

This document provides examples of EHR documentation templates currently used by an organization delivering CoCM services. Please use and adapt as your organization desires.

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Behavioral Health Care Manager Documentation Smartphases Used for Referral and Introduction to CoCM

Progress Note: Unable to reach

Use this smart phrase when you are contacting a patient regarding referral for CoCM, but you are unable to reach them.

Reason for Contact:

Type of Contact:

Total Time Spent: ***

BHCM received referral, reviewed chart, and attempted to contact patient for follow up on referral for the CoCM program. Unable to reach the patient, but a message with minimal information (due to HIPAA and confidentiality) was left requesting return phone call.

--

[signature***]

Introducing Patient to CoCM using Patient Portal

Use this smart phrase when you are contacting a patient via portal regarding referral for CoCM or introducing CoCM to a patient via portal.

I am reaching out to you because you have been referred to the psychiatric collaborative care (CoCM) program by your primary care provider, @PCP@. One of the goals of the CoCM program is to help you and your primary care provider manage your mental health care without requiring you to go to a different doctor. We primarily focus on decreasing symptoms of depression and anxiety. As part of BHCC, you will receive regular contact from me to help you track your progress. This contact could be by phone, email, portal, or face-to-face visits. Additionally, I will consult with a psychiatrist who will assist in making medication recommendations. You will not meet with the psychiatrist, but I will have the

availability to discuss any medication concerns or questions with him. He will then make a recommendation to @PCP@ on how to move forward with your medication. I will keep your physician and treatment team up-to-date so they can make changes to your medications and treatment plan when needed. In addition to tracking your progress, I will also be available to you via phone and scheduled appointments for additional support to help you meet your treatment goals.

With that said, there are some instances where it is determined that this setting may not be the best fit and/or appropriate. Nonetheless, if this is determined, we can assist you in identifying and connecting with other treatment options.

Please let me know if you have any questions/concerns, or if you are interested in scheduling an assessment. I can be reached Monday - Friday at [insert phone number***] or by portal message.

I look forward to hearing from you!

Sincerely,

--

[signature ***]

Attempted Contact via Patient Portal re: Referral

Use this when you have attempted to contact patient via portal message regarding referral.

Reason for Contact: ***

Type of Contact:

Total Time Spent: ***

This writer sends portal communication to patient to follow up on referral to the CoCM program.

--

[signature ***]

Discussing Referral with Patient

Use this smart phrase when contacting a patient about referral to CoCM.

Reason for Contact: {ContactReason:39543}

Type of Contact: {Type of Contact:38981}

Total Time Spent: ***

INTERVENTIONS:

This writer contacted patient to discuss referral to the psychiatric collaborative care (CoCM) program. Behavioral health care manager (BHCM) introduced the CoCM program and general information regarding the program. BHCM conducted screening tools of **PHQ9** and **GAD7** for baseline data (included below). Patient confirmed symptoms of **anxiety** and **depression**. (S)he verbalized interested in engaging in CoCM for additional support and scheduled time to complete an initial assessment on [Date].

Metrics:

PHQ-9:

GAD-7

Consent:

Patient consented to CoCM program, including the roles of psychiatric consultant, BHCM, and other relevant specialists. {Yes/No:39546}

Patient was made aware of his/her responsibility for potential cost-sharing expenses (copay, deductible) for CoCM services. {Yes/No:39546}

--

[signature ***]

Smartphrases Used for Consent for Billing Patients Not Yet Enrolled in CoCM

Pending Consent

To be used when you contact a patient to pitch the program, but patient does not consent for billing (would like to check with insurance). If declines insurance, would place an intro note, but indicating in the intro note that patient declines CoCM.

Reason for Contact: {ContactReason:39543}

Type of Contact: {Type of Contact:38981}

Total Time Spent: ***

INTERVENTIONS:

This writer contacted patient to discuss the psychiatric collaborative care (CoCM) program. Behavioral health care manager (BHCM) introduced the CoCM program and general information regarding the program, including psychiatric consultant role and CoCM billing.

