

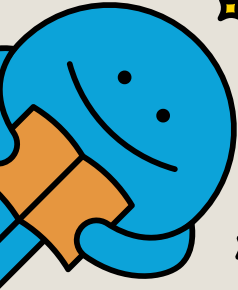
My

M

B

C

(Measurement-Based Care)



# Pocket Guide

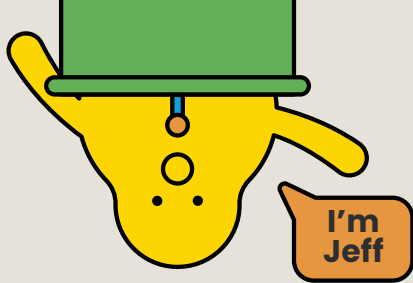
*Made by youth, for youth!*

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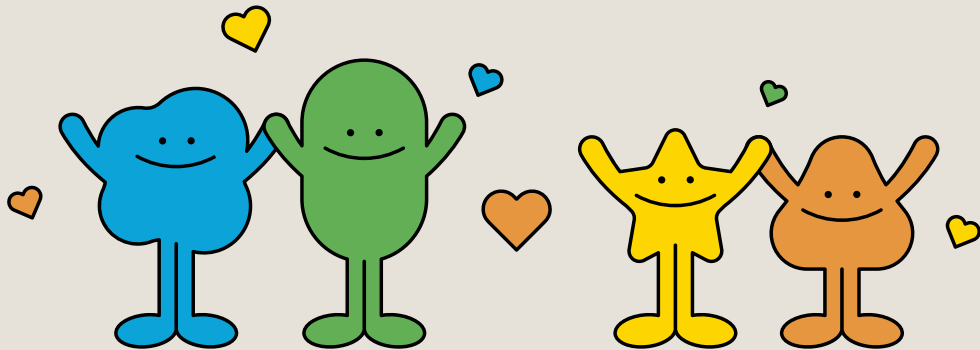
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Meet the Blob family.  
They'll guide you  
through this  
handbook!

**This guide belongs to**

*(Write your name, or a pen name!)*



# What is this?

## Welcome to your Measurement-Based Care (MBC) Pocket Guide!

Created by  
youth, for youth!  
Say Whaaaaat?!

This handy companion is designed just for you, offering a fun and interactive way to explore MBC in your counselling journey.

With this pocket guide, you'll learn the **what, why, and how of MBC**. Let's embark on this journey together and discover the power of MBC!

**Let's get started!**



# A Closer Look

**Measurement-Based Care:** An additional tool in counselling that uses regular questionnaires and your feedback to track progress and guide treatment decisions to connect you with the best care possible!

**MBC is all about:**

Empowering you to take an active role

Tailoring your care plan to meet your needs

Engaging you in the decisions that affect you!

Building a stronger partnership with your care provider

Tracking changes over time

# My Rights

We know that **your lived experiences and identity** play a big role in shaping your counselling journey. Sometimes, understanding what you have control over can be confusing. **Here are some important rights about MBC in counselling you may want to remember!**

- ★ Before agreeing to participate in MBC, your care provider should **walk you through the MBC process.**
- ★ You don't have to participate in MBC - **it is optional!**
- ★ You can answer **as many or as few questions** on your tools as you are comfortable with.
- ★ **All of your data is private** between you, your care provider, and anyone else who may be part of your circle of care.
- ★ **You have the final say** - you have full control over what you participate in, and you can opt out at ANY time!



# Definitions

What are some other terms I should know?

## Care Provider/Counsellor

A trained **professional who listens, supports, and provides guidance** when facing mental health and/or substance use challenges. They help you in exploring your thoughts and feelings, **providing you with healthy ways to cope**.

## Tools

Measurement tools, like **questionnaires or surveys**, that ask you about your **thoughts, feelings, and experiences in different aspects of your health and/or mental health** to help your care provider better understand your needs.

## Informed Consent

Informed consent means that **you are given clear information about the benefits, risks, and alternatives** of your care. You have the right to agree or refuse based on your understanding and preferences.

