



Olga Barg, MD
Associate Professor of Clinical Psychiatry

Welcome to the Penn Medicine Ambulatory Psychiatry
Newsletter!

This month is a **Special Issue**, dedicated to:

Measurement-Based Care (MBC)



Jeremy Tyler, Psy.D.
Associate Professor of Clinical Psychiatry



Topic	Page
Measurement Based Care Survey	2-3
Measurement Based Care Overview	3
Project Goals	4
Project Team Structure	4
Milestone Chart	5
Measurement-Based Care Work Groups	6-8



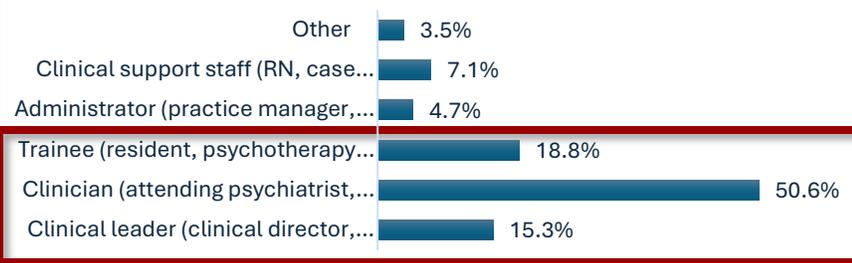
Measurement Based Care

An evidence-based approach that utilizes standardized measures to track outcomes over time.

Survey

A survey was sent in November 2024 to assess which programs were using standardized assessment tools to measure patient outcomes. The survey was sent to clinical leaders, clinicians, trainees, administrators and support staff.

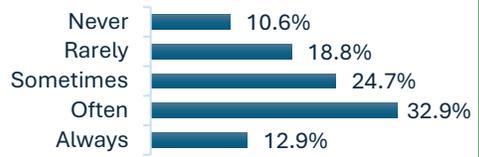
What is your role in the department?



Current State

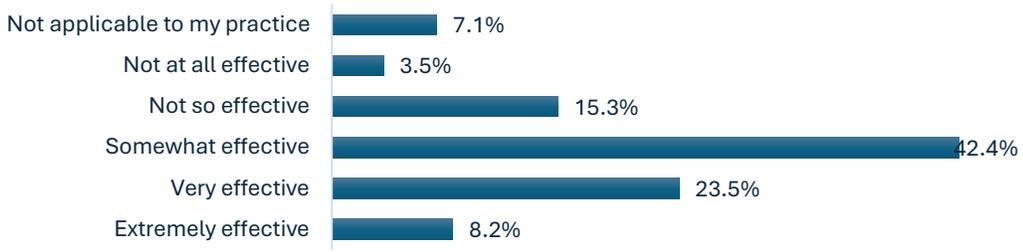
70.5% currently use assessment tools sometimes, often or always.

How often do you currently use standardized assessment tools (e.g., PHQ-9) to measure patient outcomes?



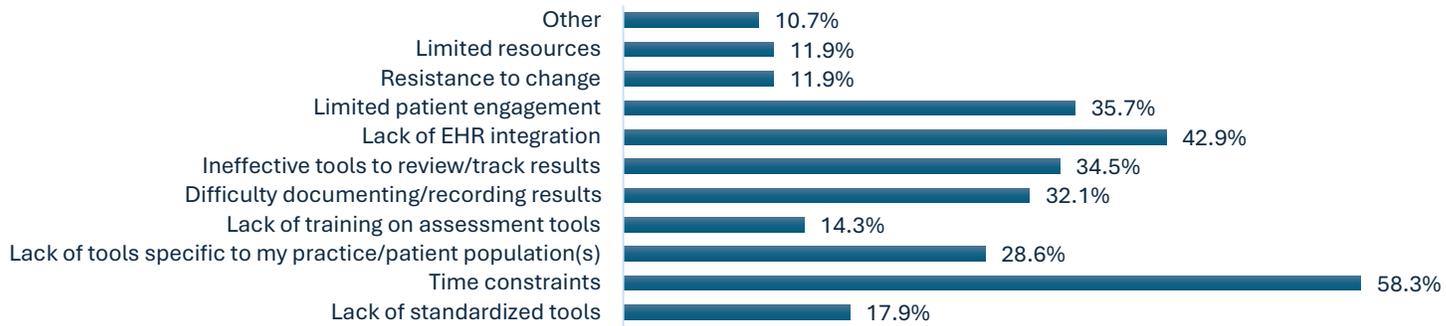
74.1% feel the assessment tools are somewhat, very or extremely effective in monitoring patient progress and guiding treatment, assessment tools sometimes, often or always.