Patient is interested in CoCM, however would like to {Pending Consent Reasons:40898:::1}

*Patient is interested in receiving a follow-up call/contact from BHCM. {Yes/No:39546:::1}. BHCM will contact patient on *** to review this further.*

Consent:

Patient was informed about the CoCM program, the role of psychiatric consultant, CoCM billing, and his/her responsibility for potential cost-sharing expenses (copay, deductible) for CoCM services. Patient is interested in CoCM, however full consent is pending until next contact. {Yes/No:39546:::1}

--

[signature ***]

Consent for Billing

You may use this to plug in the consent in a note other than outlined above. For example, if you speak to a patient to pitch the program and they want to complete the assessment same day, ensure that you are placing this smartphrase in your assessment note to indicate consent for billing.

Consent:

Patient consented to CoCM program, including the roles of psychiatric consultant, BHCM, and other relevant specialists. Yes

Patient was made aware of his/her responsibility for potential cost-sharing expenses (copay, deductible) for CoCM services. Yes

Patient Declined Referral

When a patient declines CoCM services

Reason for Contact:

Type of Contact:

Total Time Spent: ***

INTERVENTIONS:

This writer contacted patient to discuss referral to the psychiatric collaborative care (CoCM) program. Behavioral health care manager (BHCM) introduced the CoCM program and general information regarding the program. At this time, patient has declined to participate in CoCM. They are aware that they can connect with @PCP@ if they are interested in exploring CoCM in the future. CoCM remains available for consultation, as needed. No further interventions planned at this time.

Metrics:

PHQ-9:

GAD-7:

Consent:

Patient consented to CoCM program, including the roles of psychiatric consultant, BHCM, and other relevant specialists. No

Patient was made aware of his/her responsibility for potential cost-sharing expenses (copay, deductible) for CoCM services. No

--

[signature ***]

Smartphrases Used for CoCM Clinical Assessments

CoCM Intake Assessment

Use the assessment template when you speak with a patient for an initial assessment.

Reason for Contact:

Type of Contact:

Total Time Spent: ***

Date of Service: @TD@

Treating Clinician/Clinic: @PCP@

Type of contact: {Type of Contact:38981}

Total time of contact: ***

Brief Summary: @NAME@ is presenting with depression and anxiety symptoms, seeking evaluation from the BHCC program.

PLAN:

Patient states that (s)he would like to work on the following concerns: (** insert SMART goal). Patient will enroll in the BHCC program for assistance in monitoring symptoms and exploring coping skills, with the goal of decreasing overall symptoms (progress evidenced by PHQ-9 and GAD-7).

PHQ-9 score: ***

GAD-7 score: ***

ASSESSMENT:

Current Clinical Measure: @PSYCHBEHAVIORALSUMMARYSCORES@

Current Presentation/Symptoms: ***

SI/HI: Patient denies any history of SI/HI. Denies any current SI/HI, plan, intent, or means. (S)he denied any mental health hospitalizations or suicide attempts. (S)he denied any history of or current self-harm. Discussed that if symptoms worsen, (s)he can contact Psychiatric Emergency Services (PES) at (734) 936-5900. Advised to go to the nearest Emergency Department or contact 911 if (s)he feels unable to keep herself safe.

Behavioral Health History: ***

Family Mental Health History: ***

Current Medications/Compliance: ***

Prior Medication Trials: No previous medication trials (or include previous medications, dosages, efficacy, length of tx).

Substance Use: Patient denies any current or past substance use concerns, including illicit substances or marijuana. Patient denies tobacco use and alcohol use.

Coping Skills: ***

Medical Conditions:

@PROBLEMLIST@

Denies any significant medical concerns. (s)he denies any history of HTN, chronic pain, or seizures.

