



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

### FUH Measure Description

Assesses the percentage of inpatient discharges for a diagnosis of mental illness or intentional self-harm among patients age 6 years and older that results in follow-up care with a mental health provider within 7 and 30 days.

### Why is FUH Important?

In 2019, nearly one in five adults aged 18 and older in the U.S. has a diagnosed mental health disorder. Individuals hospitalized for mental health disorders often do not receive adequate follow-up care. Providing follow-up care to patients after psychiatric hospitalization can improve patient outcomes, decrease the likelihood of re-hospitalization and the overall cost of outpatient care.

### Best Practices

- ✓ Educate patients and caregivers on the importance of follow-up to reduce the risk of inpatient admission.
- ✓ Train staff on the “Teach Back Method” to ensure patients and caregivers review and understand discharge instructions and the next steps in their care for follow-up.
- ✓ Develop outreach systems or assign case managers to encourage recently released patients to keep follow-up appointments or reschedule missed appointments.
- ✓ Outreach patients who do not keep initial follow-up appointments.
- ✓ Consider social determinants of health (SDOH) factors as possible barriers to health equity.

## Numerator Compliance<sup>2</sup>

**Rate 1: 30-Day Follow-Up** - A follow-up visit with a mental health provider within 30 days after discharge. Do not include visits that occur on the date of discharge.

**Rate 2: 7-Day Follow-Up** - A follow-up visit with a mental health provider within 7 days after discharge. Do not include visits that occur on the date of discharge.

For both indicators, any of the following meet criteria for a follow-up visit:

- Outpatient, BH outpatient visit, intensive outpatient encounter, partial hospitalization, community mental health center visit with a mental health provider
- Electroconvulsive therapy
- Telehealth, telephone or transitional care management services with a mental health provider
- Visit in a behavioral healthcare setting
- Psychiatric collaborative care management
- Peer support services with any diagnosis of mental health disorder
- Psychiatric residential treatment

## Data Collection Method<sup>2</sup>

Administrative (Claims)



## Trillium Percentages/NCQA National Averages<sup>1</sup>

FUH	Measurement Year	Trillium	National Average
Rate 1: 30-Day Follow-Up	2023	37.52	59.06
	2022	41.9	57.1
Rate 2: 7-Day Follow-Up	2023	20.25	38.53
	2022	24.5	36.6

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<sup>1</sup> Source: <https://www.ncqa.org/report-cards/health-plans/state-of-health-care-quality-report/measures-list/>

<sup>2</sup> Source: HEDIS MY 2025 Tech Specs Manual Vol. 2