

recovery

is

possible



How to use data to drive high quality outcomes in mental health

outcome  referrals

1

PCORI funded the randomized clinical trial (RCT) we conducted with the Cleveland Clinic; results published by JAMA.

This created a **new scientific field of medicine** – scientific referrals.

JAMA Psychiatry | [Original Investigation](#)

Effect of Matching Therapists to Patients vs Assignment as Usual on Adult Psychotherapy Outcomes  
A Randomized Clinical Trial

Michael J. Constantino, PhD; James F. Boswell, PhD; Alice E. Coyne, MS; Thomas P. Swales, PhD; David R. Kraus, PhD

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## Implementing Matching of Patients to Mental Healthcare Therapists' Strengths

### Project Summary

PCORI [implementation projects](#) promote the use of findings from PCORI-funded studies in real-world healthcare and other settings. These projects build toward broad use of evidence to inform healthcare decisions.



This PCORI-funded implementation project is expanding the use of a system called TOP Match—shown to improve patient mental health outcomes—to connect patients with therapists based on therapists' strengths.



# recovery depends on the relationship

we can predict the success of each relationship before it starts

recovery is likely



recovery is NOT likely



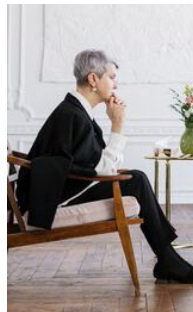
# Jack's #1 problem in finding any treatment

## Access

Jill



Susan



Jack cannot get Jill or Susan to return his calls because their waitlists are 6-9 months (industry average)

Jack



The wrong, but logical, concern is that steering Jack to Jill will make things worse

# access solutions are making quality worse

## Health plan's access solution

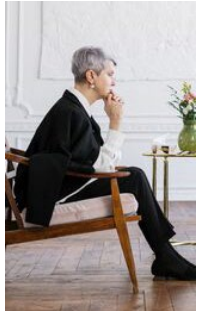
Susan MUST schedule an appointment within 5 days of Jack's first call to be eligible for higher rates



Jack's chances of knocking on the wrong provider's door first: **84%**

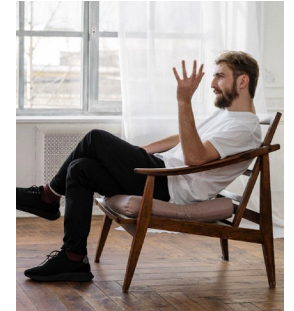
# Why is Jack **usually** seen by Susan?

Everyone is **guessing**



Susan creates an on-line profile and lists her expertise

Jack does an on-line search related to his needs (depression and work)



Jack believes Susan is a good “match” and contacts her





# Self-professed expertise is unreliable



|   |                           |   |
|---|---------------------------|---|
| ✓ | Attention Problems        | ✓ |
| ✓ | Conduct Problems          | ✓ |
| ✓ | Depression                | ✓ |
| ✓ | Eating Issues             | ✓ |
|   | Incontinence              |   |
| ✓ | Lack of Assertiveness     | ✓ |
| ✓ | Lack of Resiliency        | ✓ |
| ✓ | Mania                     | ✓ |
| ✓ | Panic Issues              | ✓ |
| ✓ | Poor Life Quality         | ✓ |
| ✓ | Work Functioning          | ✓ |
|   | Psychosis                 |   |
| ✓ | Separation Anxiety        |   |
|   | Sexual Functioning        |   |
| ✓ | Sleep Problems            | ✓ |
| ✓ | Social Conflict           | ✓ |
|   | Substance Abuse           |   |
| ✓ | Suicidality               | ✓ |
|   | Violence                  | ✓ |
|   | Worrisome Sexual Behavior | ✓ |



## Therapist Perceptions of Their Own Measurement-Based, Problem-Specific Effectiveness

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Averi N. Gaines<sup>1</sup>, and David R. Kraus<sup>4</sup>

Our colleague, Professor Lambert at Brigham Young has assessed thousands of therapists. How license therapists rate themselves above average on everything?

