Collaborative Care:
Evidence-Based Mental Health Care in Primary Care Settings

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Lexicon of Integrated Care Terms

Patient- Centered Care

Integrated Care

Coordinated Care

Shared Care

Collaborative Care

Co-located Care

Integrated Primary Care or Primary Care Behavioral Health

Behavioral Health Care

Patient-Centered Medical Home

Mental Health Care

Substance Abuse Care

Primary Care

Adapted from: Peek, CJ - A family tree of related terms used in behavioral health and primary care integration.
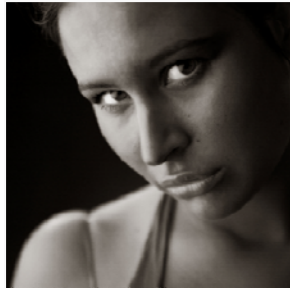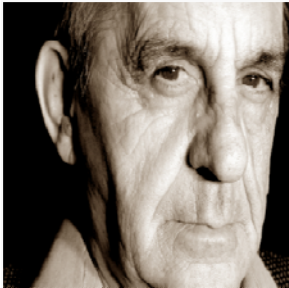http://integrationacademy.ahrq.gov/lexicon

Daniel

Mental health disorders are common – who gets treatment?

The other 9 patients.

No Treatment
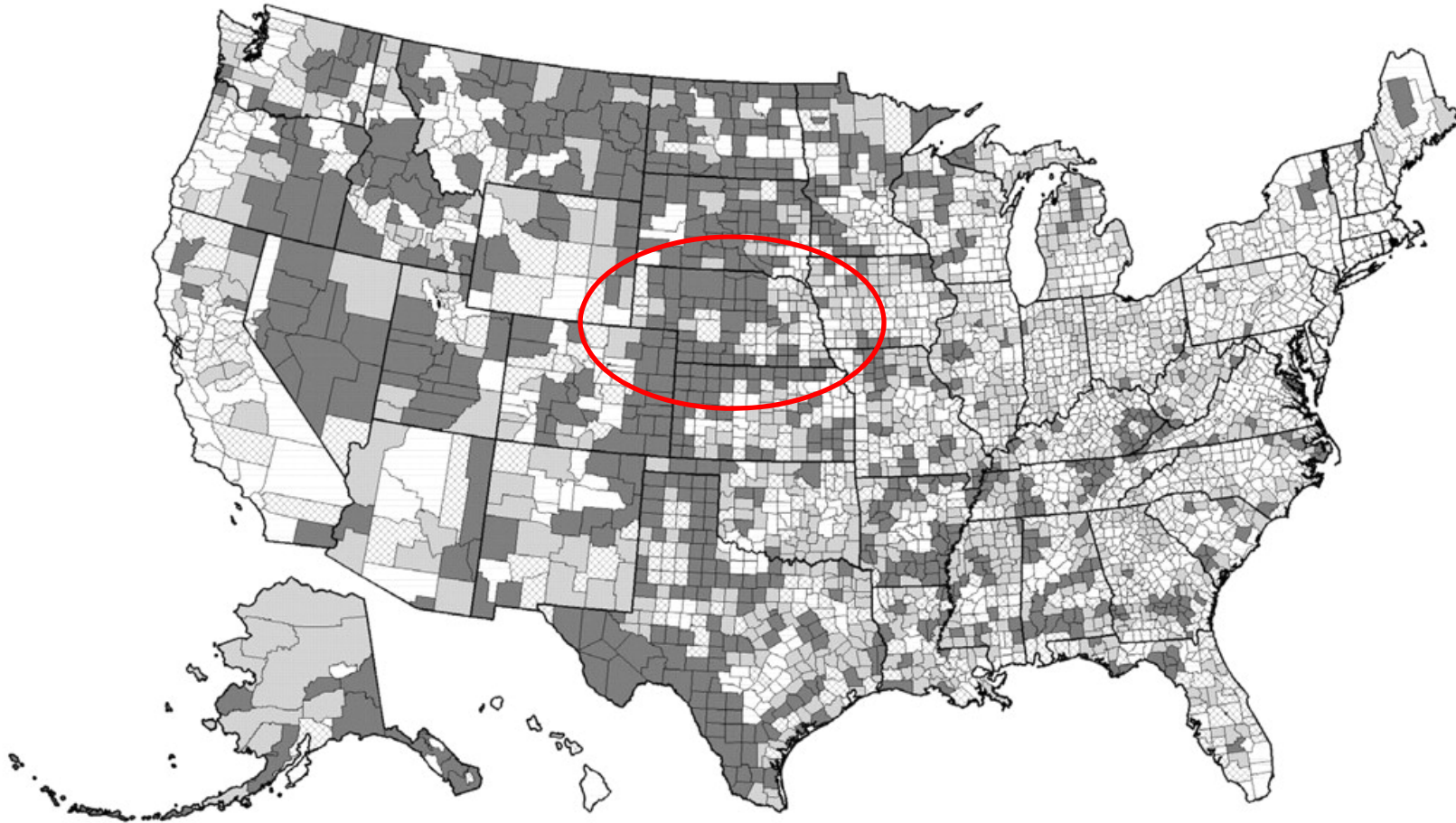
Primary Care Provider

Mental Health Provider

Wang et al 2005

Why not just refer?

½ **do not follow through**

2 **visit mean**

Grembowski, Martin et al. 2002
Simon, Ding et al. 2012

Why not just refer?

