire once every 1, 2, 4, 6 or 8 weeks. In some cases, you may be asked to complete a short questionnaire twice per week.



### **WHY IS MEASUREMENT-BASED CARE SO IMPORTANT**

Medical research shows that the ongoing and consistent measurement of progress throughout therapy leads to significantly improved treatment outcomes – **including a 3.5x higher likelihood of experiencing significant and reliable change in therapy.**

Measurement provides a therapist more feedback and information about a client's progress in therapy. This results in improved decision-making, reduced biases and earlier detection of health changes (among other benefits). Additionally, the ability to view your symptoms and progress provides you with added transparency and control over your treatment process.

### **HOW GREENSPACE WORKS:**

#### **1. Register**

A Woodstock Hospital team member will send you an invitation by email. After clicking the invite link, you will be asked to enter some basic personal information and select whether to receive questionnaires by email or SMS (text message).

#### **2. Complete questionnaires**

When it is time to complete a questionnaire, you will receive an email, or SMS containing a link to the questionnaire that has been selected by your therapist. The questionnaires are short, and can be easily completed on any device.

#### **3. View Results**

Visit [woodstockhospital.portal.gs](http://woodstockhospital.portal.gs) to log into your secure and encrypted account. You and your therapist can review questionnaire results and overall progress.