How effective do you feel the current assessment methods are in monitoring patient progress and guiding treatment?



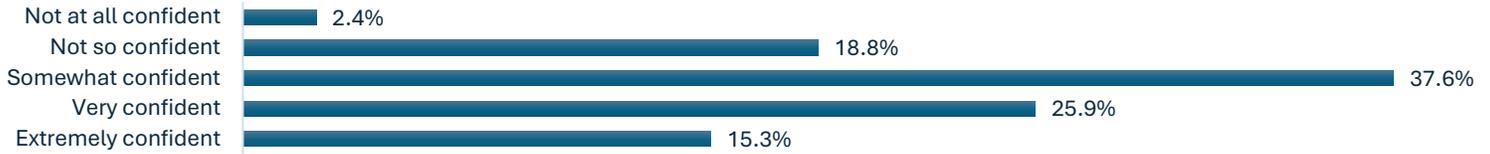
The leading challenge faced with assessment methods are time constraints followed by a lack of integration with EPIC PennChart.

What challenges, if any, do you face with the current assessment methods? Select all that apply:



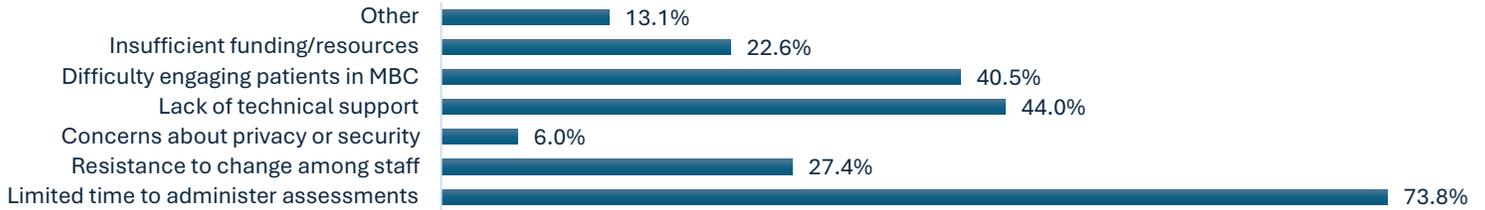
78.8% feel somewhat, very or extremely confident.

How confident are you that integrating MBC into daily practice will improve patient outcomes?



People, process & technology

What barriers do you anticipate for successful implementation of MBC in your setting? Select all that apply:

