



# Mind Body Co-Op out-performs industry benchmarks for clinical quality and outcomes with Blueprint

How a premiere holistic wellness center in Chicago partnered with Blueprint to deliver top-quality care

## At a glance

Mind Body Co-Op's integrative approach to care strives to help clients increase connection to their whole self, mind and body, to improve quality of life. As founder and owner Dr. Kellie Rice put it, **"We treat the entire person, body, mind, and spirit."**

## Key metrics

By providing more clinicians and clients with access to data-driven treatment, Blueprint helped make it easier for Mind-Body Co-Op to do what they do best - deliver the best possible mental healthcare



**5,000+**

Assessments administered



**40%**

faster symptom reduction



**PAPERLESS**

assessments for a greener planet



Mind Body Co-Op



<https://mindbodycoop.com>



30 N. Michigan Ave Suite 424  
Chicago IL 60602

## CHALLENGES

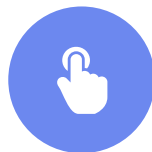


Mind Body Co-Op wanted to find a way to incorporate objective data to make it easier for clients using insurance to get the care they need, all while maintaining their unique clinical philosophy that has been the key to Mind-Body's success from the beginning.

## SOLUTIONS



Rice described Blueprint as a tool that felt congruent to the way that Mind Body Co-op practices. "Blueprint allows each type of provider to track the symptoms that they feel are important," she said. "As a team, we can access, track and recalibrate our treatment, if needed."



**Individualized Assessments**



**Crisis Resources**



**Data-Driven Care Dashboards**

## CLINICAL IMPACT



1

### Reduced thoughts of suicide

While **25% of clients** reported thoughts of suicide at the start of care - matching population averages - this number was reduced by 60% after just three months of data-driven care

2

### Faster and larger symptom reductions

The **rate** and **magnitude** of symptom change at Mind Body Co-Op is up to 40% faster and up to 38% larger than the average population outcomes, respectively

3

### Stronger clinical outcomes

35% of clients achieved **full remission** from depression and 43% achieved **full remission** from anxiety, significantly outpacing average population outcomes