Psychosocial Detail: Patient verbalizes that (s)he currently lives in *** with ***. (PROVIDE FAMILY HISTORY). (S)He reports that social support includes: ***. Patient denies any history or current concerns with trauma, violence, abuse, or neglect. (S)he denies any current safety concerns. Patient's current employment includes: ***. (S)He denies any financial concerns at this time.

BHCM CoCM Interventions:

- Patient Education:
- Motivational Interviewing: {Motivational Interviewing:38946}
- Behavioral Activation: {Behavioral Activation:38947}
- Problem Solving: {Problem Solving Therapy:38985}
- Resources Provided: ***
- Follow-up Time Frame: {1 WEEK, 2 WEEKS, 3-4 WEEKS, 1 MONTH, 2 MONTHS, 3 MONTHS:2100150011}

Support and active listening were provided to the patient.

Response to interventions: engaged, responsive, and interactive.

Consent:

Patient consented to CoCM program, including the roles of psychiatric consultant, BHCM, and other relevant specialists. Yes
Patient was made aware of his/her responsibility for potential cost-sharing expenses (copay, deductible) for CoCM services. Yes

This writer will review information with psychiatric consultant at the next scheduled panel review, within the next 1-2 weeks.

DSM I-V Diagnosis:

Axis I: ***

Axis II: Deferred

Axis III: Please see problem list

Axis IV: Familial stress, medical issues, lack of support, occupational stressors, educational stressors, financial stressors, grief/loss, hx of trauma

Axis V: GAF= 61-70

--

[signature***]

Route Note to PCP

Use when patient is enrolled in CoCM and you have completed an assessment.

Hi Dr. ***,

This is a completed assessment for one of your patients within the CoCM program. I'll follow up with you after reviewing with the psychiatric consultant, Dr. ***.

Thanks for the referral,

--

[signature***]

Smartphrases Used for Patients Enrolled in CoCM

CoCM Progress Note

Use as a standard progress note to use when you speak to/meet with a patient for routine follow up.

Reason for Contact:

Type of Contact:

Total Time Spent: ***

BRIEF SUMMARY: @NAME@ is a currently enrolled in the CoCM program for symptom monitoring, coping skills, and support.

UPDATES:

Medication/symptoms:
Past medication trials:
Therapy/coping skills:
Stressors:

This patient was eligible for and considered for weekly review with the psychiatric consultant.

PLAN:

METRICS:

PHQ-9
GAD-7

INTERVENTIONS:

- Symptom Monitoring: MDD - {SX; Depression:2100140392}
GAD - {SX; Anxiety:38951}
Panic - {PANIC:23989}
- Motivational Interviewing: {Motivational Interviewing:38946}
- Behavioral Activation: {Behavioral Activation:38947}
- Problem Solving: {Problem Solving Therapy:38985}
- Goal Setting (patient SMART Goals):
- Patient Education:

- Support/Active Listening:
- Resources Provided:

BHCC social worker used the above interactions. Patient engaged, responsive, and interactive.

--

[Signature ***]

Unable to Reach Enrolled Patient

Use when attempting to contact an enrolled patient for follow up, but you are unable to reach the patient.

Reason for Contact:

Type of Contact:

Total Time Spent: ***

BHCM attempted to contact patient to follow up on mental health care, medication, symptom management, and general wellbeing. Unable to reach the patient, but a message with minimal information (due to HIPAA and confidentiality) was left requesting return phone call.

This patient was eligible for and considered for weekly review with the psychiatric consultant.

--
[signature ***]

Follow-up for Enrolled Patient via Patient Portal

Use when sending a portal message to an enrolled patient for follow up. ***Make sure to attach outcome measures, if sending!

Reason for Contact:

Type of Contact:

Total Time Spent: ***

This writer sends portal communication to patient to follow up on mental health care, medication, symptom management, and general wellbeing. BHCM also includes outcome measures for completion.

This patient was eligible for and considered for weekly review with the psychiatric consultant.