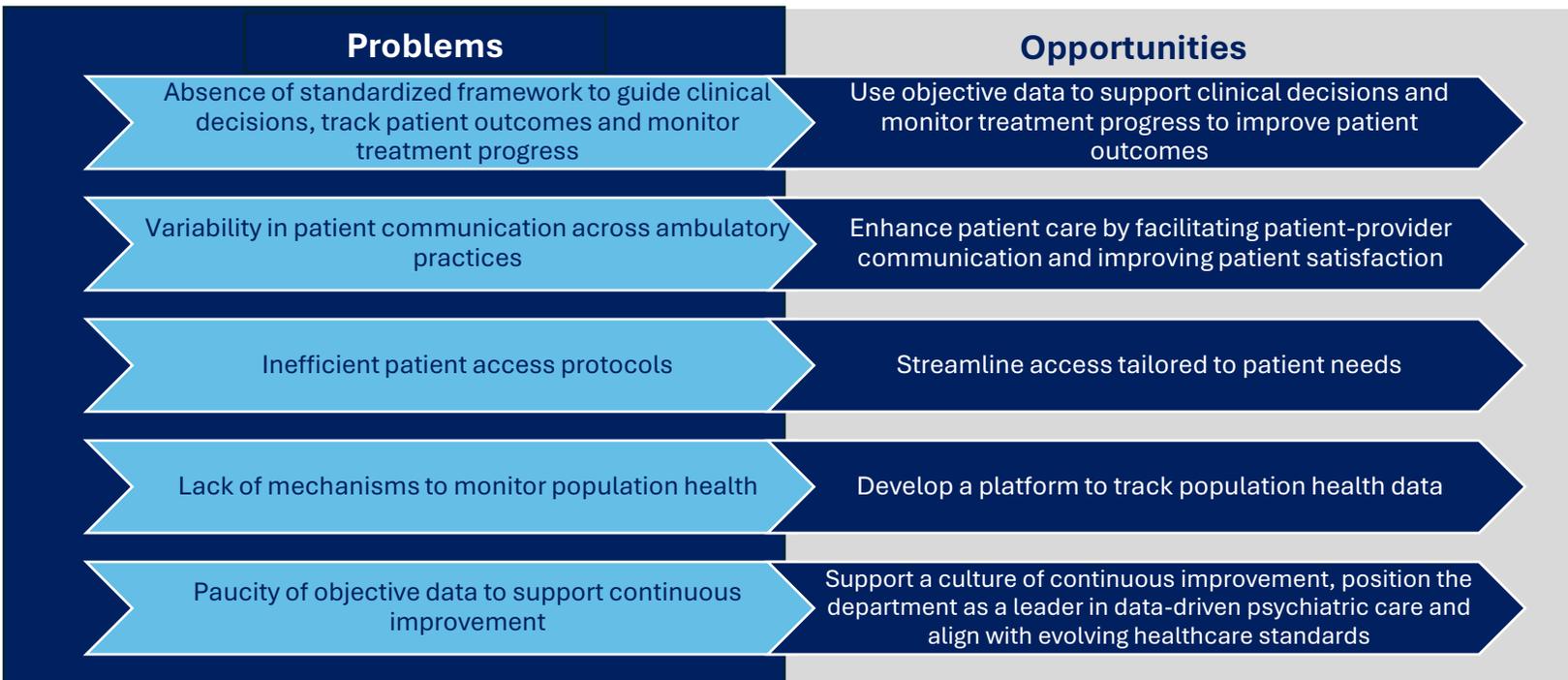


This survey informed the decision to move forward with the Measurement-Based (MBC) program.

Measurement-Based Care (MBC) program

Introducing a new initiative within Penn Ambulatory Psychiatry that we believe will significantly enhance our patient care model. Our team is developing a Measurement-Based Care (MBC) program designed to improve patient outcomes by incorporating standardized clinical measurement tools into routine psychiatric evaluations and follow-up appointments.

The MBC program will leverage structured clinical data to inform clinical decision-making, track progress over time, and ultimately optimize treatment strategies for our patients. We anticipate that by implementing evidence-based screening measures, regularly assessing patient-reported outcomes, and integrating these findings into care workflows, we can advance the quality of our outpatient psychiatric services and support improved patient engagement and satisfaction.



Project Goals

Why are we doing this?

