# **Who is on my Collaborative Care Team?**

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

**You**

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

* Tell us what you are feeling.
* Take medications as prescribed or ask your PCP 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!

**The Primary Care Provider**

**Your PCP oversees your care. They:**

* Talk with you about your symptoms.
* If needed, write your prescriptions.
* Work with your BHCM to stay informed of your progress.
* Talk with your BHCM and PC about the best treatment options that meet your needs.

**The Behavioral Health Care Manager**

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

* Check-in with you.
* Help you identify your goals and develop a plan to reach them.
* Offer you tools and techniques to help you reach your goals.
* Use a questionnaire to ask about your mood, sleep, appetite, energy, medication side effects, and watch for changes in your progress.

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* Share the results with your PCP and PC.

**The Psychiatric Consultant**

**Your PC offers expert advice to your PCP and BHCM. They:**

* Discuss your diagnosis and treatment options with your BHCM and PCP.
* Talk with your BHCM about your ongoing questionnaire results.

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