Your Collaborative Care Team

What is the patient’s role?

You are the most important person on the team! You will get the best care if you participate actively with your primary care provider (PCP) and your care manager (CM). Tell them what is working for you and what is not. Work with your team to track your progress using a simple checklist. Let them know if you have questions or concerns about your care. If you take medication, know what it is and take it as prescribed.

What is the primary care provider’s role?

The primary care provider oversees all aspects of your care at the clinic. They will work closely with the other members of the care team to make sure you get the best care possible. The PCP will make and/or confirm your diagnosis and may write or refill prescriptions for medications. The PCP works closely with your care manager to stay informed about your treatment progress. They may also consult with the team psychiatrist if there are questions about the best treatments for you.

What is the care manager’s role?

The care manager (CM) works closely with you and the PCP to implement a treatment plan. The CM answers questions about your treatment. They will check-in with you to keep track of your treatment progress and can help identify side effects if you are taking medications. The PCP and the CM work together with you if a change in your treatment is needed. The CM may also provide counseling or refer you for counseling if that is part of your treatment plan.

What is the psychiatric consultant’s role?

The psychiatric consultant is an expert consultant to the PCP and the CM. The team psychiatrist is available to advise your care team about diagnostic questions or treatment options, especially if you don’t improve with your initial treatment. The CM meets and consults regularly with the consultant to talk about the progress of patients in the program and to think about treatment options.