The Collaborative Care Model

Making the Economic Case

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

These conditions impact performance, productivity, retention and more.

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

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

The Collaborative Care Model (CoCM)

Quality mental health treatment can be difficult to access.

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.

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**WHAT CAN YOU DO TO EXPAND ACCESS TO CARE?**

Support Legislation That Would:

- Require private insurers to reimburse the Psychiatric Collaborative Care Management billing codes.
- Address access to care while remaining budget-neutral for the state.
- Expand treatment for patients with mental health and substance use disorders.

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**FOR MORE INFORMATION**

To learn more, visit [psychiatry.org/collaborate](http://psychiatry.org/collaborate)

Citations available upon request.