

Who is on my Collaborative Care Team?

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

What is my role?

You are the most important person on the team!

- Tell us what you are feeling.
- Take medications as prescribed or ask your treating provider if you are thinking about making changes.
- Track your progress with self-management tools.
- Tell us what works and what doesn't work for you.
- Ask questions!

What is my treating provider's role?

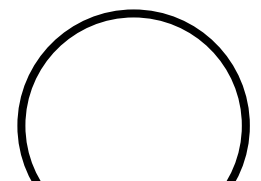
Your treating provider oversees your care. They:

- Talk with you about your symptoms.
- If needed, write your prescriptions.
- Work with your behavioral health care manager to stay informed of your progress.
- Talk with your behavioral health care manager and psychiatric consultant about the best treatment for you.

What is my behavioral health care manager's (BHCM) role?

Your BHCM works with you to carry out your treatment plan. They:

- Check-in with you.
- Help you identify and work toward your goals.
- Use a questionnaire to ask about your mood, sleep, appetite, energy, and medication side effects, and watch for changes in your progress.
- Share the results with your treating provider and psychiatric consultant.

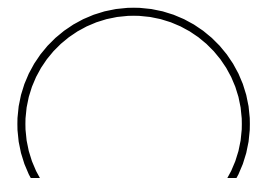


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What is my psychiatrist consultant's role?

Your psychiatric consultant gives expert advice to your treating provider and BHCM. They:

- Talk about your diagnosis and treatment options.
- Talk with your BHCM about the results of your questionnaire.
- If needed, meet with you to help inform your care.



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