COLLABORATIVE CARE: A step-by-step guide to implementing the core model

Lay the foundation	Plan for Clinical Practice Change	Build your Clinical Skills	Launch your Care	Nurture your Care
Collaborative Care is a new way of doing medicine and requires an openness to creating a new vision that everyone supports.	Time to clearly define care team roles, create a patient-centered workflow, and decide how to track patient treatment and outcomes	Effective Collaborative Care creates a team in which all of the providers work together using evidence-based treatments.	Is your team is in place? Are they ready to use evidence-based interventions appropriate for primary care? Are all systems go? Time to launch!	Now is the time to see the results of your efforts as well as to think about ways to improve it.

Lay the foundation
- ✓ Develop an understanding of the Collaborative Care approach, including its history and guiding principles.
- ✓ Develop strong advocacy for Collaborative Care within organizational leadership and among the clinical team.
- ✓ Create a unified vision for Collaborative Care for your organization with respect to your overall mission and quality improvement efforts.
- ✓ Assess the difference between your organization's current care model compared to a Collaborative Care model.

Plan for Clinical Practice Change
- ✓ Identify all Collaborative Care team members and organize them for training.
- ✓ Develop a clinical flowchart and detailed action plan for the care team.
- ✓ Identify a population-based tracking system for your organization.
- ✓ Plan for funding, space, human resource, and other administrative needs.
- ✓ Plan to merge Collaborative Care monitoring and reporting outcomes into an existing quality improvement plan.

Build your Clinical Skills
- ✓ Describe Collaborative Care's key tasks, including patient engagement and identification, treatment initiation, outcome tracking, treatment adjustment and relapse prevention.
- ✓ Develop a qualified and prepared care team, equipped with the functional knowledge necessary for a successful Collaborative Care implementation.
- ✓ Develop skills in psycho-therapy treatment that are evidence-based and appropriate for primary care (e.g. Problem Solving Treatment, Behavioral Activation, etc)

Launch your Care
- ✓ Implement a patient engagement plan
- ✓ Manage the enrollment and tracking of patients in a registry
- ✓ Develop a care team monitoring plan to ensure effective collaborations
- ✓ Develop clinical skills to help patients from the beginning to the end of their treatment, including a relapse prevention plan

Nurture your Care
- ✓ Implement the care team monitoring plan to ensure effective team collaborations
- ✓ Update your program vision and workflow
- ✓ Implement advanced training and support where necessary

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