



UNIVERSITY *of* WASHINGTON

PSYCHIATRY & BEHAVIORAL SCIENCES

School of Medicine

IMPLEMENTING COLLABORATIVE CARE TREATMENT FOR DEPRESSION

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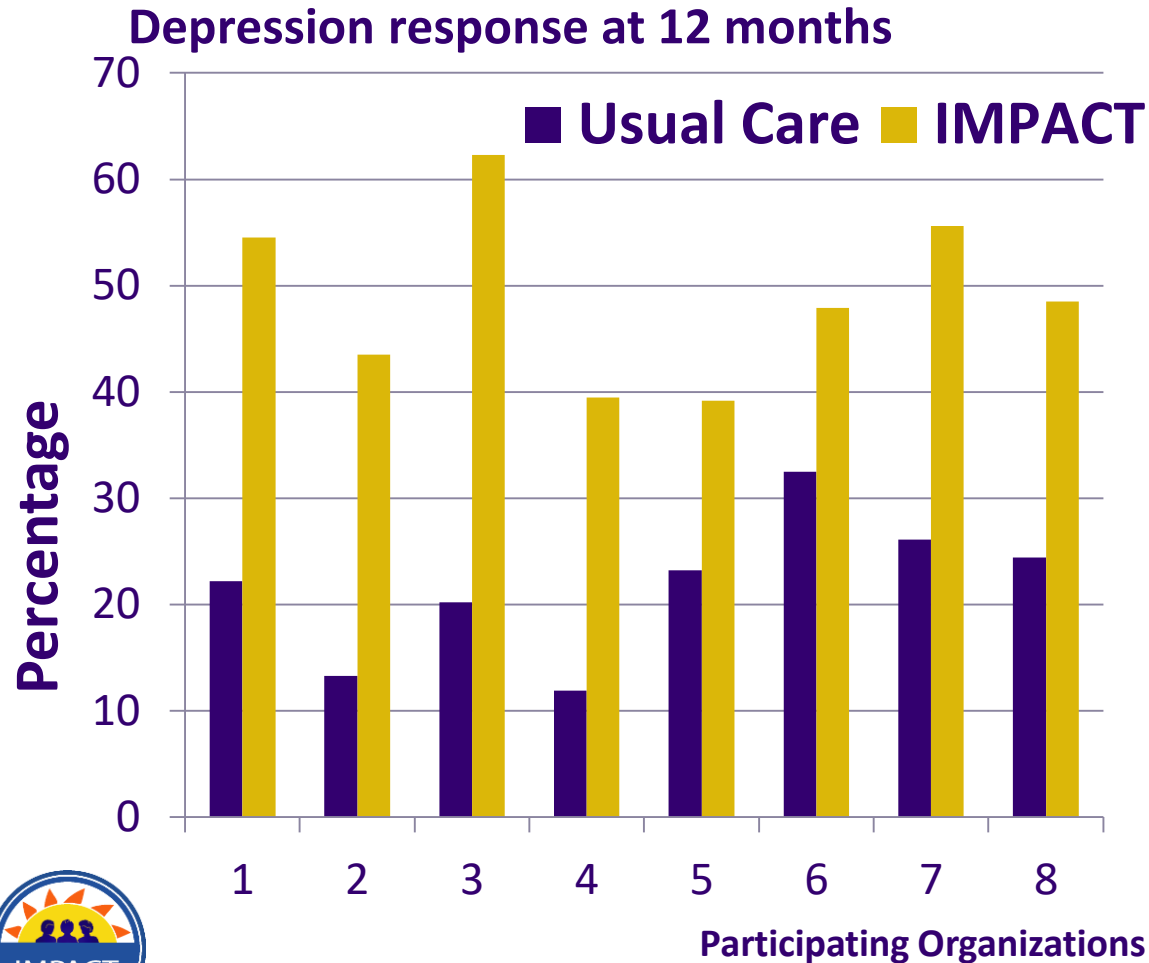
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RESEARCH EVIDENCE



More than 80 RCTs

- Depression
 - Adolescent
 - Perinatal
- Depression and Diabetes
- Anxiety
- PTSD



