

## Follow-Up After Hospitalization for Mental Illness (FUH)

### Measure Description

The percentage of discharges for members 6 years of age and older who were hospitalized for treatment of selected mental illness or intentional self-harm diagnoses and who had a follow-up visit with a mental health provider. Two rates reported:

- Follow-up within 7 days after discharge
- Follow-up within 30 days after discharge

### Criteria for meeting the measure:

When the member attends a follow-up appointment with a **behavioral health provider** after within 7 or 30 days after discharge from hospitalization. The follow-up appointment **must** be with one of the following behavioral health providers:

- |                               |  |
|-------------------------------|--|
| • Psychiatrist                | • Licensed Marriage and Family Therapist                 |
| • Psychologist                | • Licensed Professional Counselor                        |
| • Nurse Practitioner          | • Physician Assistant (certified to practice psychology) |
| • Clinical Nurse Specialist   |  |
| • Social Worker (MSW or LCSW) |  |

*Note: to meet this metric, the appointment cannot occur on the same day of discharge.*

### Appointment types that count as a follow-up visit:

- |                                      |  |
|--------------------------------------|--|
| • Outpatient behavioral health visit | • Electroconvulsive Therapy (ECT)                    |
| • Telehealth appointment             | • Certified Community Behavioral Health Clinic visit |
| • Intensive outpatient therapy       | • Certified Community Health Center visit            |
| • Partial hospitalization visit      |  |

### Best Practices and Tips for Providers to Improve Member Outcomes

- Engage members in discharge planning, and schedule follow up appointments prior to member being discharged.
- Educate members on the importance of treatment adherence and follow up care.
- Offer telehealth appointments for follow-up visits.
- Outreach to parents or guardians of members who do not attend their follow up appointment and assist them with rescheduling.
- Sign a release of information allowing your primary care physician to speak with your behavioral health provider.
- Communicate with primary care physicians and other providers involved with the member's treatment to ensure continuity and coordination of care to support a whole person approach.
- Ensure appropriate documentation, accurate coding and submit claims in a timely manner.

FUH is a Healthcare Effectiveness Data and Information Set (HEDIS®) measure. See the National Committee for Quality Assurance (NCQA) website for more details.