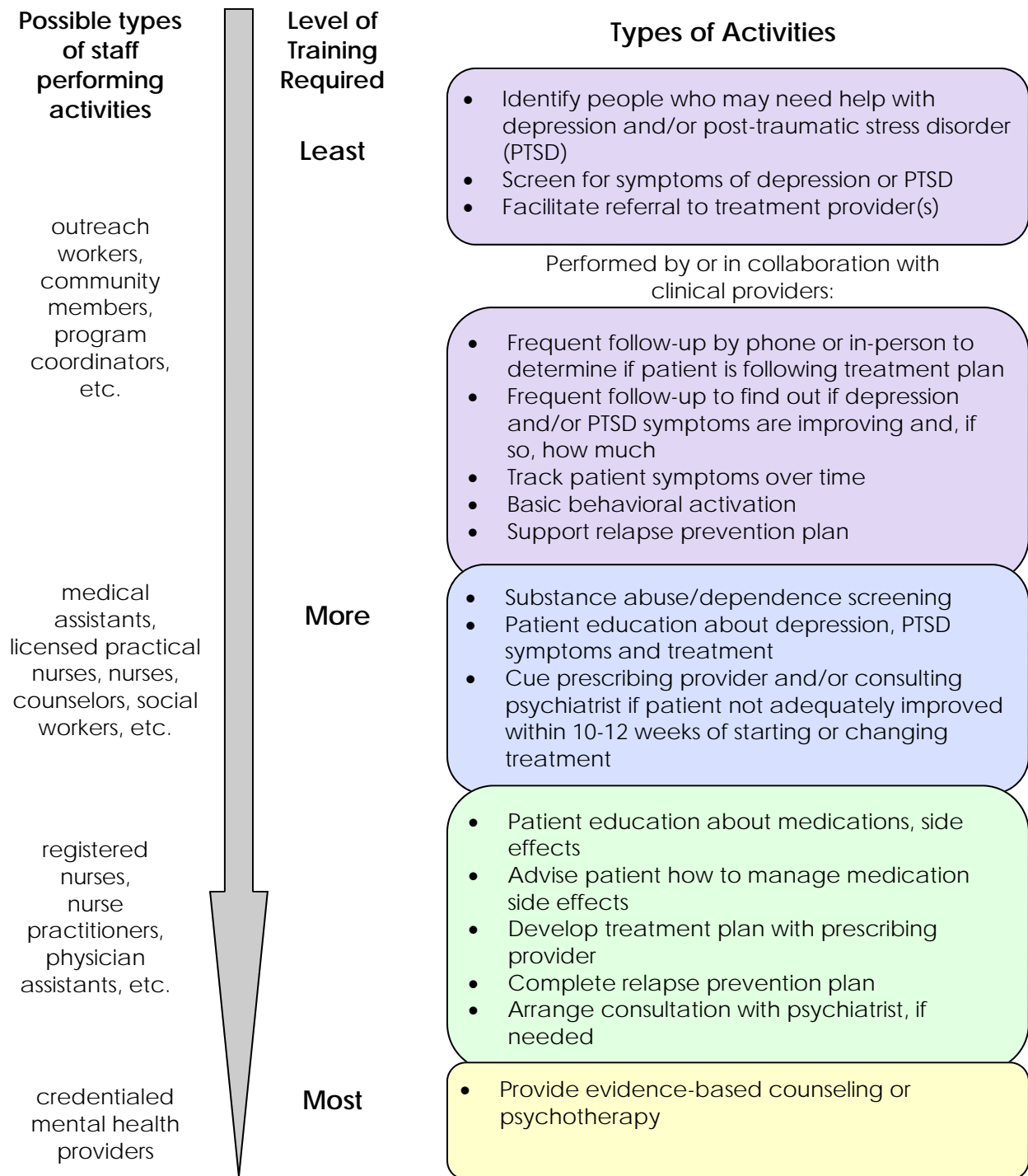


Care Management Key Components

The combination of activities at each participating organization will be customized to fit the needs and mission of the organization. Who performs those activities will also be customized. In some settings, one person will perform all activities. In other, several staff members will share responsibility for the activities. In other situations, two or more organizations will partner with staff at one organization focusing on one or more areas and staff at the partner organization(s) focusing on other areas.



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Basic behavioral activation: A simple technique that helps people who have withdrawn from activities (social events and other activities they enjoy) due to depression and/or PTSD.

Clinical providers: Medical and/or mental health professionals.

Consulting Psychiatrist: A doctor who specializes in mental health who provides advice and consultation to other members of the collaborative care team.

Evidence-based: A term used to describe medical and mental health therapies that have been proven through rigorous research to be effective.

Outreach Worker: A member of the community who may or may not have a medical background who help identify community members who may need help, connect them to clinical providers and support the community member in their path to wellness.

Prescribing provider: A medical professional with authority to prescribe medications; for example, doctor, nurse practitioner, physician assistant.

Relapse prevention plan: Recurrence of depression is common. A plan to prevent relapse is completed with a clinical provider when the person has improved and is reinforced by other members of the team. The purpose of the plan is to identify that person's early warning signs that depression may be returning and to have a specific plan for how to avoid a relapse and what steps to take if a relapse into depression occurs.

Screen: Complete a short questionnaire that measures symptoms to determine if a person needs help.

Substance abuse: Use of drugs and/or alcohol in a manner that causes problems in person's life.

Substance dependence: Addiction to drugs and/or alcohol that severely affects the person's life.