

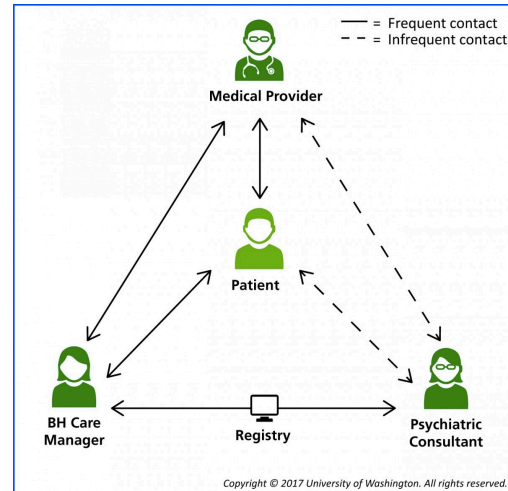
Collaborative care is an evidence-based model of care that increases the capacity for mental health care in non-psychiatry settings. Collaborative Care **serves DCAM PCG patients with:**

- 1) **Depression and/or anxiety**
- 2) **Cognitive impairment with mental health and/or neuropsychiatric problems**

In Collaborative Care a social worker will talk with your patient by phone, video, or in-person at least every 2 weeks and consult with a psychiatrist every week. **Services include:**

- 1) **Care management**
 - Ensuring connection to long-term therapy, coordination between primary care & consultative psychiatry, assessing medication adherence
- 2) **Psychiatric consultation**
 - Assisting with diagnoses & medication adjustments
- 3) **Brief therapy**
 - Weekly or biweekly psychoeducation, brief CBT, motivational interviewing, supportive counseling

If the patient is already receiving psychotherapy, they can still be referred for care management and psychiatry consultation.



In Collaborative Care, the PCP works closely with the social worker, continues to oversee patient's care (including managing prescriptions), attends Psychiatric consultation conference as needed.

How to refer:

- 1) **Identify eligible patient**
 - Age 12+
 - Primary care in DCAM PCG or Comer General Pediatrics
 - PHQ-9 ≥ 10 and/or GAD-7 ≥ 10 *OR* Cognitive impairment (MOCA <25) with mental health and/or neuropsychiatric problems
 - No current psychotic disorder, PTSD, and/or substance use disorder
 - If depression/anxiety is related to chronic medical condition, refer to BMed
- 2) **Inform patient about Collaborative Care.** Option to send a MyChart invitation using the smart phrase COLLABCAREPTINVITE. Key points:
 - Psychiatric consultation within 1 week
 - Telehealth visits for brief therapy
 - **All insurances accepted.** Cost-sharing determined by insurer. Aetna & UCHP have no co-pay
- 3) **Document patient consent for referral** using COLLABCAREPTCONSENT in an Epic telephone note, which will allow this to be a billable service
- 4) **Route message** to assigned social worker

Adult Depression and Anxiety

- **Samantha Allen, LCSW**
- **Nicole Schalinske, LCSW**
- Psychiatrist: Daniel Yohanna, MD



Cognitive Impairment with Mental Health and/or Neuropsychiatric Problems

- **Carly Lusk, LCSW**
- Psychiatrist: Erin Zahradnik, MD



Adolescent Depression and Anxiety

- **Ashante White Walker, LSW**
- Psychiatrist: TBD



Questions?

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