**100%**

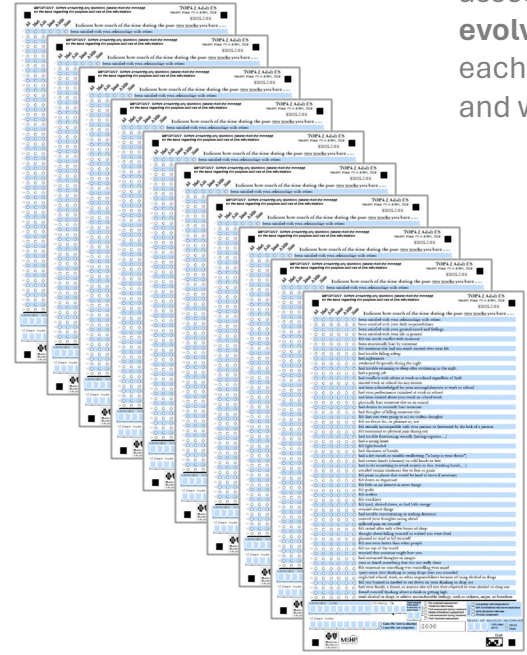
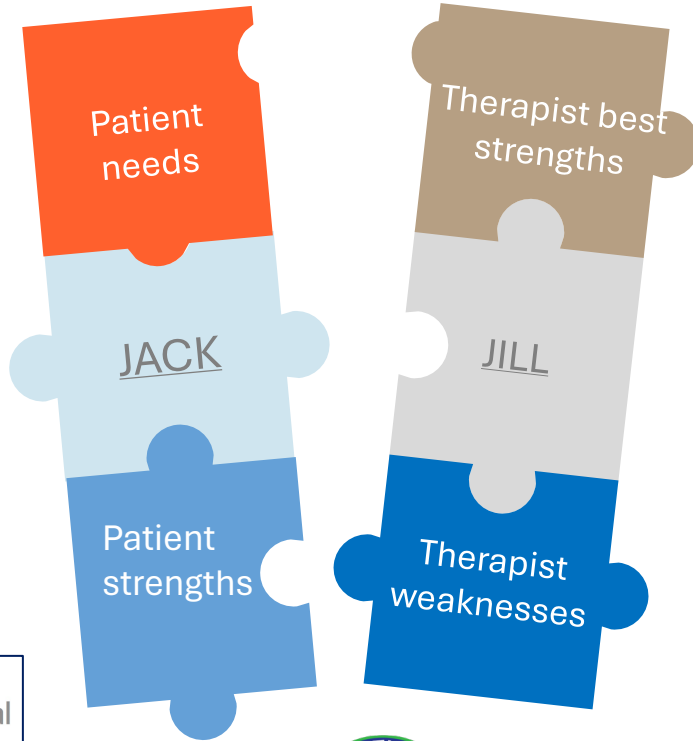


# TOP Match™

returns 80% of patients to full health and productivity without relapse

Jack's Issues

Jill's real skills



Repeated patient assessments become an **evolving report card** on each therapist's strengths and weaknesses