1 in 5: unmet need for non-prescribers
96%: unmet need for prescribers

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Thomas KC et al, 2009

Evidence Based Integrated Care: Collaborative Care

Primary Care Practice with Mental Health Care Manager

Outcome Measures

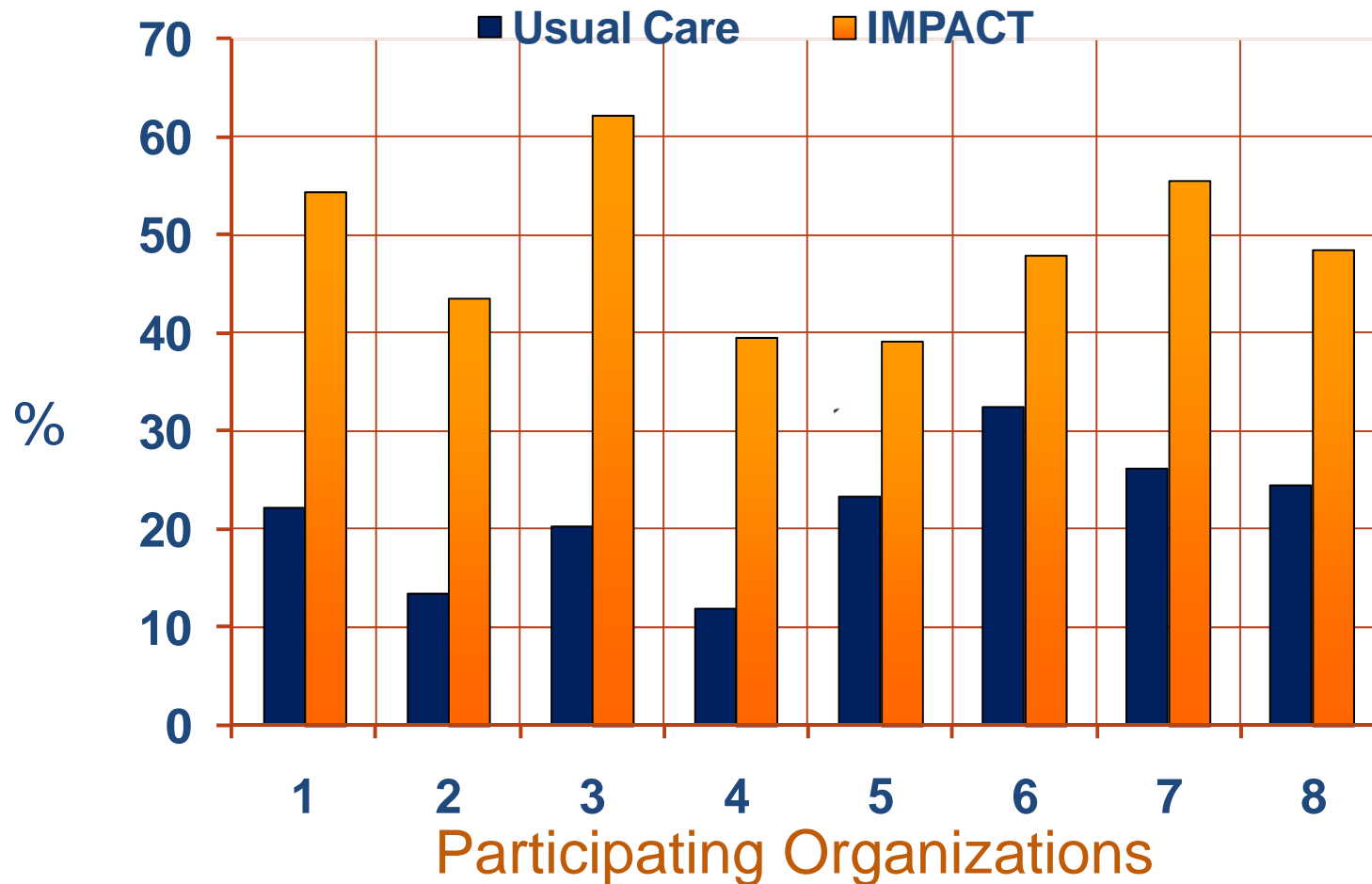Treatment Protocols

Population Registry

Psychiatric Consultation

Doubles Effectiveness of Care for Depression

IMPACT

50 % or greater improvement in depression at 12 months

■ Usual Care ■ IMPACT

%

Participating Organizations

Unützer et al., JAMA 2002; Psych Clin North America 2004

IMPACT reduces health care costs

ROI: $ 6.5 saved / $ 1 invested

Cost Category	4-year costs in $	Intervention group cost in $	Usual care group cost in $	Difference in $
IMPACT program cost		522	0	522
Outpatient mental health costs	661	558	767	-210
Pharmacy costs	7,284	6,942	7,636	-694
Other outpatient costs	14,306	14,160	14,456	-296