--
[signature ***]

Smartphrases Used for Psychiatric Recommendations and Coordinating Care

Follow-up with PCP on Psychiatric Recommendation

Use to follow up with PCP regarding a recommendation from the psychiatric consultant. If PCP has not responded to recommendation within 1-2 days, recommended to place this progress note in chart and route to physician.

Reason for Contact:

Type of Contact:

Total Time Spent: ***

This patient was reviewed with the CoCM psychiatric consultant, Dr. ***, on DATE***. Here are the recommendations:

RECOMMENDATIONS:

Please refer to Dr. ***'s full chart note on DATE*** for other pertinent information regarding this patient/recommendation.

BHCM is coordinating care with @PCP@ regarding recommendation.

--
[signature ***]

Contacting Patient Regarding Psychiatric Recommendations

Use this smartphrase when contacting patient regarding recommendations made.

Reason for Contact: ***

Type of Contact:

Total Time Spent: ***

BHCM contacted patient to review the recommendations made within CoCM on DATE***. BHCM shared the recommendations made by the psychiatric consultant, which were approved by @PCP@. Patient was provided with detailed instructions per the recommendation. This included outlining the recommendation to ***. Patient demonstrated appropriate teach-back and understanding of this recommendation. They were advised to monitor for side effects or reactions and to contact the office with any urgent medical concerns or questions.

{recresponses:45380}

Patient voiced understanding, agreed to recommendations, would like PCP to fulfill recommendations. Patient voiced understanding, would like to research the medication(s) and/or interventions, will contact BHCM/office when decided

Patient voiced understanding, disagreed with recommendations.

Patient voiced understanding, would like to wait before moving forward

--

[signature ***]

Contacting Patient Prior to PCP Approval

Use to contact patient prior to hearing from the PCP, use the following altered version:

Reason for Contact: ***

Type of Contact: {Type:38981}

Total Time Spent: ***

BHCM contacted patient to review the recommendations made within CoCM on DATE***. BHCM shared the recommendations made by the psychiatric consultant. Patient informed that BHCM is currently coordinating with @PCP@ on this recommendation and has not yet received approval to implement these recommendations. However, patient was provided with information regarding the recommendation to ensure they are in agreement with this plan. This included outlining the recommendation to ***. Patient agreed/disagreed*** with recommendation at this time. BHCM will continue to coordinate with @PCP@ and return contact to patient once recommendation is approved by PCP.

{recresponses:45380}

Patient voiced understanding, agreed to recommendations, would like PCP to fulfill recommendations.

Patient voiced understanding, would like to research the medication(s) and/or interventions, will contact BHCC/office when decided

Patient voiced understanding, disagreed with recommendations.

Patient voiced understanding, would like to wait before moving forward

--

[signature ***]

Smartphrases used for CoCM Discharge

Discharged Note to PCP: Unable to Reach Patient

Use this note in the chart when you are discharging a patient from CoCM. If you are speaking with a patient and are placing a normal CoCM progress note, you can indicate this in your progress note that the patient is ready for discharge

Total Time Spent: ***

This patient has been enrolled in the psychiatric collaborative care (CoCM) program for management and support of depression and/or anxiety. CoCM BHCM has attempted to reach the patient on several occasions. BHCM has unfortunately been unsuccessful in reaching this patient, and followed up with a letter to the patient. At this time, patient has not contacted BHCM, thus BHCM will discharge patient from CoCM and end episode of care.

Please feel free to re-refer this patient to the CoCM program if further support is indicated. No further interventions planned at this time.

--

[signature ***]

Discharge Normal

Use this note in the chart when you are discharging a patient from CoCM.

Reason for Contact:

Type of Contact:

Total Time Spent: ***

BRIEF SUMMARY: @NAME@ is a currently enrolled in the CoCM program for symptom monitoring, coping skills, and support.

UPDATES:

- Medication/symptoms:
- Past medication trials:
- Therapy/coping skills:
- Stressors:

This patient was eligible for and considered for weekly review with psychiatric consultant.