US Patent No. 7,873,525



Tested in federal double-blind randomized clinical trial

JAMA Psychiatry | [Original Investigation](#)  
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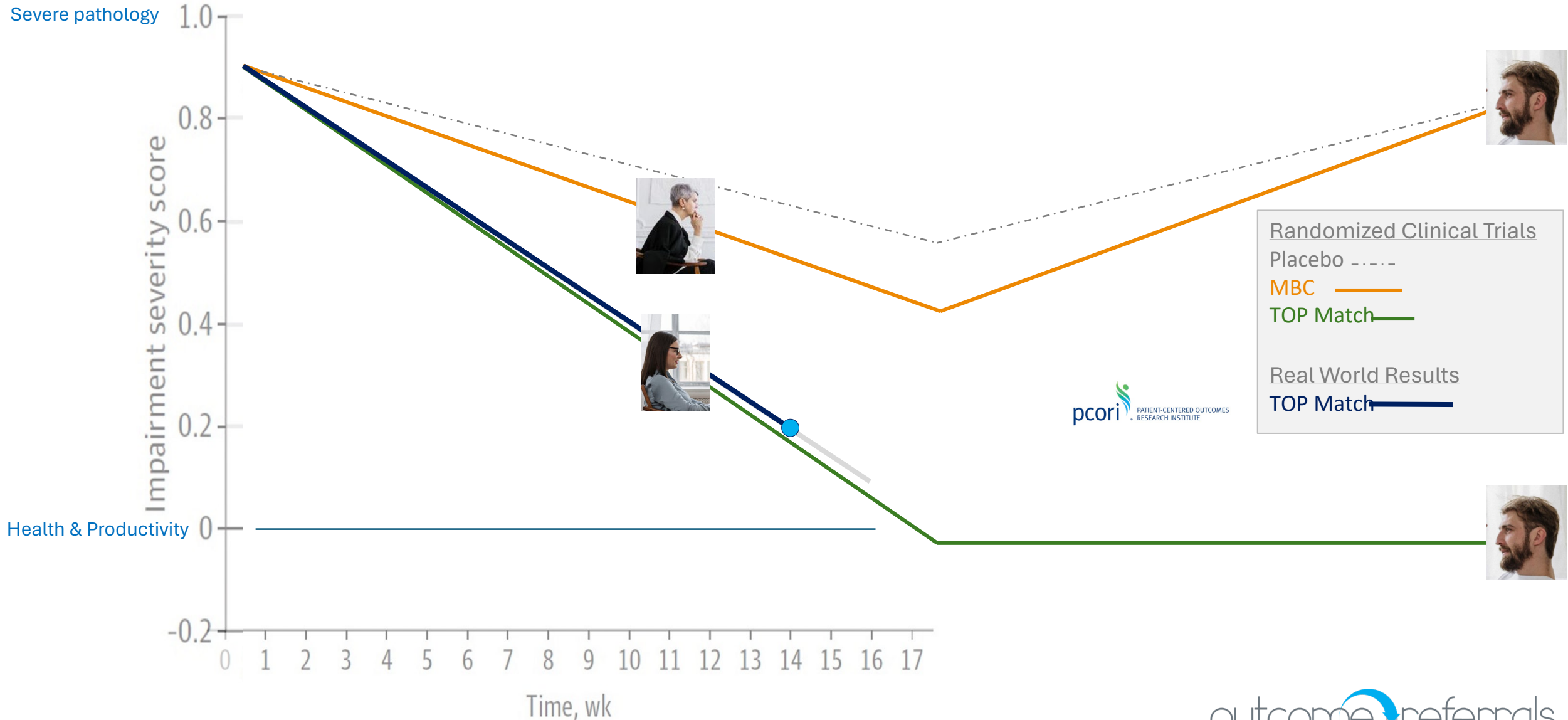


risk-adjusted therapist outcome data

Our tool is powerful enough to identify strengths and weaknesses in **96% of therapists** (next best is 7.5%)