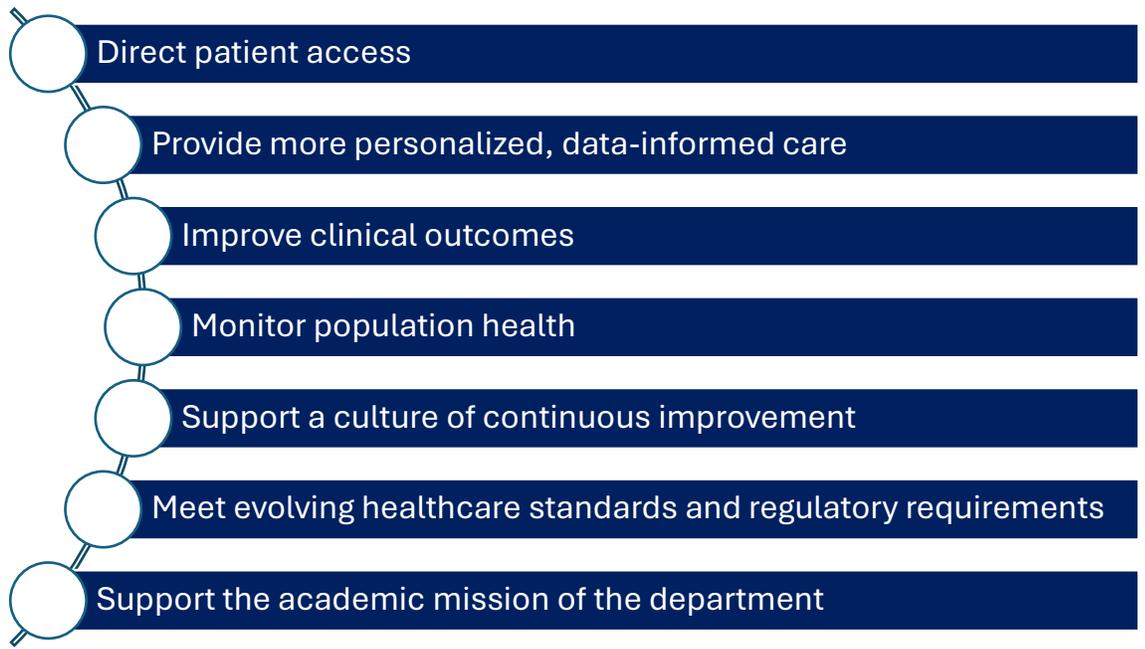
Clear – Easy to understand and communicate

Measurable – Can be tracked or evaluated