PLAN:

It has been discussed and decided that patient is ready for discharge from the CoCM program. We have completed the relapse prevention plan and this will be uploaded into media. Patients plan for ongoing care includes (***, specialty care in the community, return to usual care with PCP). Patient is aware that they may contact PCP if symptoms increase and they need additional support. No further CoCM interventions planned at this time and patient will be discharged from CoCM, but BHCM remains available for consult as needed.

METRICS:

PHQ-9:

GAD-7:

INTERVENTIONS:

- Symptom Monitoring:
 - MDD - {SX; Depression:2100140392}
 - GAD - {SX; Anxiety:38951}
 - Panic - {PANIC:23989}
- Motivational Interviewing: {Motivational Interviewing:38946}
- Behavioral Activation: {Behavioral Activation:38947}
- Problem Solving: {Problem Solving Therapy:38985}
- Goal Setting (patient SMART Goals):
- Patient Education:
- Support/Active Listening:
- Resources Provided:

BHCM used the above interactions. Patient engaged, responsive, and interactive.

--

[Signature ***]

Miscellaneous Smartphrases

Relapse Prevention Plan

Use this template to populate the relapse prevention plan in the chart. This is especially helpful if the patient requests to complete this independently and would like for you to send via portal. Typically, you will have this completed and scanned into the chart prior to discharge.

Relapse Prevention Plan

Patient Name: @NAME@

Today's Date:

Maintenance Medications

- 1.
- 2.
- 3.
- 4.

Contact your provider if you'd like to make any changes to your medication(s).

Other Treatments

- 1.
- 2.
- 3.

Personal Warning Signs

- 1.
- 2.
- 3.

- 4.
- 5.
- 6.

Things I do to Prevent Depression

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

If symptoms return, please contact: PCP or identified supports.

Contact/Appointment Information:

Primary Care Provider: @PCP@

Phone: ***

Next appointment Date: | **Time:**

CoCM Behavioral Health Care Manager: ***

Phone: ***

Routing Notes to Primary Care Providers

Patient Discharge, Enrolled but Unable to Reach

Use when patient is enrolled in CoCM, but not returning calls.

Hi Dr. ***,

This is a FYI that I am ending episode of care within CoCM today due to non-engagement. Please feel free to re-refer, if needed.

--

[signature***]

Unable to Contact Referred Patient, Not Enrolled

Use this when patient is not enrolled in CoCM and not returning calls regarding referral.

Hi Dr. ***,

This is a FYI that I have been unable to engage the patient in the CoCM program after multiple attempts to reach them. At this time, I have sent the patient a letter and will discontinue attempts to reach the patient. However, if you feel they would benefit from the CoCM program in the future, please don't hesitate to re-refer.

Thank you for the referral.

--

[signature***]

Coordinating Care from Recommendation

Use this when patient is enrolled in CoCM and you are attempting to coordinate care regarding recommendation.

Hi Dr. ***,

This patient was recently reviewed with our psychiatric consultant, Dr. ***. I'm wondering if you've had a chance to review this recommendation. If you agree with the recommendation to [insert recommendation- e.g., increase Sertraline to 100mg] and are willing to send this in to the pharmacy, I would be happy to call the patient to let them know. I will also plan to follow up with the patient within 1-2 weeks for medication monitoring. Please let me know if you have any questions or concerns.

Thank you!

[signature***]

Completed Initial Assessment for New Patient

When patient is enrolled in CoCM and you have completed an assessment.

Hi Dr. ***,

This is a completed assessment for one of your patients within the CoCM program. I'll follow up with you after reviewing with psychiatric consultant, Dr. ***.

Thanks for the referral,

--

[signature***]

Patient Declined Referral, Not Enrolled

Use when patient has declined to participate in BHCC.

Hi Dr. ***,

This is a FYI that patient has declined to participate in CoCM at this time. Please let me know if the patient is interested in exploring CoCM in the future.

