

## Meeting the Mental Health Needs of Long-term Care Residents Through Collaborative Care Model



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## Disclosures



- I receive royalties from Cambridge University Press for the 2<sup>nd</sup> edition of my book (Co-authored with Nationally and Internationally renowned geriatric psychiatrist George Grossberg MD) titled *Psychiatric Consultation in Long-Term Care: A Guide for Healthcare Professionals*. 2017.
- I have no other financial relationships with commercial interests to disclose.
- I do not intend to discuss off-label uses of any medications or devices

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## Objectives



- Describe collaborative care model
- Discuss potential benefits of collaborative care model in optimally meeting the mental health needs of long-term care residents
- Describe barriers to adoption of collaborative care model in long-term care
- Discuss practical strategies to overcome the barriers.

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## Collaborative Care Model

- Case load review by a psychiatrist
- Measurement informed care facilitated by a patient registry
- Case Management by a Behavioral Healthcare Manager
- Treatment to Target

• <https://aims.uw.edu/collaborative-care> .

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## Collaborative Care: Growing Research Support in Primary Care Practices

- Treat depression
- Prevent depression

• Gilbody et al. JAMA 2017  
• Archer et al. Cochrane Database Systematic Review 2012.

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## Collaborative Care codes

- In October 2018, North Carolina joined Washington state to allow reimbursement of Collaborative Care codes to treat Medicaid patients.

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## Collaborative Care Model: Expert Opinion

- "Collaborative Care model has been proven to effectively provide mental health care to primary care patients" - American Psychiatric Association CEO and Medical Director Saul Levin MD.

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## Focus of Collaborative Care

- Depression
- Pain
- Agitation / Aggression

• Desai and Grossberg 2017. *Psychiatric consultation in long-term care: A guide for healthcare professionals*, 2<sup>nd</sup> edition. Cambridge University Press.

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## Medication-Induced mood, anxiety, insomnia, psychoses, sexually inappropriate behaviors, and aggression/agitation.

- Anticholinergic load
- Steroids
- Dopamine agonists (used to treat Parkinson's Disease and Restless Leg Syndrome)
- Opioids
- Benzodiazepines
- Antibiotics

• Desai and Grossberg 2017. *Rational Deprescribing. Psychiatric consultation in long-term care: A guide for healthcare professionals*, 2<sup>nd</sup> edition. Cambridge University Press.

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## Resources

- *Advancing Integrated Mental Health Solutions (AIMS) Center at University of Washington, Seattle.*  
<https://aims.uw.edu/collaborative-care>

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Thank you for your attention



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