Achievable – Realistic given the timeline and resources

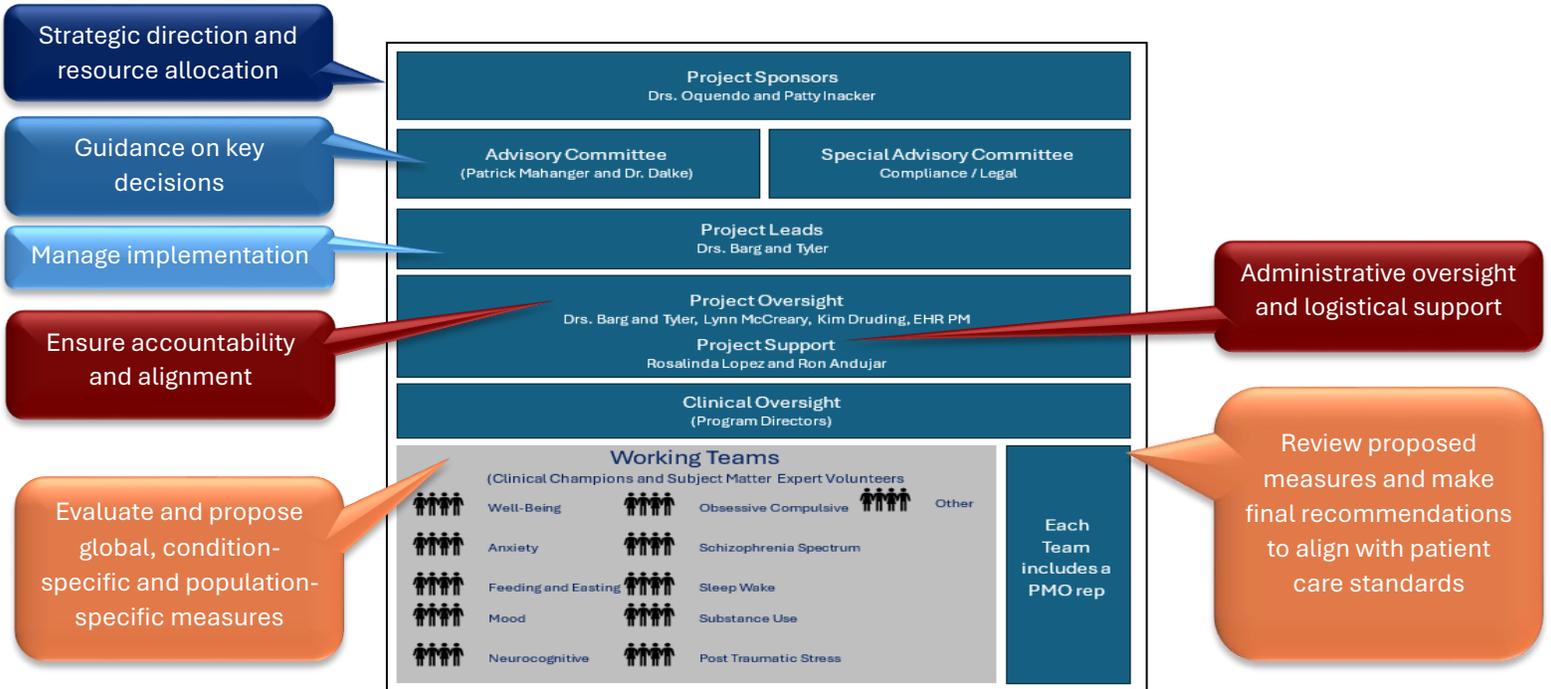
Relevant – Tied to broader organizational or strategic objectives