Thanks for the referral,

--

[signature***]

Letters

Document Letter to Patient

Use as a template when sending a letter to patient.

Reason for Contact: ***

Type of Contact: Letter

Total Time Spent: ***

This writer has sent patient a letter regarding (discharge, welcome, other***).

This patient was eligible for and considered for weekly review with psychiatric consultant.

--

[signature ***]

Patient Referred: No Response

Use this when you have attempted to contact a patient regarding a referral, but have not been able to reach them.

@DATE@

@NAME@

@ADD@

Dear @PREFERREDNAME@

I hope this finds you well.

Your primary care provider at the [insert clinic***] believes that you may benefit from the psychiatric collaborative care (CoCM) program. This program is intended to help you and your care team (Dr. @PCP@, a psychiatric consultant, and me as the behavioral health care manager) manage your mental health concerns **without** requiring you to go to an outside provider or psychiatrist for assistance.

I tried reaching you by phone to let you know that the program is available to you. We believe that it is a valuable resource in helping patients cope with, and improve, their mental health.

Please feel welcomed to call me, as I am happy to tell you more about CoCM. I can be reached at ***.

I look forward to hearing from you!

Sincerely,

--

[signature***]

Patient Referred, not Enrolled After Initial Contact: No Response

Use this when you have attempted to contact a patient regarding a referral, but have not been able to reach them.

@DATE@

@NAME@

@ADD@

Dear @PREFERREDNAME@

I hope this letter finds you well. It was a pleasure speaking with you about our CoCM program. As discussed, you are now enrolled in psychiatric collaborative care (CoCM) – an integrated care model offered at the ***clinic.

The goal of CoCM is to:

- Provide the best possible care for patients who are experiencing depression or anxiety through a team-based approach.
- Increase patients access to behavioral health care through their primary care setting, **without** requiring you to go to an outside provider or psychiatrist for assistance.
- Assist patients in improving their mental wellbeing using behavioral health interventions
- Access to medications prescribed by the primary care provider for depression or anxiety, with the guidance of a psychiatric consultant.
- Use of screening tools to help you and your care team monitor your symptoms and progress.

Your care team is invested in helping you achieve your goals. As part of your care team in this program, a psychiatric consultant will routinely review your progress with me and may provide recommendations for medications and other interventions to your team. We believe this to be a unique benefit, as a psychiatric provider is involved in your care by providing recommendations, but it is not necessary for you to see the psychiatric consultant face-to-face. With this, your primary care physician will remain the individual that will prescribe and manage all of your medications. Furthermore, you and I will work on coping strategies and other interventions that may help in reducing your symptoms.

Included in this letter we will provide you with additional information regarding the CoCM program. We would like to provide you with an overview of billing, the screening tools we use, and how to access emergency care should you need it.

BILLING

The care being provided to you through CoCM is a billable service covered by many insurances. We recommend that you contact your insurance provider to understand your benefits, coverage, copay, or deductible details. Please feel free to provide your insurance provider with the following CPT codes: 99492, 99493, and 99494. If this is not a covered benefit and you are needing assistance, financial assistance is available to you at ****

SCREENING TOOLS:

In participating in CoCM, you will be asked to routinely complete questionnaires as a way to assess and monitor symptoms of depression and anxiety. These questionnaires are the PHQ9 (used for depression) and the GAD7 (used for anxiety). The questionnaires are a very important part of our work together and will help us to not only track and monitor your progress, but it also helps to guide us on determining if changes to your treatment plan are necessary. If interested, we have included the score key and severity of symptoms for both tools. If you have more questions related to this, please don't hesitate to ask.

