



COLLECT

Below are questions about circumstances that might arise during the COLLECT step of the MBC three-step process.

WHAT IF ...



... the client doesn't want to complete the form?

Revisit the rationale. Use examples like: "These numbers are vital signs, like your blood pressure & temperature. They help us keep an eye on how you're doing. But we won't rely only on these numbers."

You can try revisiting the frequency: "It sounds like every other visit is too often. What about every third or once every 6 weeks?"

At the end of the day, if the client declines using measures in care, it's always their choice.



... a different provider just gave this measure?

Based on the timeframe, you may choose not to re-administer the measure. In fact, you can use the data collected by another clinician to do the Share and Act steps of MBC in your encounter.



... I want to track more than one thing?

Some measures include several domains, but if there isn't one that captures all you'd like to track, you can use multiple measures. Another option is to alternate (e.g., a measure of functioning at one visit, anxiety at the next).

"The best thing is catching people not responding to treatment. MBC helps us not lose sight of these folks." –psychologist