

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 that provides behavioral health care from your treating office.

How does Collaborative Care work?

You, your treating 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 treating provider and a psychiatric consultant to review your progress and treatment options.
- Your treating provider will write your prescriptions, if needed.

What are the benefits of Collaborative Care?

Your Collaborative Care treatment team helps you and your treating provider manage your behavioral health care needs.

- 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 mail, and can check in with you during clinic visits.
- We check in with you to discuss your symptoms, goals, and overall wellbeing.
- We regularly communicate with the rest of your treating team to figure out 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 that help us track your behavioral health symptoms over time. You and your treating provider can see the results of these questionnaires. These questionnaires can be filled out by mail, over the phone, or in the clinic.
- You can share updates on how you are feeling. We want to hear from you!
- You can call us if your symptoms worsen or if you want additional support.

Let's work together to give you the best care possible!