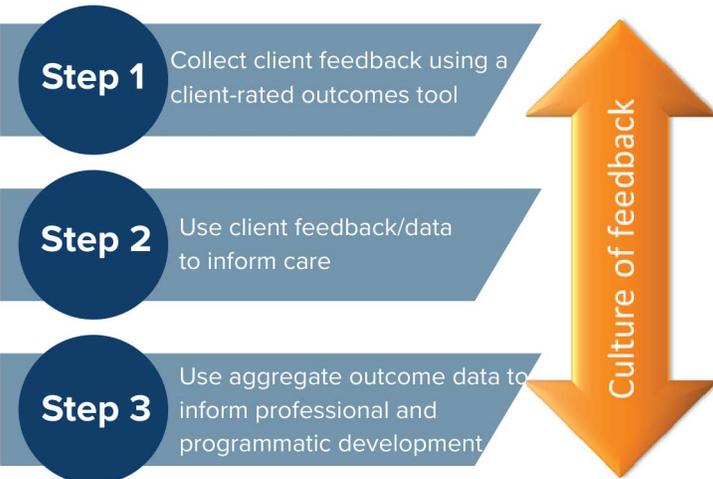
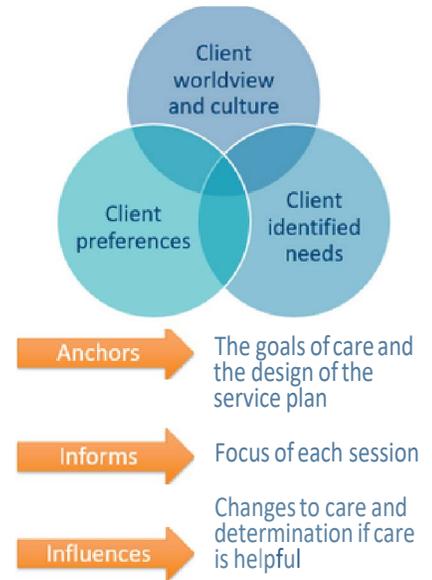


What is FIT?

Feedback Informed Treatment, or "FIT", is an evidence-based approach that involves regularly measuring client-rated outcomes and client feedback on the provider alliance through the use of client-rated outcomes tools. FIT can be used across modalities, in a variety of settings, and has been successfully implemented internationally in diverse cultures.

Although there is overlap between FIT and measurement-based care, FIT is more than just the use of an outcomes tool. Organizationally, it is a transformative initiative, which creates a culture and way of being that centers feedback and authenticity. From a client perspective, it is a collaborative process between client and practitioner that centers client worldview, culture, needs, and preferences. Client feedback and outcomes data is then used in session and consultation to inform care, and aggregate data is used to inform both individual professional development and larger improvement initiatives.



Why FIT?

Organizations choose to implement FIT for a variety of reasons. FIT operationalizes client-centered care by firmly anchoring services in client voice, and supports the equity-related work of ensuring clients are empowered and respected while receiving services.

There are decades of research to support the use of FIT, showing that implementing FIT can improve client outcomes, reduce attrition rates, and shorten length of care. In a time when need for services outpaces supply, FIT can help ensure that care is as effective as possible for clients to reach their goals.

Successful FIT Implementation

FIT is implemented through a staged process, beginning with exploring how FIT aligns with your organizational mission, vision, and values, and ending with FIT becoming a fully integrated part of organizational practice and culture.

FIT implementation can take 3-7 years to complete, and data has shown that the quality of implementation is a key factor in both sustainability and measurable benefits to consumers. CareOregon offers a multitude of supports related to FIT implementation designed to help organizations in this process – we'll help you learn more and be successful!

Exploration

Installation

Initial Implementation

Full Implementation

Want to learn more?

- **CareOregon** provides training, database support, and consultation free of charge to Mental Health Providers with Jackson Care Connect and those contracted through Health Share - CareOregon. For more information or to get involved, please contact FIT@CareOregon.org
- **The International Center for Clinical Excellent (ICCE)** is an international organization dedicated to FIT, and their website includes a variety of resources and research about FIT and FIT implementation: <http://centerforclinicaexcellence.com>
- The ICCE also has a YouTube channel with tips, practitioner interviews, and more: <https://www.youtube.com/@ICCE TV>