

The Collaborative Care Model

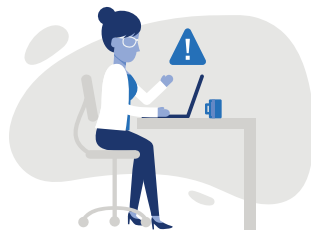
EXPANDING ACCESS TO PSYCHIATRIC CARE

MAKING THE ECONOMIC CASE

Mental health conditions are common impacting **1 in 5 adults** in the US.



Global rates of depression and anxiety are **rising at a rate of 15 to 20%** over the last decade.



These conditions **impact performance, productivity, retention and more.**



Mental health conditions are costly, take depression, **costing the US economy \$210 billion annually.**

THE COLLABORATIVE CARE MODEL (CoCM)

Quality mental health treatment can be **difficult to access.**



When accessible and done right, mental health treatment **works.**

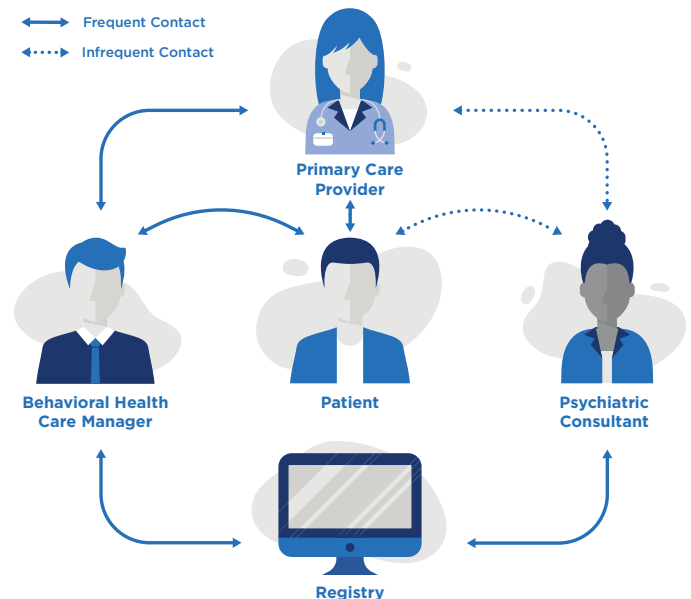
Yet, **1/2 of people** with depression go untreated.



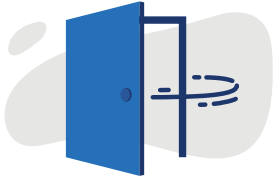
Many people start with their PCP and do not connect to effective care for multiple reasons:

- PCP inadequate **knowledge** and **resources**
- **Shortage** of mental health providers or long wait lists
- Inadequate mental health provider **networks**
- **Stigma**
- Lack of **engagement** in treatment

The CoCM delivers effective mental health care in primary care with a care team led by the primary care provider (PCP), and including a behavioral health care manager and consulting psychiatrist.

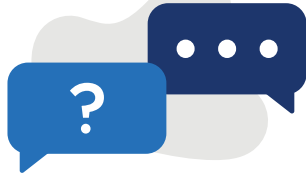


BENEFITS OF CoCM



Provides access to mental health care that is **timely, effective, less costly and less stigmatizing.**

Engages people in their treatment so they can get back on track.



Effective, supported by over 80 randomized clinical trials.

For every \$1 spent on care delivered in the CoCM, there is a **\$6.50 ROI** in improved health and productivity.



Receiving care in CoCM, employers can see a **combined cost savings of \$1815 per employee per year** in health care spend and improved productivity.

Results in **knowledge transfer** from psychiatrists to PCPs and leaves PCPs feeling more comfortable delivering behavioral health care, increasing access to care.



WHAT CAN YOU DO TO EXPAND ACCESS TO CARE?

Support Legislation That Would:

- Require private insurers to reimburse the Psychiatric Collaborative Care Management billing codes.
- Address access to care while remaining budget-neutral for the state.
- Expand treatment for patients with mental health and substance use disorders.

FOR MORE INFORMATION

To learn more, visit [psychiatry.org/collaborate](https://www.psychiatry.org/collaborate)



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Citations available upon request.