Inpatient medical costs	8,452	7,179	9,757	-2578
Inpatient mental health / substance abuse costs	114	61	169	-108
Total health care cost	**31,082**	29,422	32,785	**-$3363**

Savings

ROI
$6.50: $1

Unützer et al., *Am J Managed Care 2008.*

IMPACT: Summary

1) **Improved Outcomes:**
   - Less depression
   - Less physical pain
   - Better functioning
   - Higher quality of life

2) **Greater patient and provider satisfaction**

3) **More cost-effective**

→ **THE TRIPLE AIM**

"I got my life back"

Collaborative Care: The Research Evidence

- Now over 80 Randomized Controlled Trials (RCTs)
  - Meta analysis of collaborative care (CC) for depression in primary care (US and Europe)

    → Consistently more effective than usual care

- Since 2006, several additional RCTs in new populations and for other common mental disorders
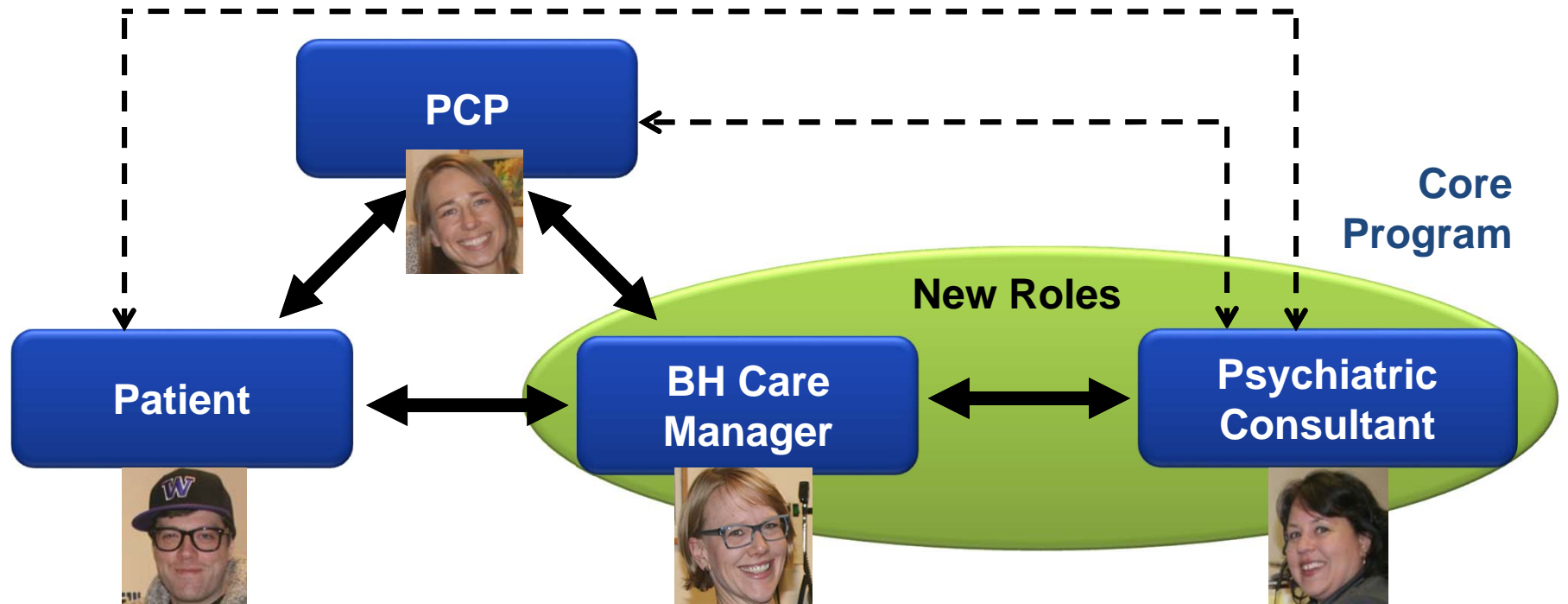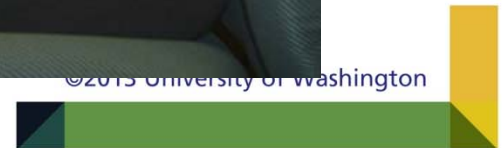 - Including anxiety disorders, PTSD

