

Unlocking Tech-Enabled Measurement-Informed Care to Improve Outcomes in Mental Health

Technological innovation is reshaping health care, offering an unprecedented opportunity to positively transform mental health services. A key aspect of this transformation is the ability to leverage data to shape and guide care in ways previously thought impossible.

Traditionally, mental health has had fewer opportunities to benefit from data-driven approaches. With the right tools, however, tech-enabled measurement-informed care (MIC) — often powered by AI — can help mental health providers track progress, personalize treatment, and improve outcomes. But mental health providers cannot do this work alone.

To unlock this opportunity, policymakers must champion investments in mental health technology infrastructure to make it easier for providers to use these tools in everyday care.

What Is Measurement-Informed Care (MIC)?

Measurement-informed care (MIC) involves regularly and systematically using patient data to inform clinical decisions and improve quality of care. MIC helps providers detect which patients are not improving before the point of crisis and leads to significant improvements in outcomes.¹

Technology can make MIC easier to implement and help improve outcomes in mental health care by:

- **Increasing workforce optimization:** Automating the collection, scoring, and display of scales used in MIC to streamline the administration of data and inform care in real time.
- **Expanding data sources:** Integrating information from electronic health records (EHRs), smartphones, wearables, and other remote monitoring tools to provide a more complete picture of patient well-being for both clinicians and patients.
- **Improving care personalization:** Using data to identify treatments that are most likely to work for each individual and connect individuals to clinicians whose expertise best fits their needs.
- **Enhancing early detection and informing triage:** Leveraging diverse data (including patient-facing data) to improve risk prediction and enable earlier screening and interventions.²

¹ Bright Spots in Measurement-Informed Mental Health Care. (2025). West Health; Meadows Mental Health Policy Institute. <https://westhealthmosaic.com/articles/bright-spots-in-measurement-informed-mental-health-care>

² Meadows Mental Health Policy Institute. (2024). Opportunities and Considerations for Augmented Intelligence in Measurement-Informed Care in Mental Health. Meadows Mental Health Policy Institute. <https://mmhpi.org/topics/educational-resources/artificial-intelligence-mental-health/>

Closing the Technology Gap in Mental Health



Of the **1,059 inpatient psychiatric hospitals**, only **47% have adopted EHR technology**.³

Electronic Health Record (EHR) access and interoperability — the seamless exchange of data within and across care settings — are foundational to the effective implementation of tech-enabled MIC. Yet, many mental health providers were excluded from the federal EHR incentive programs launched in 2009 through the HITECH Act, resulting in limited adoption and outdated systems across the behavioral health field. Addressing this technology gap is essential to enabling mental health providers to participate fully in a data-driven health care system, improve care coordination, and respond effectively to the nation's growing mental health needs.

Policy Actions to Accelerate Progress

Policymakers can take steps to close this gap:

- **Pass legislation to incentivize mental health providers and health systems to purchase or upgrade certified EHRs** or other health information technology to support behavioral health care and integrated care.
- **Support federal programs to enhance EHR infrastructure and interoperability in mental health systems**, such as the Innovation in Behavioral Health (IBH) Model, which requires grantees to expand health IT capacity through targeted investments in interoperability and tools, and the USCDI+BH, a federal service to advance the use of interoperable data. Investments of this sort will help ensure mental health systems' ability to take part in the CMS Health Tech Ecosystem initiative.
- **Encourage companies providing patient-facing apps focused on mental health to participate in the Health Tech Ecosystem** and take the pledge to meet the criteria for its interoperability framework.

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³ Lewis, C. C., Boyd, M., Puspitasari, A., Navarro, E., Howard, J., Kassab, H., Hoffman, M., Scott, K., Lyon, A., Douglas, S., Simon, G., & Kroenke, K. (2019). Implementing Measurement-Based Care in Behavioral Health: A Review. *JAMA Psychiatry*, 76(3), 324. <https://doi.org/10.1001/jamapsychiatry.2018.3329>