

# Behavioral Health Quality Measures

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## Appendix

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## Behavioral Health Quality Measures

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This appendix accompanies the RAND report *Behavioral Health Care for National Guard and Reserve Service Members*, available at [www.rand.org/t/RR421-1](http://www.rand.org/t/RR421-1). That report explores the quality of behavioral health care for National Guard and reserve service members with post-traumatic stress disorder (PTSD), depression, and substance use disorder (SUD) with a focus on identifying differences between these reserve-component (RC) service members and their counterparts in the active component (AC). It also identifies variations in care between reserve-component service members who live in areas that are remote from behavioral health care at military treatment facilities and those who are not. The findings and recommendations are intended to support policy- and decisionmaking to help meet the behavioral health care needs of reserve-component service members.

Table A.1 presents additional measures of behavioral health care quality for new treatment episodes (NTEs) of PTSD, depression, and SUD, as well as follow-up after a mental health hospitalization or emergency department (ED) visit. The measures are categorized according to the three domains of behavioral health care addressed in the study: initial care, medication management, and care transitions. Specifically, the table captures initial treatment for a new episode of PTSD, depression, or SUD and whether treatment was received in a timely fashion and at a minimally adequate frequency. It also shows the use of medications to treat SUDs, the duration of new medication prescriptions for PTSD and depression, and timely follow-up after initiation of a new medication. For care transitions, the table shows rates of timely outpatient follow-up after discharge from a mental health hospitalization or ED visit.

The data informed analyses highlighting relationships between demographic and service characteristics of RC personnel and patterns in the BH care that they received.

**Table A.1**  
**Behavioral Health Quality Measures, by Component and Reserve Component Remote Status**

Measure	Measure Description	RC (%)	AC (%)	Remote RC (%)	Non-Remote RC (%)
<b>Initial Care</b>					
PTSD NTE: Psychotherapy	PTSD NTE with any psychotherapy within 4 months	57.6***	71.4	55.9	59.6
PTSD NTE: SSRI/SNRI	PTSD NTE with any SSRI/SNRI treatment within 4 months	22.8*	26.7	23.2	22.3
PTSD NTE: Psychotherapy or SSRI/SNRI	PTSD NTE with any psychotherapy or SSRI/SNRI within 4 months	68.7***	77.6	66.3	71.5
Depression NTE: Psychotherapy	Depression NTE with any psychotherapy within 4 months	46.5***	57.3	42.8***	50.4
Depression NTE: Antidepressant	Depression NTE with any antidepressant treatment within 4 months	46.0***	50.9	46.3	45.7
Depression NTE: Psychotherapy or antidepressant	Depression NTE with any psychotherapy or antidepressant within 4 months	75.0	76.0	74.8	75.2
SUD NTE: Psychosocial intervention	SUD NTE with any psychosocial intervention within 6 months	30.6***	61.5	26.3***	35.5
SUD NTE: Psychotherapy	SUD NTE with any psychotherapy within 6 months	29.0***	55.8	25.6***	33.0
PTSD NTE: Care in first 8 weeks	PTSD NTE with 4 psychotherapy visits or 2 E&M visits within 8 weeks	22.5***	28.5	20.5	24.8
Depression NTE: Care in first 8 weeks	Depression NTE with 4 psychotherapy visits or 2 E&M visits within 8 weeks	20.6**	22.7	19.3	21.8
SUD NTE: Initiation of treatment	AOD NTE with initiation of AOD treatment within 14 days <sup>a</sup>	20.4***	15.7	19.2	21.7
SUD NTE: Engagement with treatment	AOD NTE with ≥ 2 AOD treatment encounters within 30 days of initiation of care <sup>a</sup>	4.4***	7.0	3.4*	5.6
<b>Medication Management</b>					
PTSD: New SSRI/SNRI 60 days	PTSD and newly prescribed SSRI/SNRI with duration of SSRI/SNRI treatment of at least 60 days	77.6	74.7	77.7	77.5
Depression: New antidepressant 12 weeks	Depression and newly prescribed antidepressant with duration of antidepressant treatment of at least 12 weeks	73.2*	70.7	73.2	73.2
SUD: AUD pharmacotherapy	AUD NTE treated with AUD pharmacotherapy within 6 months	15.7	15.0	15.2	16.2
SUD: OUD pharmacotherapy	OUD NTE treated with OUD pharmacotherapy within 6 months	20.6*	15.7	23.7	17.2
PTSD: New SSRI/SNRI FU	PTSD with newly prescribed SSRI/SNRI with an E&M visit within 30 days	35.8***	43.4	36.1	35.4

Table A.1—Continued

Measure	Measure Description	RC (%)	AC (%)	Remote RC (%)	Non-Remote RC (%)
Depression: New antidepressant FU	Depression with newly prescribed antidepressant with an E&M visit within 30 days	38.6	38.8	38.2	39.2
SUD: AUD pharmacotherapy FU	AUD with newly prescribed AUD pharmacotherapy with an E&M visit within 30 days	24.4***	41.8	24.4	24.4
SUD: OUD pharmacotherapy FU	OUD with newly prescribed OUD pharmacotherapy with an E&M visit within 30 days	31.1	42.5	28.9	34.5
<b>Care Transitions (all cohorts)</b>					
MH hospitalization: FU in 7 days	Discharge from MH hospitalization with follow-up encounter within 7 days	53.7***	90.0	44.0***	64.3
MH hospitalization: FU in 30 days	Discharge from MH hospitalization with follow-up encounter within 30 days	69.4***	95.7	61.2***	78.4
ED visit for MH: FU in 7 days	ED visit for MH with follow-up encounter within 7 days	46.3***	69.5	37.2***	57.7
ED visit for MH: FU in 30 days	ED visit for MH with follow-up encounter within 30 days	58.7***	80.6	51.1**	68.3
ED visit for AOD: FU in 7 days	ED visit for AOD with follow-up encounter within 7 days	12.0	14.3	13.8	10.2
ED visit for AOD: FU in 30 days	ED visit for AOD with follow-up encounter within 30 days	16.1	21.4	17.4	14.8

NOTES: Statistical significance calculated with chi-square tests of RC versus AC and remote RC versus non-remote RC cohorts; \*  $p < 0.05$ ; \*\*  $p < 0.01$ , \*\*\*  $p < 0.001$ . AOD = alcohol or other drug dependence. AUD = alcohol use disorder. E&M = evaluation and management. ED = emergency department. FU = follow-up. MH = mental health. OUD = opioid use disorder. SSRI/SNRI = selective serotonin reuptake inhibitor/serotonin and norepinephrine reuptake inhibitor.

<sup>a</sup> The quality measure uses the phrase *alcohol or other drug use disorder*.