Archer, J. et al., 2012

Daniel's Story

Daniel and Angel

Principle 1:
Patient Centered Team Care

PCP

Core
Program

New Roles

Patient

BH Care
Manager

Psychiatric
Consultant

Daniel and Annie

Principle 2:
Population Based Treatment

					CLINICAL ASSESSMENT			# OF SESS-IONS	WKS IN TX	LAST FOLLOW UP CONTACT				
FLAGS	MHITS ID	POPU-LATION	ENROLLMENT DATE	STA-TUS	DATE	PHQ-9	GAD-7			DATE	PHQ-9	DEP IMPR	GAD-7	ANX IMPR
🚩	000279	U	7/24/2012	L1	7/24/2012			2	32	7/24/2012	17	⊝		
	000258	F	6/18/2012	L1	3/18/2012	9		2	50	5/18/2012	17	⊝		
🚩🚩	000114	G	10/18/2010	L2R	1/18/2011	6		6	111	8/27/2012	17*	⊝		
	000156	S	1/25/2012	L1	11/25/2011		18	5	66	4/17/2012	17	⊝	14*	⊝
	000245	V	6/14/2012	L1	7/15/2012			2	33	7/23/2012	14	⊝		
🚩🚩	000127	UV	5/1/2012	L1	6/14/2012	12	12	5	37	1/9/2013	13*	⊝	10	⊝
🚩🚩	000218	G	4/3/2012	L1	4/6/2012			4	47	5/15/2012	12	⊝		
	000142	O	1/12/2012	L1	1/12/2012			2	59	2/27/2012	12	⊝		
	000277	U	6/8/2012	L1	6/8/2012	9		2	38	6/30/2012	10	⊝		
🚩	000210	T	3/27/2012	L1	1/1/2012	25	19	9	61	6/13/2012	9	⊕	6	⊕
🚩	000216	U	12/30/2011	L1	11/29/2011	27		9	66	11/28/2012	9	⊕		
🚩	000288	V	8/28/2012	L1C	8/16/2012	14		12	28	11/29/2012	6*	⊕		
🚩	000232	V	11/16/2011	L1	3/1/2012	25	21	6	52	10/15/2012	5*	⊕	2*	⊕
	000231	U	12/6/2011	L2G	1/10/2012	24	20	7	60	5/9/2012	5	⊕	5	⊕
🚩	000227	UP	4/3/2012	L1	5/18/2012			1	41					