Time-bound – Set within a defined timeframe

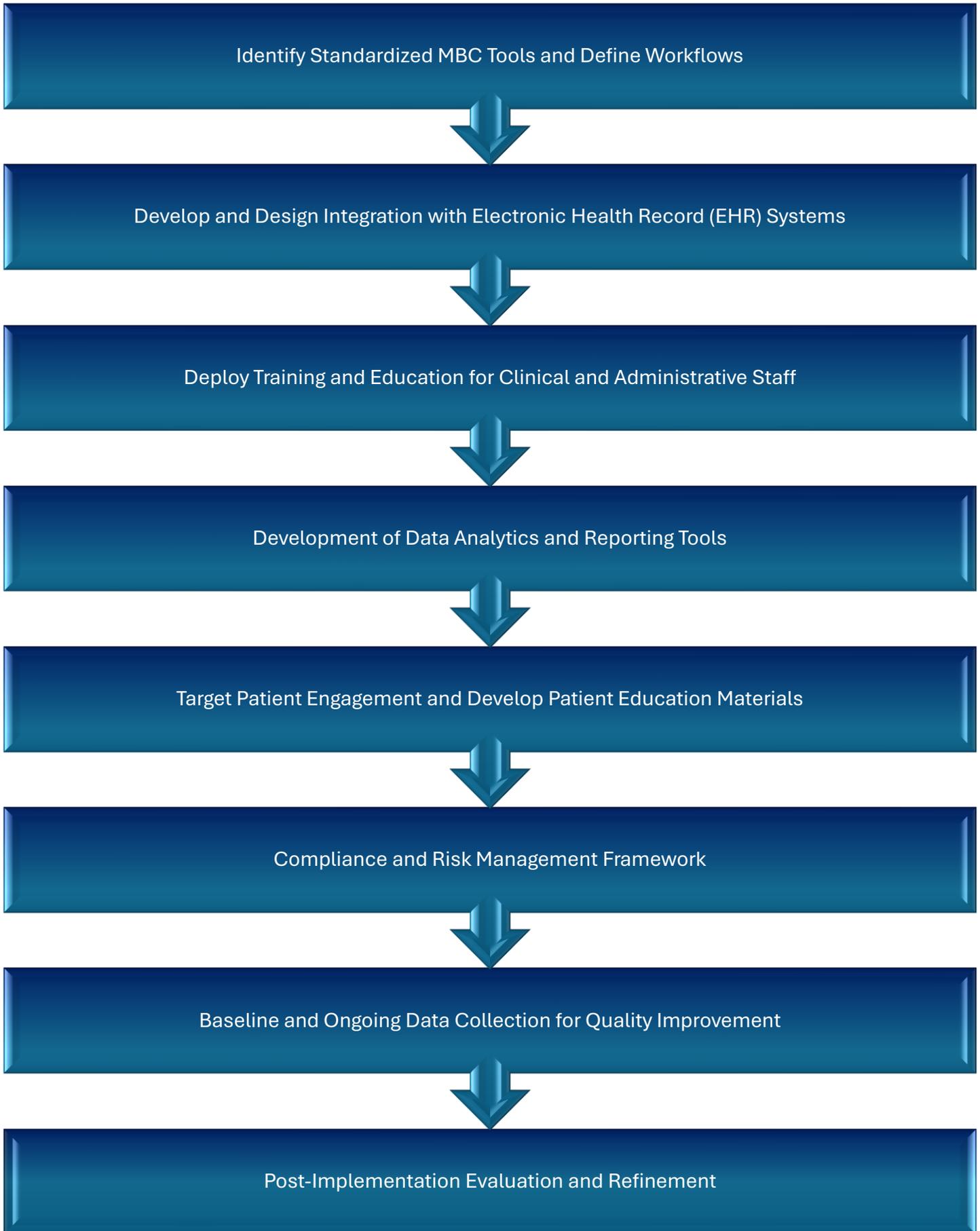


Project Team Structure

The **project team structure**, including oversight, is critically important because it defines **roles, responsibilities, and accountability**, which are essential for successful execution and governance.



Milestone Chart



Update from the Measurement-Based Care Work Groups

The success of our measurement-based care implementation relies on the expertise and engagement of our clinical and operational staff. We are fortunate to have subject matter experts from across our ambulatory psychiatry practices working collaboratively to identify the most appropriate, evidence-based assessment tools for our outpatient population. These work groups are currently reviewing and recommending batteries tailored to the common clinical presentations we encounter. Their contributions are instrumental in shaping the future of care within our department and offer meaningful opportunities for professional development and cross-site collaboration.

Anxiety, OC, and Trauma-Related Disorder

First Meeting - April 23, 2025



Joanna Goldstein, LCSW
Staff Psychotherapist
Penn Psychiatry Outpatient Psychiatry Clinic
gjoanna@pennteam.upenn.edu



Erica Weitz, PhD
Assistant Professor
Center for the Treatment and Study of Anxiety (CTSA)
erica.weitz@pennteam.upenn.edu



Emily M. Becker-Haimes, PhD
Clinical Director,
Pediatric Anxiety Treatment Center at Hall-Mercer (PATCH)
emily.haimes@pennteam.upenn.edu



Nora Brier, PsyD
Assistant Professor of Clinical Psychiatry
Center for the Treatment and Study of Anxiety (CTSA)
nora.brier@pennteam.upenn.edu

Mood Disorders

Meeting One - April 30, 2025



Joanna Goldstein, LCSW
Staff Psychotherapist
Penn Psychiatry Outpatient Psychiatry Clinic
gjoanna@pennteam.upenn.edu



Jody Kashden, PhD
Senior Clinical Director
Princeton House
jody.kashden@pennteam.upenn.edu



Cory Newman, PhD
Director and Professor of Psychology, in Psychiatry
Center for Cognitive Therapy (CCT)
psycdoc@pennteam.upenn.edu



Ashley Un, MD
Assistant Professor of Clinical Psychiatry, Medical Director
Hall Mercer Community Mental Health Center, Pennsylvania Hospital
ashley.un@pennteam.upenn.edu