# Some more useful terms...

## Integrated Youth Services (IYS)

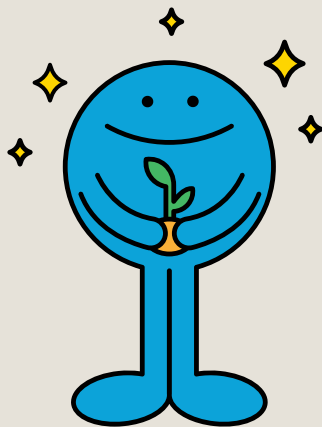
A **free, low-barrier model of care** where youth can walk into a hub and access different types of services (mental health, primary care, substance use, social services) all in one place.

## Navigation

Involves helping you access and navigate mental health or other services, **connecting you to appropriate resources and supports** based on your specific needs.

## My Wellness Passport

An **online dashboard** to track the tools, supports and services you use to create a comprehensive overview of your counselling journey. All data inputted to My Wellness Passport is **confidential, secure, and can only be accessed by you, your care provider, and who you want to share it with!**



# The Process

What does completing tools look like?

## 1. Talk to your care provider

Filling out tools is all about YOU! Talk to your care provider about **questions and worries** you have.

## 2. Complete the tool

Depending on how you receive support, your care provider will either **email you a link** or **pass you a tablet** to fill out the tool.

## 3. Track your results!

You and your care provider will talk about **what your scores mean**. Remember, there are no right or wrong scores, it's all about your personal journey!

## 4. Rinse and repeat!

**Complete the same tools later** in your journey so you can compare your scores and track your progress!



# The Tools

What kind of tools will I be asked to complete?

The tools that you're asked to fill out will **depend on the support you need**. For example, some tools ask about anxiety or substance use, and others ask about more general experiences.

In general, would you say your mental health is:

Example



Excellent



Very good



Good



Fair



Poor

This is from a tool called the *Self-Rated Mental Health (SRMH)* scale.

Answering all the questions on your tools is helpful for you and your care team to get the full picture of your wellbeing, but ultimately it's your choice to answer or skip questions!

# Goal Setting

How do my personal goals relate to MBC?

**Setting goals is one important part of MBC.** Goal setting with MBC allows you to **visualize your growth** in your counselling journey more clearly. The process of setting goals in this way **gives you a benchmark to track your progress** according to what matters to you!

Some of the tools will ask you about what you hope to accomplish in your counselling journey. Your goals can be about anything you would like to work on that's important to you! For example your goal could be:

*"I want to learn new coping strategies when facing challenges in my friendships."*



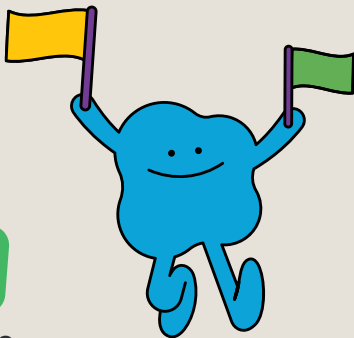
# What's a SMART Goal?

## Specific

What is your goal?

## Attainable

How will you achieve your goal?



## Measurable

How will you keep track of your progress?

## Relevant

How will this goal help you?

## Time-Based

When will you achieve this goal?

# EXAMPLE

**Specific**

**Measurable**

Start a daily meditation practice. I'll do 10 minutes each morning. By creating a consistent routine and using guided videos, I aim to reduce stress and be more focused in a month's time.

**Attainable**

**Relevant**

**Time-Based**

Here's my SMART goal: I aim to start a daily meditation practice.



# My Goal Is...

Hey! Remember, SMART goals are a great way to go! Let's make sure they're Specific, Measurable, Achievable, Relevant, and Time-bound.




# My Goal Is...



**Hi there! Let's make sure your goals are measurable—so you can easily track your progress and celebrate your success!**

# My Goal Is...

A green cartoon character is shown from the side, looking towards a large white notepad. The character has a small 'c' on its forehead and is gesturing with its hand. A speech bubble with a black border and a white background points from the character towards the notepad. The notepad has four binder holes at the top and is otherwise blank.

Hey, friend! Remember, your goal should be specific, so you know exactly what you're aiming for!

# Questions to Ask

Ask your care provider questions about your tools! They're here to support you!

