Why Practice Collaborative Care?

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.

3. **Help with Challenging Patients**
   Many of your most challenging patients likely have untreated 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.

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.

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**

- **Primary Care Provider**
  - 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

- **Patient**

- **BH Provider/Care Manager**

- **Psychiatric Provider**

- **Registry**

---

©2017 University of Washington • AIMS CENTER • aims.uw.edu