Principle 3:
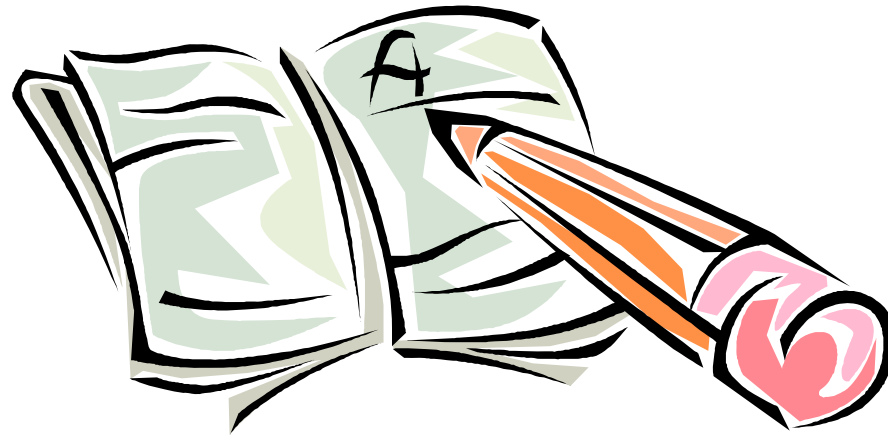## Measurement Based Treatment To Target
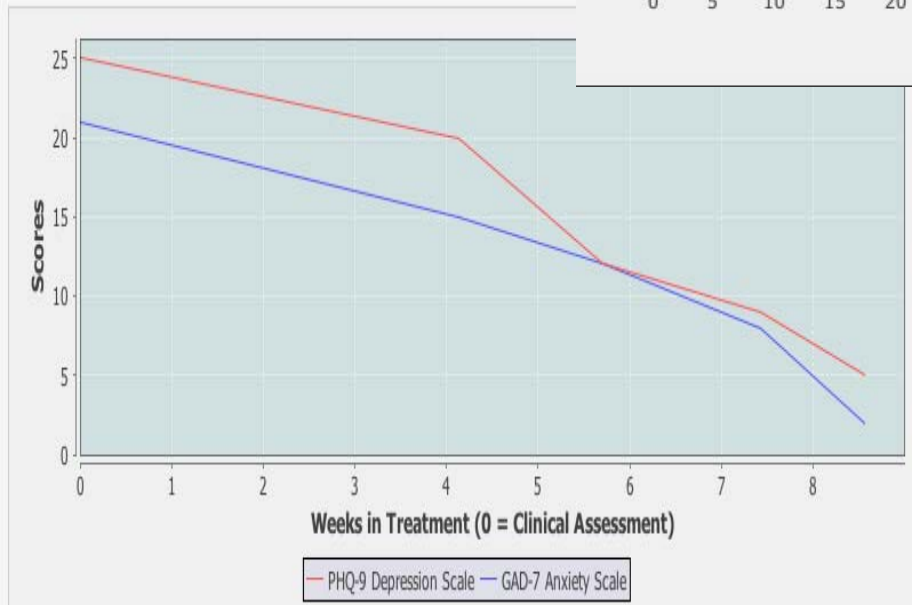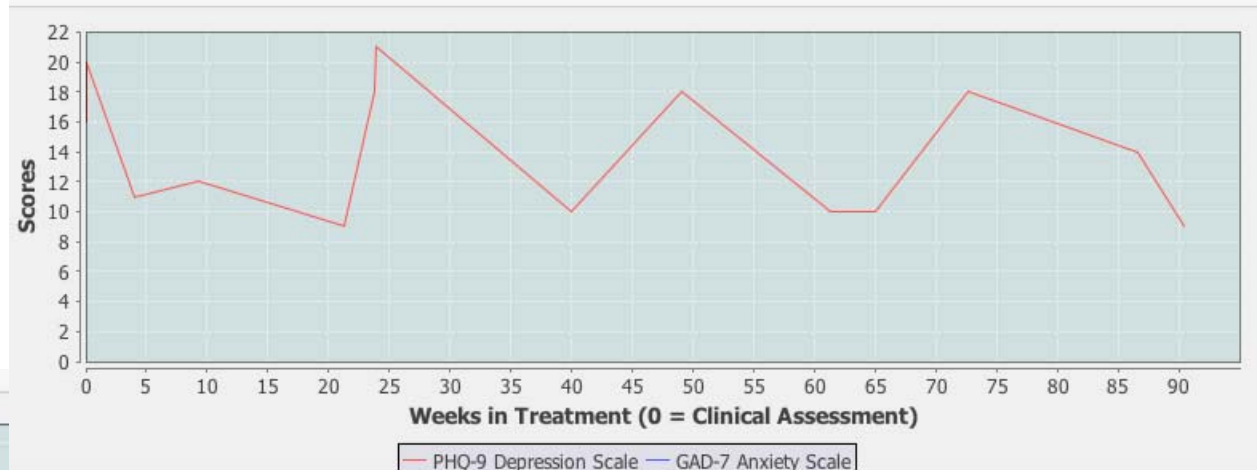
Daniel and Anna

Principle 4:
Evidence-Based Treatment

STAR-D Summary

Level 1: Citalopram
~30% in remission
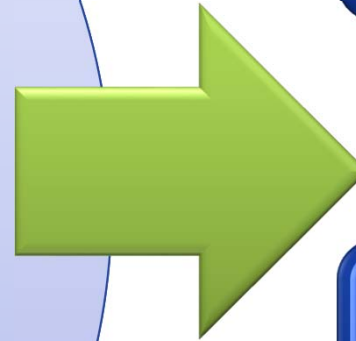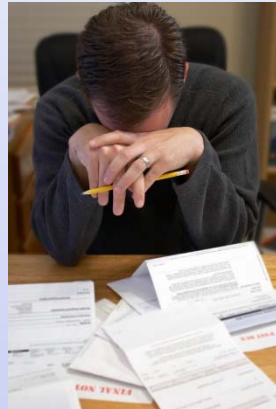
Level 2: Switch or Augmentation
~50% in remission   http://aims.uw.edu/