“Why do I have to fill out the same tool every \_\_\_ weeks?”

“How is my care affected by filling out tools?”

“Who has access to my results?”

“What do my scores mean?”

“How long do I do this for?”

# MBC Points

Fill out tools & get rewards!

Ask your care provider to mark a circle for every visit you complete your tools, and redeem your points for rewards!



Not using tools in your care? Or filled out the whole card? **Ask your care provider for more ways to participate!**





Filling out my  
tools

Filling out my  
tools

Depending on your perspective, MBC can  
be fun and meaningful!

# Self-Care Search

Can you find these common self-care practices?

H S E E A W A M J M K W  
I T K P T Y R O U O X N  
T R I S W A U I O S X N  
Y E H M M R T C T N I W  
K T G A N E S I V I A C  
Q C O A E C N A D L N N  
C H L U D A E R K E F G  
P A I N T I N G Z M M A  
E N T P E X E R C I S E  
K N U L C P C H Q T X V  
A D A U B U S Z R G H U  
B T H G I N E M A G W G

BAKE  
COOK  
DANCE  
EXERCISE  
GAMENIGHT  
HIKE  
JOURNAL  
MEDITATE  
MUSIC  
PAINTING  
READ  
STRETCH  
UNPLUG  
WALK  
WRITING

# MY NOTES



Take a moment to jot down anything that comes to mind. It's your space to explore!

# MY NOTES



# MY NOTES



# Resources

## (in Ontario)

### Youth Wellness Hubs Ontario

Find a Youth Wellness Hub in your community at [youthhubs.ca](https://youthhubs.ca).

### 9-8-8 Suicide Crisis Helpline

If you are in crisis or have suicide-related concerns, call or text **9-8-8** (24/7).

### 2-1-1 Ontario

For support finding relevant services in your community, call or text **2-1-1** (24/7) or use the live chat at [211ontario.ca](https://211ontario.ca) (Monday to Friday, 7:00am to 9:00pm ET).



### Good2Talk

For post-secondary students, call **1-866-925-5454** or text **GOOD2TALKON** to **686868** (24/7).

# Resources

## (across Canada)

### 9-8-8 Suicide Crisis Helpline

If you are in crisis or have suicide-related concerns, call or text **9-8-8** (24/7).

### Kids Help Phone

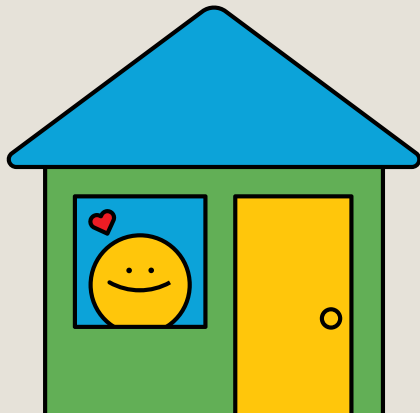
Call **1-800-668-6868** or text **CONNECT** to **686868** (24/7).

### LGBT Youthline

For 2SLGBTQ+ youth, text **647-694-4275** or use the chat box at [youthline.ca](https://youthline.ca) (Sunday to Friday, 4:00pm to 9:30pm ET).

### Hope for Wellness

For Indigenous people, call **1-855-242-3310** or use the chat box at [hopeforwellness.ca](https://hopeforwellness.ca) (24/7).



# Thank you!

This handbook was **co-designed with youth** with lived experience.

## Why Co-Design?

Co-design involves **young people as equal partners** in designing projects that affect them and empowering them to **build inclusive and effective tools with their input and perspectives**.

## Acknowledgements

This project was led by the Mindsense Team (Brianna Dunstan, Izzar Linares, & Matthew Prebeg), supported by Youth Wellness Hubs Ontario. A special thank you to all of the youth advisors (Afreen, Ariana, Brianna, Haley, James, Mariam, & Ravneet) whose insights and contributions were instrumental in shaping this endeavour!



**Questions?** Email Dr. Deb Chiodo at [Debbie.Chiodo@camh.ca](mailto:Debbie.Chiodo@camh.ca)

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DE L'ONTARIO

# Good luck!

We wish you only the best on your counselling  
journey!