Neurocognitive Disorders

First Meeting - May 12, 2025



Arushi Kapoor, MS, MD
Director of the Geriatric Psychiatry Fellowship
arushi.kapoor@pennteam.upenn.edu



Jenny Rodriguez, MD
Board Certified Geriatric and Adult Psychiatrist, Assistant Professor of Clinical Psychiatry, Co-Medical Director
Outpatient Psychiatry Clinic
jennypaola.rodriquezalzate@pennteam.upenn.edu

Neurodevelopmental Disorders

First Meeting – April 25, 2025



Keiran Rump, PhD

Assistant Professor of Clinical Psychiatry
Director of the Penn Medicine Autism Clinic
keiran.rump@penmedicine.upenn.edu



Edward S. (Ted) Brodtkin, MD

Associate Professor of Psychiatry
Co-Director of the Autism Spectrum Program of Excellence
ebrodtkin@penmedicine.upenn.edu



Michael J. Gandal, MD, PhD

William & Noreen Hetznecker Associate Professor in Psychiatry, Lifespan Brain Institute (LIBI) Penn Medicine and the Children's Hospital Philadelphia
michael.gandal@penmedicine.upenn.edu

Personality and Disruptive Behavior Disorders

Meeting One - April 29, 2025



Sally Minkovich, PsyD

Staff Psychologist
Penn Psychiatry Outpatient Psychiatry Center
sally.minkovich@penmedicine.upenn.edu



Hannah Sonnier, LCSW

Staff Psychotherapist
Penn Psychiatry TEAM Clinic
hannah.sonnier@penmedicine.upenn.edu

Substance Related and Addictive Disorders

First Meeting – May 1, 2025



Sung Min Ma, MD

Assistant Professor of Clinical Psychiatry
Medical Director, Penn Total Recovery
sungmin.ma@penmedicine.upenn.edu



Angela M. Burdick-McPhee, LPC-S, CAADC

Director
Behavioral Health Total Recovery Program
angela.burdick-mcphee@penmedicine.upenn.edu

Schizophrenia and Other Psychotic Disorders

Meeting One - April 21, 2025



Monica E. Calkins, PhD

Professor of Psychology in Psychiatry
Co-Director, Pennsylvania Early Intervention Center/HeadsUp
mcalkins@penmedicine.upenn.edu



Daniel H. Wolf, MD, PhD

Neurodevelopment and Psychosis Section
danwolf@penmedicine.upenn.edu



Christian Kohler, MD

Clinical Director
Neurodevelopment and Psychosis Section
kohler@penmedicine.upenn.edu



Ashley Un, MD

Assistant Professor of Clinical Psychiatry, Medical Director Hall Mercer Community Mental Health Center, Pennsylvania Hospital
ashley.un@penmedicine.upenn.edu

Somatic Symptom, Eating, and Sleep Wake Disorders

Meeting One – April 25, 2025



Kelly Costello Allison, PhD
Professor of Psychology in
Psychiatry
Director of the Center for Weight and
Eating Disorders
kca@penmedicine.upenn.edu



Michael Perlis, PhD
Associate Professor of
Psychology
Director of the Behavioral Sleep
Medicine Program
michael.perlis@penmedicine.upenn.edu



Rebecca G. Boswell, PhD
Clinical Associate Professor of
Psychiatry
Penn Medicine Princeton Center for
Eating Disorders
rebecca.boswell@penmedicine.upenn.edu

Global Measures and Quality of Life

Meeting One – May 1, 2025



Emily Lipner, PhD
Postdoctoral Fellow
Penn Psychiatry Outpatient
Psychiatry Center and Penn Center
for Women’s Behavioral Wellness.
lipnere@penmedicine.upenn.edu



Peter Thomas, PhD
Vice President of Outpatient
Services
Penn Medicine Princeton House
Behavioral Health
peter.thomas2@penmedicine.upenn.edu

Stay tuned for the assessment recommendations!

