

# Collaborative Care Service

*Evidenced-based, patient-centered integrated mental health care*

The **Collaborative Care Service** is an evidence-based model of care that increases the capacity for mental health care in non-psychiatry settings. In Collaborative Care, a social worker talks with your patient by phone, video, or in-person at least every 2 weeks and consult with a psychiatrist every week. The social worker keeps the referring provider in the loop via Epic inbasket messages and **the referring provider** oversees care and prescribes medications.

## SERVICES INCLUDED:

- 1) **Diagnostic assessment**
- 2) **Care management:** coordination between primary care & psychiatry, assessing adherence, connection to long-term therapy
- 3) **Psychiatric consultation:** assisting with diagnoses, medication starts and adjustments, side effects
- 4) **Brief therapy:** psychoeducation, brief CBT, motivational interviewing, supportive counseling
- 5) **Measurement-based care:** PHQ-9 and GAD-7 monthly to monitor progress

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

## WHO IS ELIGIBLE?

- **Adolescents or young adults (age 12-25) with PHQ-9 or GAD-7  $\geq 10$  who see a UCM pediatrician**
- **Adults (age 26+) with a PHQ-9 or GAD-7  $\geq 10$  who see a DCAM PCG PCP**
- **Cognitive impairment with mental health and/or neuropsychiatric problems receiving care from any UCM PCP or neurology**
- Patients should not have a different primary active primary mental health problem (for example, suicidality, bipolar, eating disorder, ADHD, SUD, PTSD, psychosis, grief, OCD, psychosis)

## HOW DO I REFER?

- 1) **Inform patient about Collaborative Care.** MyChart smart phrase .COLLABCAREPTINVITE.

Key points:

- Psychiatric consultation within 1 week
- Telehealth visits for brief therapy
- Billing for face-to-face services and care management
- **All insurances accepted.** Cost-sharing determined by insurer. Aetna & UCHP have no co-pay

- 2) **Order “Consult to Collaborative Care”**

Referrals are reviewed within 1 business day and you will receive a confirmation message connecting you with the assigned social worker.



**Samantha (Sam)  
Allen, LCSW**



**Nicole  
Schalinske, LCSW**



**Carly  
Lusk, LCSW**



**Ashante  
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## Questions?

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