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.

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.

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.**

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

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

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](http://workplacementalhealth.org/collaborate)

Citations available upon request.