



## Introducing Greenspace: Measure and Track Your Progress

### 1. What is measurement in therapy?

The Hope Health team asks that clients measure and track their progress while in therapy. Measurement involves the completion of **assessments** throughout the therapy process.

- These assessments are developed and medically validated through scientific research.
- All assessments are between 4 and 20 questions.
- Some assessments are meant to be completed more frequently than others. You may be asked to complete an assessment once every 1, 2, 4, 6 or 8 weeks.
- You can choose to receive these assessments by email or by text message (SMS).

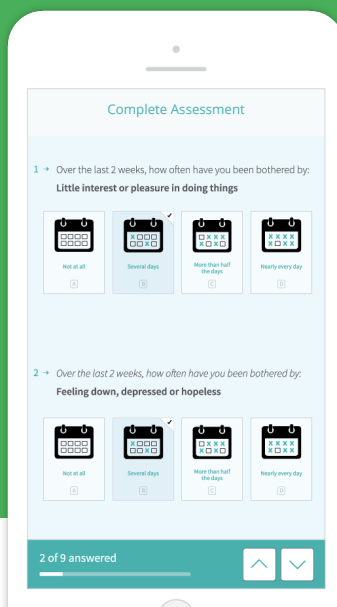
### 2. Why is this important?

Medical research shows that the ongoing and consistent measurement of progress throughout therapy leads to significantly improved treatment outcomes - **including a 3.5x higher likelihood of experiencing significant and reliable change in therapy.**

There are two main reasons for this. First, measurement provides a therapist more feedback and information about a client's progress in therapy. This results in improved decision-making, reduced biases and earlier detection of health changes (among other benefits). Second, the ability to view your symptoms and progress provides you with added transparency and control over your treatment process.

### 3. How Greenspace Works.

You will be using a secure program called Greenspace to measure and track your progress. All you have to do is follow these steps:



**A) Register.** You will receive an invite by email. After clicking the invite link, you will be asked to enter some basic personal information and select whether to receive assessments by email or text message (SMS).

**B) Complete Your Assessments.** When it is time to complete an assessment, you will receive an email or text message containing a link to the assessment. The assessments are short and can be easily completed on any device (phone, tablet or computer). Your provider may also choose to complete assessments with you in-person or in the waiting room.

**C) View Your Results.** You can visit [www.greenspacehealth.com](http://www.greenspacehealth.com) to log in to your secure and encrypted account. You will be able to view more detail on each assessment and a visual graph of progress or change.