Unützer J, et al. JAMA. 2002 Dec 11;288(22):2836-45

Archer, J. et al. Cochrane Database Syst Rev 2012 Oct 17;10:CD006525

PRINCIPLES OF COLLABORATIVE CARE



Person-Centered Team Approach



Population-Based Care



Measurement-Based Treatment to Target

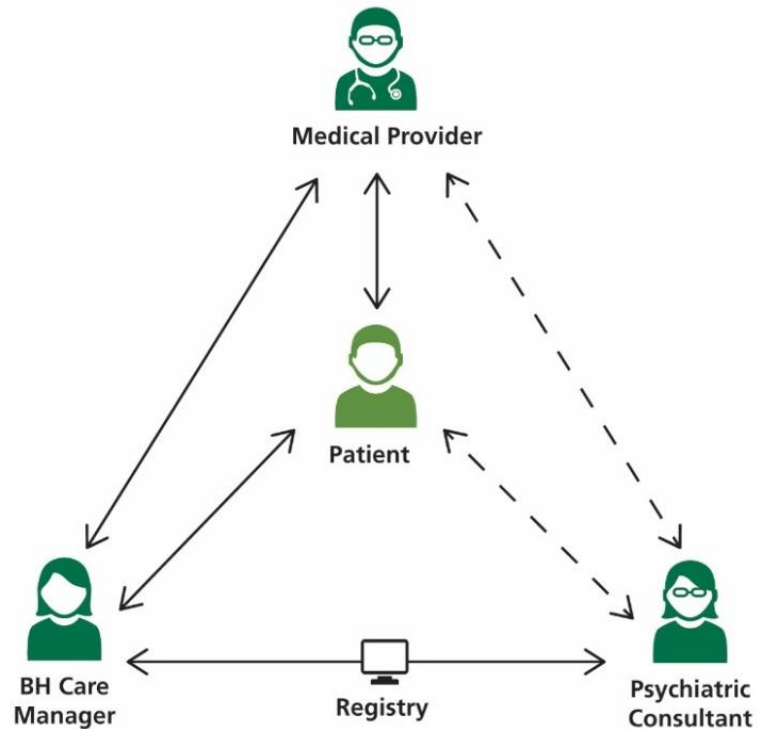


Evidence-Based Care



Accountable Care

PERSON-CENTERED TEAM



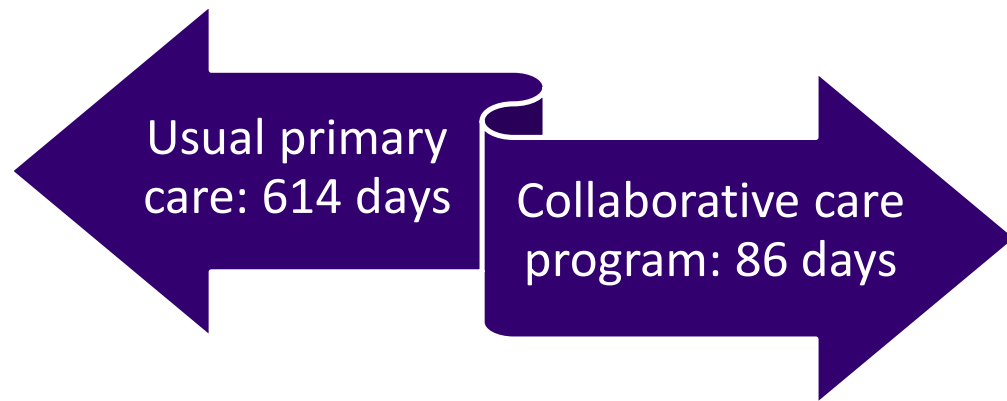
POPULATION-BASED CARE

Patient ID	Clinical Assessment			# of Sessions	Weeks in Tx	Last Follow-Up Contact			Psych. Note
	Date	PHQ-9	GAD-7			Date	PHQ-9	GAD-7	
1	5/17/19	16	11	15	25	9/27/19	12	11	8/5/19
2	9/27/19	5	4	5	6	10/29/19	2	1	
3	10/4/19	16	20	1	5				
4	4/19/19	27		4	29	8/28/19	24		
5	7/6/18	11	19	14	70	7/29/19	14	17	3/14/19
6	8/23/19	10	10	3	11	10/22/19	2	1	
7	5/17/19	12	10	11	25	3/25/19	12	8	8/8/19
8	5/3/19	15	15	4	27	10/21/19	7		9/27/19
9	2/15/19	24	21	10	38	10/24/19	21	19	8/8/19
10	6/28/19	12	8	28	19	10/22/19	3	2	5/21/19

MEASUREMENT-BASED CARE

TREATMENT TO TARGET

- Define measurable treatment goals
- Monitor outcomes at clinical visits with validated clinical rating scales (PHQ-9, GAD-7)
- Regular review of treatment response
- Adjust treatment until target goals achieved



ACCOUNTABLE CARE

- **Increase Access**
 - Provide care to more patients
 - Minimize time between identification and care
- **Systematic approach to identification**
- **Continuous QI**



IMPLEMENTATION

Primary Care/Medical Setting

ADAPTATION IN PERIPHERY

Collaborative Care



Population-Based Care



Measurement-Based Treatment
to Target



Patient-Centered Collaboration



Evidence-Based Care



Accountable Care

FIDELITY TO CORE

IMPLEMENTATION FACILITATORS

Structural elements

- Skilled personnel; adequate time
- Effective use of IT/registry
- Financing mechanisms

Process of Care

- Standardized screening and referral workflows
- Training and ongoing support
- Accountability (audit and feedback)
- Warm connections

BARRIERS AND STRATEGIES

Staffing

- Telepsychiatry

Complexity

- Models to manage multiple chronic conditions

Financing

- 2017 Collaborative Care Billing codes