

WHAT IS COLLABORATIVE CARE?

We know that behavioral health is just as important as your physical health. Many people don't have access to behavioral health care. Collaborative Care is a program which provides behavioral health care from your primary care office.

HOW DOES COLLABORATIVE CARE WORK?

You, your primary care provider, your behavioral health care manager, and a psychiatric consultant make up your Collaborative Care treatment team.

- You fill out questionnaires to track your symptoms.
- You work with your behavioral health care manager to make a self-management plan.
- Your behavioral health care manager regularly contacts you to track your progress.
- Your behavioral health care manager works with your primary care provider and a psychiatric consultant to review your progress and treatment options.
- Your primary care provider will write your prescriptions, if needed.

WHAT DOES MY COLLABORATIVE CARE TEAM DO?

Our Collaborative Care Team works closely with your provider. This helps us to:

- You are an active partner in your goals. You work with us every step of the way.
- We can contact you by phone, email, or traditional mail. We can also check in with you during clinic visits in our office.
- We check in with you to discuss your symptoms, goals, and overall well-being.
- We regularly communicate with the rest of your primary care team to determine the best treatment option for you.
- We discuss your needs with a psychiatric consultant and adjust your treatment plan, if needed.

WHAT IS MY ROLE AS A PATIENT?

You are the most important person on the treatment team!

- You regularly fill out questionnaires which help us track your behavioral health symptoms over time. You and your primary care provider can see the results of these questionnaires. These questionnaires can be filled out by mail, over the phone, or in the office.
- You can share updates on how you are feeling. We want to hear from you!
- You can tell us if your symptoms worsen or if you want additional support.

LET'S WORK TOGETHER TO GIVE YOU THE BEST CARE POSSIBLE!