What to expect in Collaborative Care:

- Initial intake with your Collaborative Care Manager - 60 minutes
- Meet with your Care Manager every 1-2 weeks
- Complete 8-12 follow up sessions, lasting 30-40 minutes
- Each session will include:
  - Completion of PHQ9/GAD7 by the time of check-in
  - Discussion with your Care Manager about your symptoms and follow up on action plan from previous session
  - Brief counseling/interventions focused on current issues
  - Creating an action plan for the next session
- Your Care Manager will consult with Primary Care Provider and Psychiatrist, as needed.

Making progress?
- Once you have made significant improvement, you will transition to Relapse Prevention and meet with your Care Manager once per month for three months.

Not making progress?
- Adjust medication after consult with Primary Care Provider and Psychiatrist and continue in Collaborative Care.
- Transition out of Collaborative Care to more appropriate level of therapy.