Score	Depression (PHQ-9) Severity	Score	Anxiety (GAD-7) Severity
0-4	Minimal or none	0-4	Minimal or none
5-9	Mild	5-9	Mild
10-14	Moderate	10-14	Moderate
15-19	Moderately severe	15-21	Severe
20-27	Severe		

EMERGENCY ASSISTANCE:

There may be times where you need emergency assistance outside the hours of your primary care clinic. If you have any thoughts related to suicide or feel unsafe in any way, this is a medical emergency and you are encouraged to call one of the following 24-hour numbers:

1. 911
2. National Suicide Prevention Lifeline: 1-800-273-TALK (1-800-273-8255)
3. Michigan Medicine Psychiatric Emergency Services (also known as PES): 734-936-5900

Please know that I am trained to help you with your mental health concerns and can answer questions you may have about the CoCM program, mental health, the screening tools we use, your treatment plan, and/or interventions that may be helpful. Please do not hesitate to reach out to me. I can be reached at *** or by calling the main office and requesting to speak with me.

Sincerely,
[signature***]

Relapse Prevention Plan Letter

Use this smartphrase in two different instances. First, you have discussed the relapse prevention plan with the patient and they request this be sent to them via mail for them to complete independently. Second, you have completed a relapse prevention plan with patient and are sending them a copy of the plan via mail. The template will include the blank copy, as if you are sending to them to fill out. If you are sending them a final copy for their records, please fill this in for them.

@DATE@

@NAME@
@ADD@

Dear @PREFERREDNAME@

I hope this letter finds you well.

With this letter, you'll find a helpful tool for your mental health maintenance called a Relapse Prevention Plan. The intention of this tool is to think about warning signs that may contribute to worsening mood and to help you identify these in future situations. It can help you to identify strategies and coping skills that you can use once you identify these symptoms are occurring. Additionally, these are skills/activities that you can do to help prevent symptoms. If symptoms have escalated, this can serve as a tool to acknowledge that you may need additional assistance with your symptoms (contacting PCP, obtain resources, and/or explore re-enrollment with CoCM). Furthermore, this document does include your medications and other treatments to help keep you on track with your treatment goals. Consider keeping this document in a place you might see each month. Some examples of where to keep your relapse prevention plan may be on the fridge, your desk, kitchen table, bedside stand, or where you keep important documents.

We know that depression and anxiety are often episodic in nature, so for some people, your symptoms might return, be challenging, or worsen. If you notice your symptoms returning, don't hesitate to contact your care team, your physician's office, or any of those identified on the bottom of this sheet. Your team can then work with you to adjust your treatment as necessary.

Relapse Prevention Plan

Patient Name: @NAME@
Today's Date:

Maintenance Medications (Medication name, dose, frequency)

- 1.
- 2.
- 3.
- 4.

**Contact your provider if you'd like to make any changes to your medication(s).
Do I need a reminder/alarm to take my medications?**

Other Treatments

- 1.
- 2.
- 3.

Personal Warning Signs

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

Things I do to Prevent Depression

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

If symptoms return, please contact: PCP or identified supports.

Contact/Appointment Information:

Primary Care Provider: @PCP@
Phone: ***
Next appointment Date: | Time:
CoCM Behavioral Health Care Manager: ***
Phone: ***

Thank you for your time. I can be reached at ***, through patient portal, or by calling the main office and requesting to speak with me.

Sincerely,

--

[signature ***]

Psychiatric Consultant Documentation Treatment Recommendation Sent to PCP

Hello [PCP NAME],

I had the opportunity to discuss your patient, [NAME], with the clinic's behavioral health care manager, [NAME], in our weekly clinical meeting. Please see below for my recommendations. Please feel free to contact me with any further questions.

Brief Summary

Recommendations

Behavioral health care manager, [NAME], will continue to follow patient for symptom monitoring and support.

Possible Side Effects

Scores

PHQ-9:

GAD-7:

Background and Decision-Making

Safety Concerns

Substance Use Concerns

Previous Medication Trials

The above treatment considerations and suggestions are based on consultation with the behavioral health care manager and a review of information available in the chart. I have not personally examined the patient. All recommendations should be implemented with consideration of the patient's relevant prior history and current clinical status. Please feel free to call me with any questions about the care of this patient.

