

What is a Collaborative Care Model (CoCM)?

CoCM services exemplify a model of behavioral health integration that enhances primary care by adding care management support for patients receiving behavioral health treatment and by providing psychiatric consultation to the primary care team. CoCM uses an interdisciplinary approach to deliver evidence-based care for patients diagnosed with mental health and substance use disorders. It also improves access, clinical outcomes, and patient satisfaction. This service includes, but is not limited to:

- Evidence-based diagnoses, treatment, and follow-up care that is delivered to an identified patient population
- Ongoing team collaboration and treatment of the patient that is directed by the Primary Care Provider
- Integrating a Behavioral Health Care Manager who has a continuous relationship with the patient and an integrated relationship with the rest of the team
- Integrating a Psychiatric Consultant who advises the Primary Care Provider and Behavioral Health Care Manager regarding diagnoses, psychotropic medication, and other treatment recommendations
- Providing CoCM billing codes that may only be billed by the Primary Care Provider directing the patient care

What is Behavioral Health Integration Services (BHIS)?

BHIS integrates behavioral healthcare with primary care and is characterized by the connection in providing holistic and patient-centered care. This service is now widely considered to be an effective strategy for improving outcomes for the millions of Americans with mental/behavioral health and/or substance use conditions. BHIS provides proactive, systemic follow-up utilizing validated Clinical Tools and a Registry (Patient Tracking System). This service includes, but is not limited to:

- Providing initial assessment and care management services for patients
- Tracking patient progress and follow-up by utilizing clinical tools such as the PHQ-9 (Depression Scale) and GAD-7 (Anxiety Scale)
- Participation in weekly consultation with the Psychiatric Consultant
- Ongoing collaboration with the Primary Care Provider/Treating Practitioner
- Utilization of brief evidence-based interventions and other treatment strategies

Benefits of CoCM

- Collaborative Team Care Model
- Mental Health Care Access
- Help with Challenging Patients
- New Funding Opportunities
- Lower emergency room visits



Psychiatric Collaborative Care Team

