

# The Collaborative Care Model

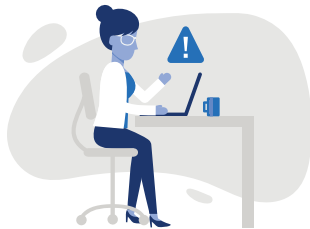
A SMART INVESTMENT WITH HIGH ROI

## MAKING THE BUSINESS CASE

Mental health conditions are common impacting **1 in 5 adults** in the US.



Global rates of depression and anxiety are **rising at a rate of 15 to 20%** over the last decade.



These conditions **impact performance, productivity, retention and more.**



Mental health conditions are costly, take depression, **costing the US economy \$210 billion annually.**

## THE COLLABORATIVE CARE MODEL (CoCM)

Quality mental health treatment can be **difficult to access.**



When accessible and done right, mental health treatment **works.**

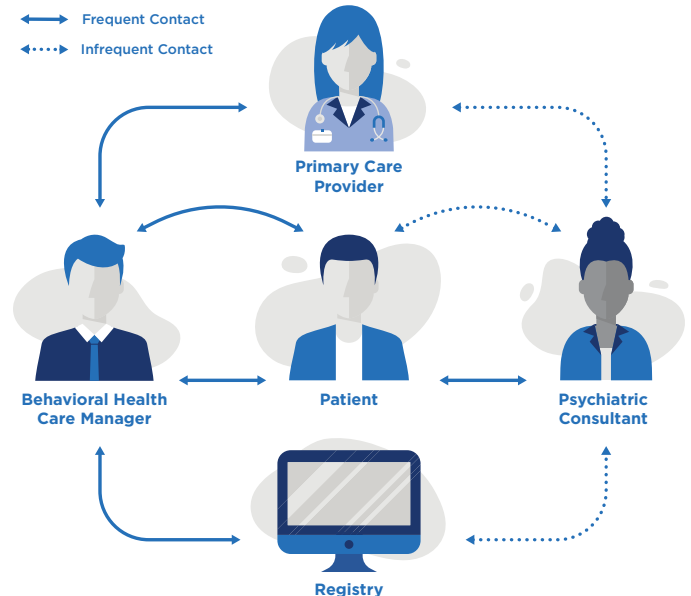
Yet, **1/2 of people** with depression go untreated.



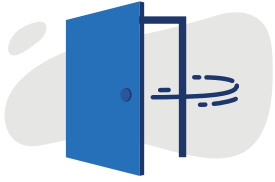
Many people start with their PCP and do not connect to effective care for multiple reasons:

- PCP inadequate **knowledge and resources**
- **Shortage** of mental health providers or long wait lists
- Inadequate mental health provider **networks**
- **Stigma**
- Lack of **engagement** in treatment

**The CoCM delivers effective mental health care in primary care** with a care team led by the primary care provider (PCP), and including a behavioral health care manager and consulting psychiatrist.

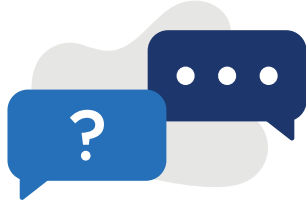


## BENEFITS OF CoCM



Provides access to mental health care that is **timely, effective, less costly and less stigmatizing.**

**Engages** people in their treatment so they can get back on track.



**Effective**, supported by over 80 randomized clinical trials.

**For every \$1 spent** on care delivered in the CoCM, there is a **\$6.50 ROI** in improved health and productivity.



Receiving care in CoCM, employers can see a **combined cost savings of \$1815 per employee per year** in health care spend and improved productivity.

Results in **knowledge transfer** from psychiatrists to PCPs and leaves PCPs feeling more comfortable delivering behavioral health care, increasing access to care.



## WHAT CAN EMPLOYERS DO TO SUPPORT EMPLOYEES AND ACCESS TO CARE?

- Confirm that your health plan has turned on the CoCM CPT billing codes (99492, 99493, 99494).
- Request data from your health plans on use of the CoCM CPT billing codes.
- Request that health plans provide ongoing support for provider technical assistance and training in implementing the CoCM.

## FOR MORE INFORMATION

To learn more, visit [workplacementalhealth.org/collaborate](https://workplacementalhealth.org/collaborate)



AMERICAN  
PSYCHIATRIC  
ASSOCIATION  
FOUNDATION



CENTER FOR  
**WORKPLACE  
MENTAL HEALTH**

*Citations available upon request.*