Level 3: Switch or Augmentation
~60% in remission

Level 4: Stop meds and start new
~70% in remission

Rush, 2007

Problem-Solving Treatment (PST):

UNIVERSE OF PROBLEMS

FAST

- Engage patient in what they care most about
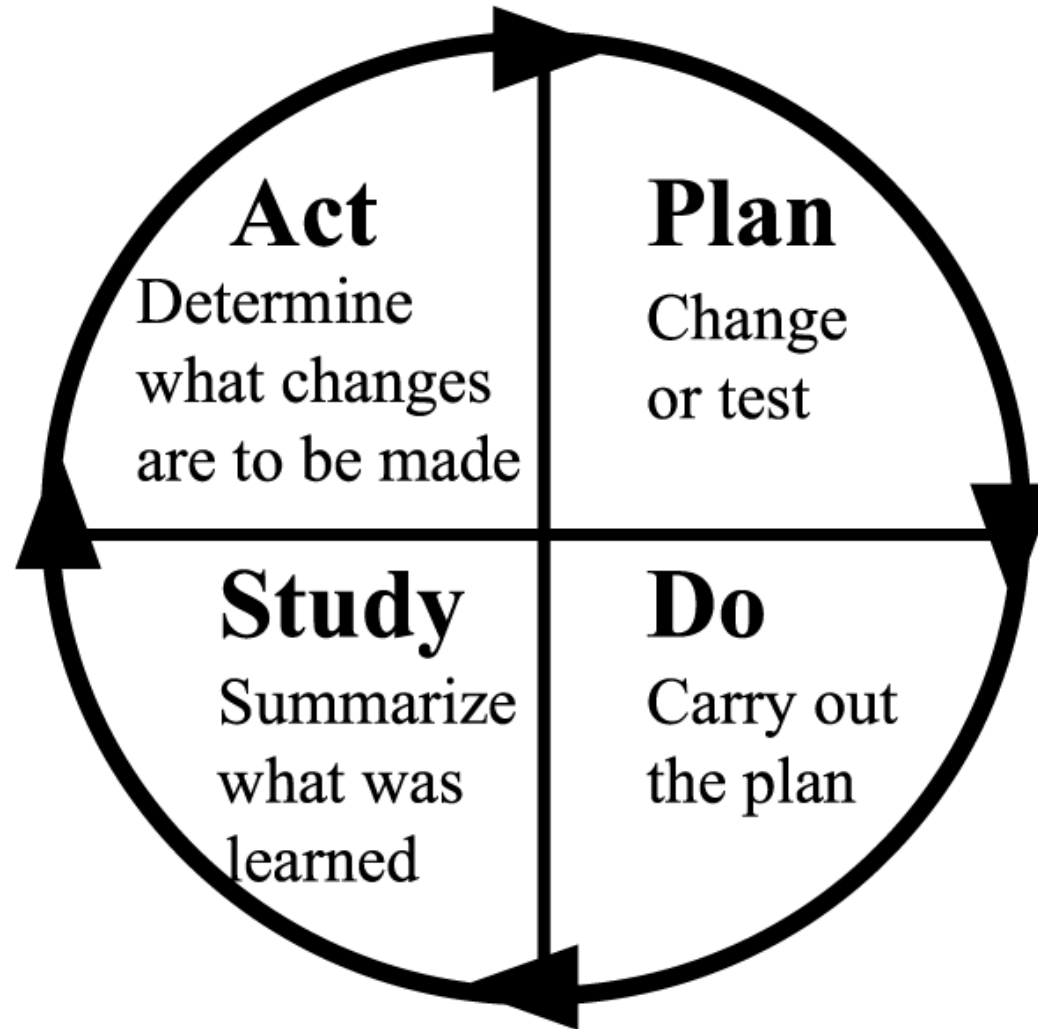
FOCUS ATTENTION

- Training brain to solve problems

Principle 5:
Accountable Care

PDSA

Act
Determine what changes are to be made

Plan
Change or test

Study
Summarize what was learned

Do
Carry out the plan

Source: Langley *et al*. (1996)

