

**To:** All Providers  
**From:** Kristine Brewington, MS, LCMHCS, LCAS, CCS, CCJP  
VP of Network Management  
**Date:** July 30, 2021  
**Subject:** DHB & DMH Mental Health and Substance Use 1-7 Day Follow Up Super Measure

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### **DHB & DMH MENTAL HEALTH AND SUBSTANCE USE 1-7 DAY FOLLOW UP SUPER MEASURE**

A Super Measure is essentially a way for the state of NC to measure certain areas of performance by Trillium and its providers, and other LME/MCOs across the state.

Specifically, the *MH & SU 1-7 Day Follow Up Super Measure* aims to ensure that those members discharged from a community hospital, state ADATC, detox, facility based crisis, or state psychiatric hospital attend a follow-up appointment within 1-7 days of their discharge.

**NC'S GOAL IS TO ENSURE AT *LEAST 40%* OF MEMBERS RECEIVE A FOLLOW UP APPOINTMENT WITHIN THE 1-7 DAYS.**

Follow up care is important for numerous reasons. We know that recipients can be vulnerable after discharge and prompt follow up care by trained professionals is critical for their health and well-being. It ultimately supports reduced readmissions, reduced relapse, and reduced emergency department use.

There are many entities working together to connect members to appropriate and timely follow up care. If your agency is the *discharging* provider, please click below to view a list of services that count as follow up.

-  [Follow-Up After SUD 7 Days Super Measure](#)
-  [Follow-Up After Discharge MH 7 Days Super Measure](#)

For assistance locating a follow up provider, please utilize our [Provider Directory](#) search.

If your agency is the *follow up* provider, please ensure that open appointments are available within 1-7 days when the discharging provider calls to schedule the appointment.

If you're the member receiving care, please visit Trillium's [My Learning Campus](#) portal. Here, you can access free trainings 24/7 on a variety of health and wellness topics.

Our common goal is to ensure members receive the prompt follow up care they need to safeguard their health and well-being. We extend our gratitude for your support as we work towards achieving this goal, as we know success can only be achieved through a combined effort between Trillium and providers.

Please reach out to [PerfMeasures@TrilliumNC.org](mailto:PerfMeasures@TrilliumNC.org) for any questions related to this Super Measure.

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Any questions about this Communication Bulletin *that does not already have an email listed for questions from that specific section*, may be sent to the following email: [NetworkManagement@TrilliumNC.org](mailto:NetworkManagement@TrilliumNC.org). These questions will be answered in a Q&A format and published on Trillium's website.