

Why Practice Collaborative Care?

Collaborative care has a strong and expanding evidence base for its use with other behavioral health disorders such as anxiety, posttraumatic stress disorder, chronic pain, and dementia.

1 Established Evidence Base
Collaborative care has a robust evidence base of over 80 randomized controlled trials and has been shown to be the best approach to treating depression in many populations and settings.

2 Better Medical Outcomes
Collaborative care has been linked to better medical outcomes for patients with diabetes, cardiovascular disease, cancer, and chronic arthritis.

Collaborative care is recommended as a primary prevention strategy for cardiovascular events in patients without preexisting heart disease. (*Psychosomatic Medicine*, 2014).

Providers are generally more satisfied working within an integrated behavioral health care program than within usual care. (*Family Community Health*, 2015).

3 Help with Challenging Patients
Many of your most challenging patients likely have un-treated or under-treated behavioral health conditions. Care managers do the follow-up and behavioral intervention tasks a busy primary care provider doesn't have time for, tasks that can make a big difference for your patients.

<https://aims.uw.edu/resource-library/experience-primary-care-providers-integrated-mental-health-cm-primary-care-safety-net>

4 Faster Improvement
A 2016 retrospective study at Mayo Clinic found that the time to depression remission was *86 days* in a collaborative care program while the time to remission in usual care was *614 days*.

<https://aims.uw.edu/resource-library/time-remission-depression-collaborative-care-management-cm-primary-care>

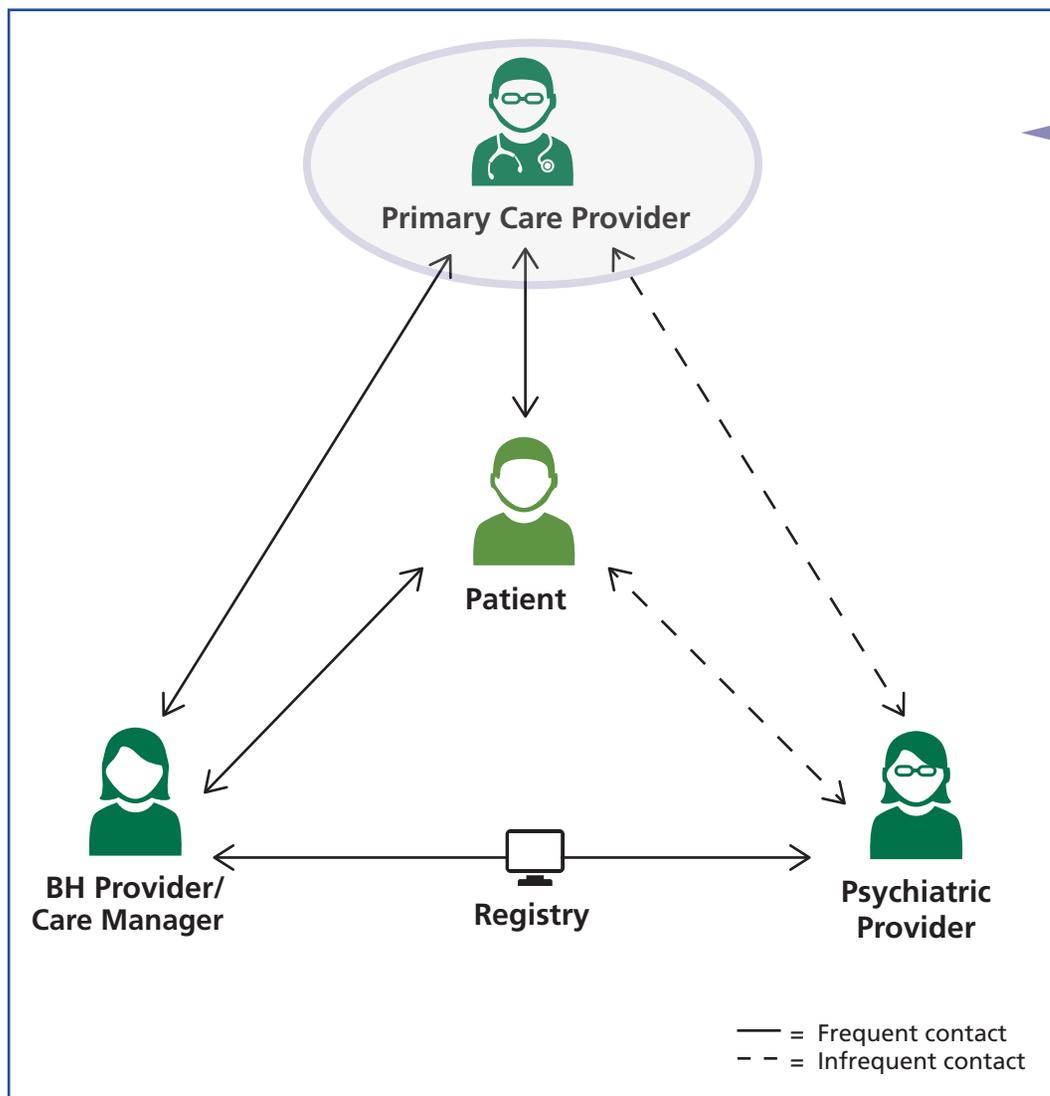
An analysis of a large implementation in Washington State found that **early, intense intervention by the behavioral health care manager was key to early improvement** in patients with depression symptoms. (*Psychiatric Services*, 2015).

Only 30-50% of patients have a full response to the first treatment. That means 50-70% of patients need at least one treatment adjustment. Additional experts can help.

5 It Takes a Team
Collaborative care uses an enhanced care team to provide a population-based, treat-to-target approach to care. Through shared care planning, the team makes proactive changes in treatment to make sure that none of your patients fall through the cracks.

The Role of the Primary Care Provider in Collaborative Care

Collaborative Care Team



The Primary Care Provider on a collaborative care team:

Identifies and Engages

- Completes initial screening
- Introduces collaborative care to patients
- Acquires informed patient consent
- Initiates a connection with the behavioral health care manager

Makes a Diagnosis

- Formulates a diagnosis using validated screeners, exams, and history
- Works with collaborative care team to diagnose complex behavioral health conditions
- Observes over time and refines or modifies diagnosis as needed

Treats

- Works with care team to determine treatment adjustments
- Prescribes medication as needed
- Addresses safety concerns
- Monitors physical health and potential medication interactions