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Pay-for-performance cuts median time to depression treatment response in half.
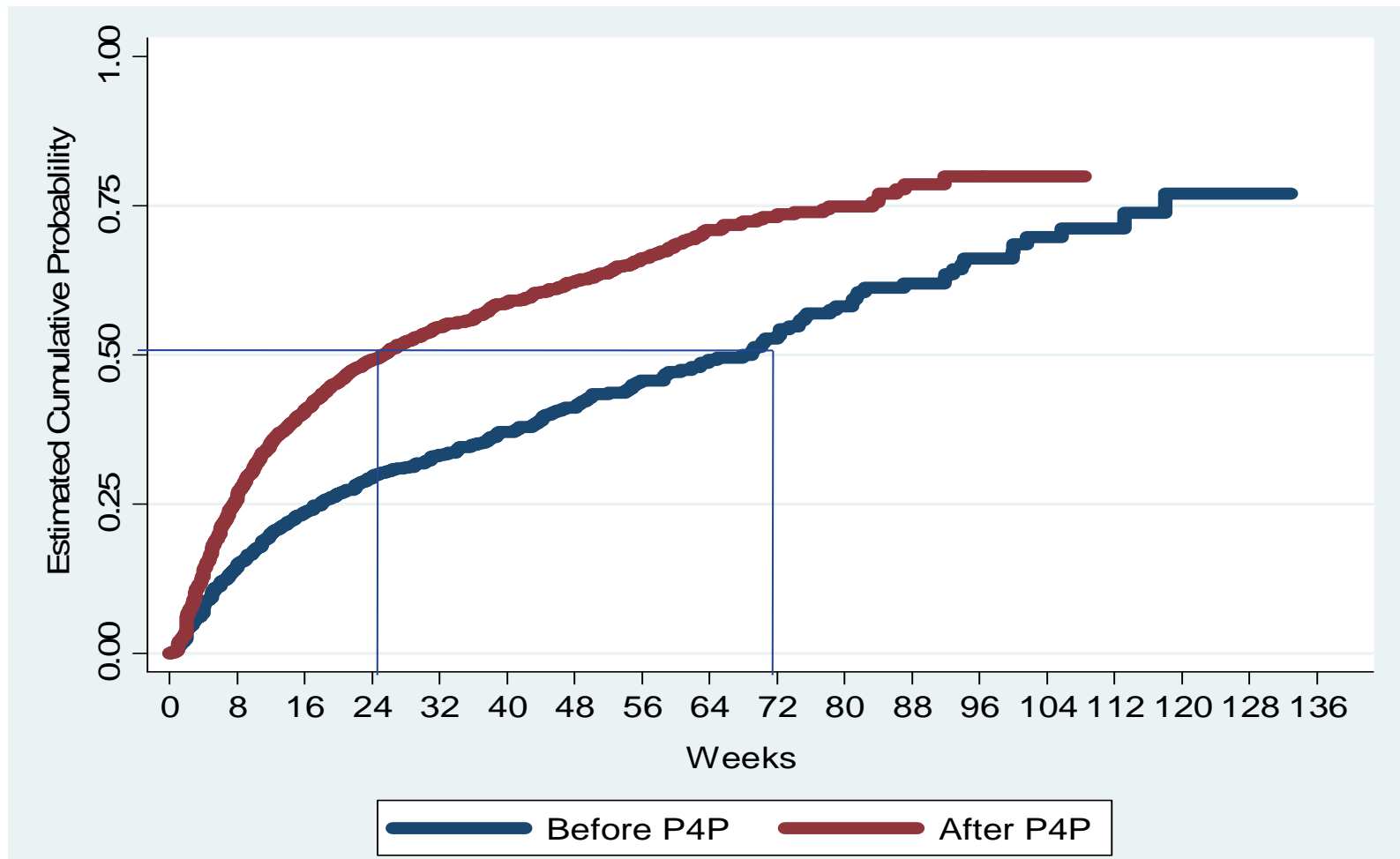
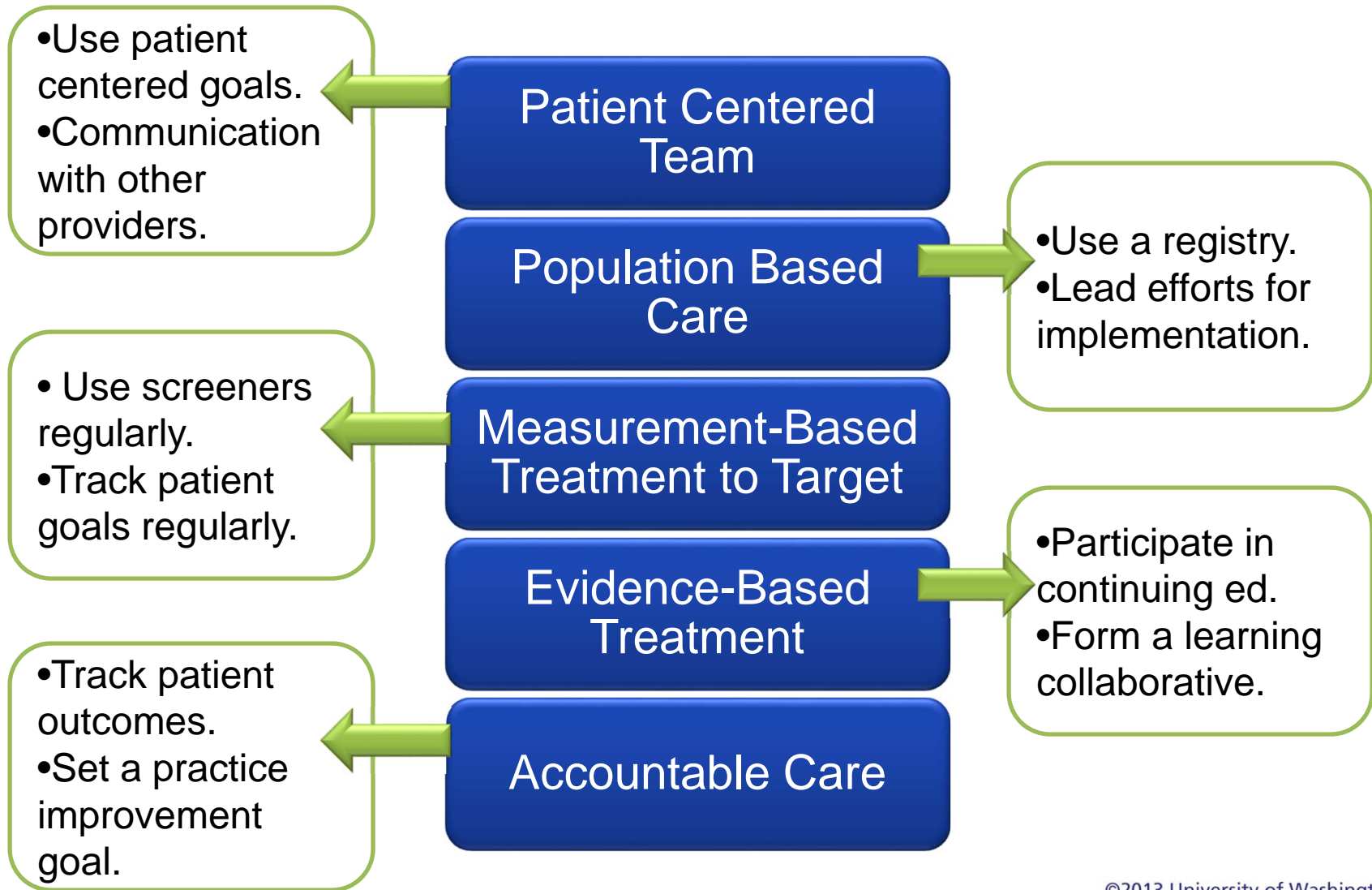**Unützer et al. 2012.**

How well does it work in the 'real world'?
% with tx response: ≥ 50 % improvement in PHQ-9

Sample		
RESEARCH (RCTs)	**USUAL CARE**	**COLLABORATIVE CARE INTERVENTION**
Insured, middle aged (GHC) Katon et al, 1995, 1997	40%	70%
Older adults with chronic medical illnesses (IMPACT) Unutzer et al, 2002	19%	49%
'REAL WORLD'	**BASELINE**	**COLLABORATIVE CARE FULLY IMPLEMENTED**
UW Medicine BHIP (insured)	43%	71%
WA State MHIP (safety net)	24%	46%

Menu of Inspiration Options

Patient Centered Team
- Use patient centered goals.
- Communication with other providers.

Population Based Care
- Use a registry.
- Lead efforts for implementation.

Measurement-Based Treatment to Target
- Use screeners regularly.
- Track patient goals regularly.

Evidence-Based Treatment
- Participate in continuing ed.
- Form a learning collaborative.

Accountable Care
- Track patient outcomes.
- Set a practice improvement goal.

Daniel's Mom

"Just watching and seeing the difference it made …I believe it it's made all the difference for him."

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http://aims.uw.edu/