# Recovery for most patients is possible



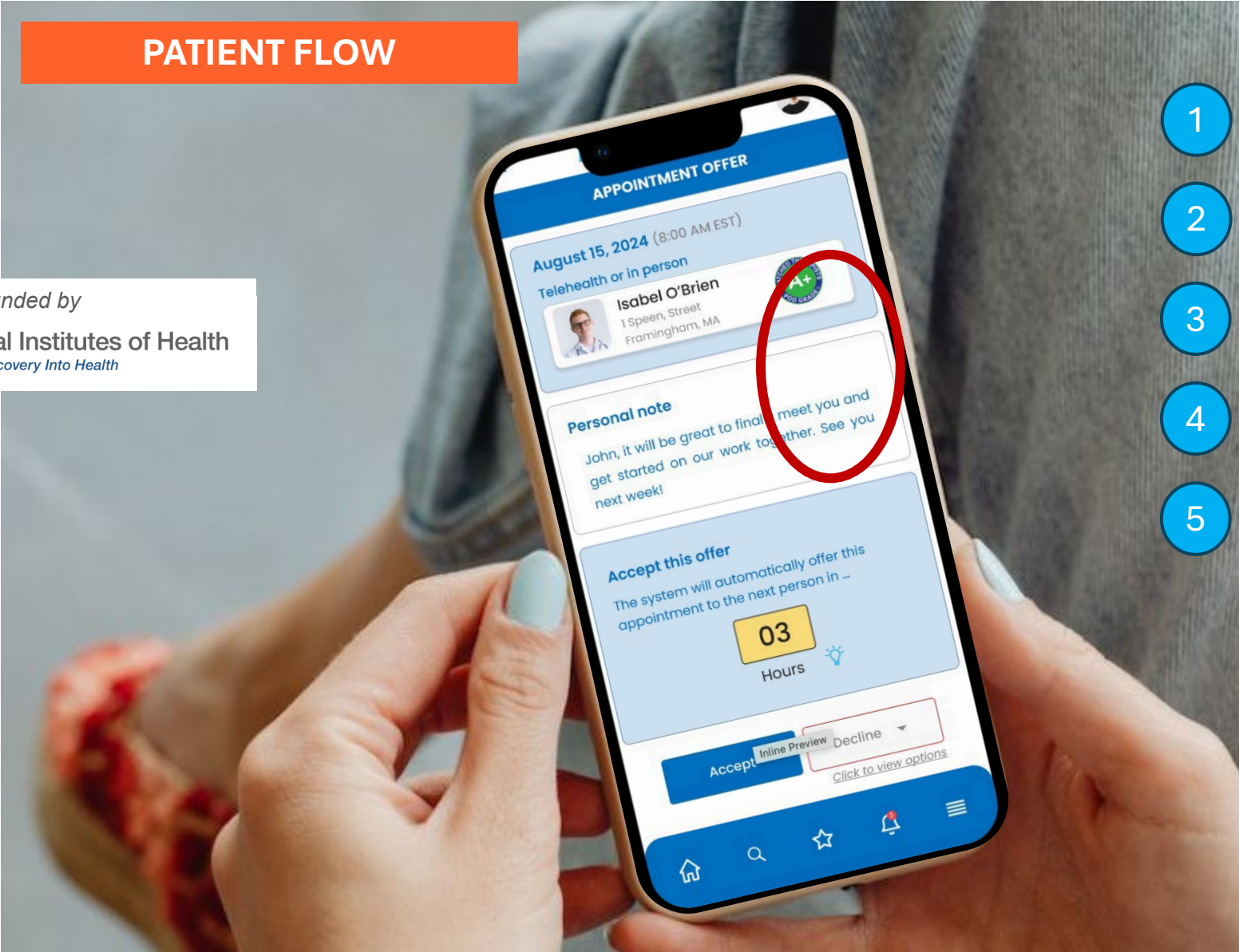
# The fastest and easiest way to find **full recovery**

## PATIENT FLOW



R&D funded by

National Institutes of Health  
Turning Discovery Into Health



- 1 7-minute assessment
- 2 Review TOP Matches
- 3 Select favorites
- 4 Monitor wait times
- 5 Accept appointment



# Exceptional care = exceptional ROI



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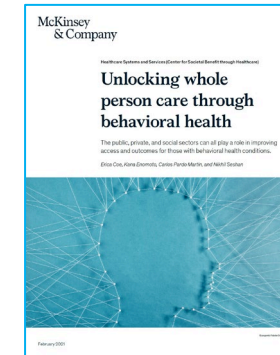
For Jack, getting treatment right the first time means

- elimination of relapse and
- compounding medical problems
- return to full productivity at home and work
- higher quality of life and job satisfaction



2

For health plans and employers this means a quarter trillion in total cost of care savings



3

Presenteeism, absenteeism and cost of care savings  
Largest ROI potential in healthcare

50x

Including paying providers a 50% bonus

# Up and running in other states

1

PA and DE for the benefit of multiple National Alliance regional coalitions

2

TN coalition wants to be next. State employees are demanding Optum expand the use

3

Next year PCORI funds will expand it to more than 20 additional states. Let's make Florida one of them!



Let's bring better  
quality and  
access to **Florida**



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