

# The Collaborative Care Model

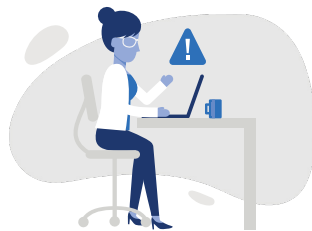
EXPANDING ACCESS TO PSYCHIATRIC CARE

## 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.**

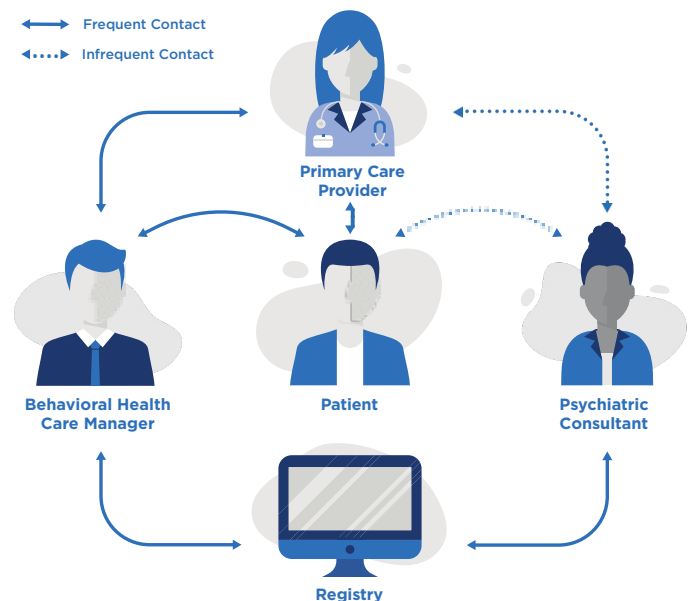
Yet, **1/2 of people** with depression go untreated.



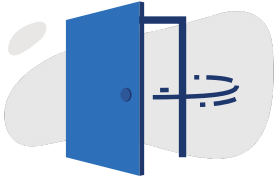
Many people start with their PCP and do not connect to effective care for multiple reasons:

- 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.

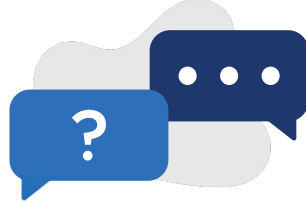


## BENEFITS OF CoCM



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:

- Position Minnesota Medicaid to return \$6.50 for every \$1 invested.
- Expand access to essential psychiatric care by requiring Minnesota Medical Assistance to cover all Collaborative Care Management (CoCM) services across the state paying 100% of what Medicare does.
- Improve mental health access and deliver better outcomes sooner for more Minnesotans.

## FOR MORE INFORMATION

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

Contact MPS for more information:

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Citations available upon request.