[PSYCHIATRIC CONSULTANT NAME]

Pager: 55555

Common Psychotropic Medication Side Effects

Antiepileptics

Drowsiness, dizziness, nausea, headache, and tremor. Blood counts and drug levels should be monitored. Inform patient to notify clinician immediately if any unusual changes in mood or behavior.

Atypicals

Metabolic complications (including dyslipidemia, hyperglycemia, weight gain), sedation or insomnia, movement disorders (including restlessness, dystonia, pseudoparkinsonism, tardive dyskinesia), sexual dysfunction. Blood counts should be monitored periodically. Baseline and periodic EKGs may be warranted in some instances.

Benzo

Sedation, confusion, dizziness, or changes in cognition. Use with other sedative medications or substance, including alcohol, should be reviewed. If discontinued, the medication must be tapered, particularly if use exceeds 3-4 weeks.

Bupropion

GI side effects (including nausea, vomiting, diarrhea), increase in anxiety, agitation, or insomnia. Inform patient to notify clinician immediately if any unusual changes in mood or behavior.

Buspirone

Dizziness, nausea, and headache. This medication must be taken on a scheduled basis and should not be utilized on a "prn" or "as needed" basis.

Clozapine

Metabolic complications (including dyslipidemia, hyperglycemia, weight gain), sedation, dizziness, drooling, anticholinergic side effects including tachycardia. WBC and ANC should be monitored according to treatment parameters. Baseline and periodic EKGs may be warranted in some instances.

Gabapentin

Increased appetite, weight gain, edema, headache, dizziness, or fatigue. Inform patient to notify clinician immediately if any unusual changes in mood or behavior.

Lamotrigine

Dizziness, headache, nausea or vomiting, and rash. Slow titration is necessary to minimize the risk for Stevens-Johnson syndrome. Inform patient to notify clinician immediately if any unusual changes in mood or behavior.

Lithium

GI side effects (including nausea, vomiting, diarrhea), sedation, weight gain, tremor, increased thirst, or frequent urination. Hair loss, worsening of dermatologic conditions, like acne or psoriasis, may also occur. Toxicity may be associated with worsening tremor, more severe GI effects, confusion, or ataxia.

MAOI

Fatigue, insomnia, dizziness, constipation, dry mouth, weight gain, sexual dysfunction, changes in blood pressure, including hypertensive crisis if MAOIs are taken with certain other medications or with certain foods. Inform patient to notify clinician immediately if any unusual changes in mood or behavior.

Mirtazapine

Sedation, increased appetite, weight gain. Inform patient to notify clinician immediately if any unusual changes in mood or behavior.

Pregabalin

Increased appetite, weight gain, edema, headache, dizziness, or fatigue. Inform patient to notify clinician immediately if any unusual changes in mood or behavior.

SNRI

GI side effects (including nausea, vomiting, diarrhea), initial increase in anxiety (especially in individuals with an anxiety disorder), sexual dysfunction, headaches, or insomnia. Inform patient to notify clinician immediately if any unusual changes in mood or behavior. Changes in blood pressure may also occur.

SSRI

GI side effects (including nausea, vomiting, diarrhea), initial increase in anxiety (especially in individuals with an anxiety disorder), sexual dysfunction, headaches, or insomnia. Inform patient to notify clinician immediately if any unusual changes in mood or behavior.

TCA

Sedation, dizziness, constipation, dry mouth, weight gain, or sexual dysfunction. If patient is at risk for QT prolongation, consider obtaining a baseline EKG and repeat as indicated. Inform patient to notify clinician immediately if any unusual changes in mood or behavior. Blood levels can also be monitored.

Trazodone

Drowsiness, dizziness, headache, dry mouth.

Typical antipsychotic

Movement disorders (including restlessness, dystonia, pseudoparkinsonism, tardive dyskinesia), drowsiness, sexual dysfunction, hyperprolactinemia. Baseline and periodic EKGs may be warranted in some instances.