# **What is Collaborative Care?**

Did you know behavioral health is just as important as your physical health? Behavioral health concerns are extremely common. Access to behavioral health care services is challenging. Collaborative Care is a program that provides behavioral health care services right in your primary care providers office.

# **How does Collaborative Care work?**

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

* You fill out questionnaires to monitor your symptoms.
* You work with your BHCM to create your unique self-management plan.
* Your BHCM regularly contacts you to track your progress and introduce supportive tools.
* Your BHCM works with your PCP and a psychiatric consultant to review your progress and treatment options.
* If any prescriptions are needed, your primary care provider will write your prescriptions.

# **What are the benefits of Collaborative Care?**

**Your BHCM helps you and your primary care provider manage your behavioral health care needs.**

* You are an active partner in your plan.
* Your team works with you every step of the way as you work toward your goals.
* Your BHCM can check in with you by phone, email, mail, or during clinic visits.
* Your BHCM checks in with you to discuss your symptoms, goals, and overall wellbeing.
* Your BHCM regularly communicates with the rest of your primary care team to be sure you have treatment options that address your specific needs.
* Your BHCM discusses your progress and concerns with the psychiatric consultant and, with you and your PCP, adjust your treatment plan as needed.

# **What is my role as a patient?**

**You are the most important person on the treatment team!**

* Fill out questionnaires that help us track your behavioral health symptoms over time.
* Identify the goals most important to you and create a plan with your BHCM.
* Check in with your BHCM about how you’re feeling as scheduled, about 2-3 times a month.
* Call us if your symptoms worsen or if you want additional support.

# Questions? Call: (xxx) xxx-xxxx

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