



Minnesota Psychiatric Society

Improving Minnesota's mental health care through education, advocacy and sound psychiatric practice

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MPS supports full implementation of the Collaborative Care Model (CoCM)

The Minnesota Psychiatric Society, representing over 450 Minnesota psychiatric physicians, fully supports efforts to address Minnesota's extremely under-resourced mental health professional workforce and develop creative ways to improve much-needed access to psychiatric services through primary care. **The Minnesota Psychiatric Society supports full implementation of the Collaborative Care Model (CoCM) to expand access to effective mental health care in primary care settings, requiring reimbursement for the CoCM codes by Minnesota Medical Assistance.**

Collaborative Care Management Codes – Expanding Access to Psychiatric Care

- Mental Health Conditions are common, impacting 1 in 5 adults in the US.
- These conditions impact performance, productivity, retention and more.
- Rates of depression and anxiety are rising at a rate of 15 to 20%.
- Mental health conditions are costly, take depression, costing the US economy \$210 billion annually.

Collaborative Care is the most effective model of care to treat mental health and substance use disorders. More than 90 well designed controlled studies show that it:

- Obtains better outcomes than other models of care
- Improves access and allows far more patients to be seen
- For depression, time to remission is shortened
- Saves money (for every \$1 spent \$6.50 is saved in decreased overall health costs and improved productivity)
- When employees receive collaborative care, employers can see a combined cost savings of \$1815 per employee per year in health care spend and improved productivity
- Results in knowledge transfer from psychiatrists to primary care clinicians who become more a comfortable and adept at treating patients with behavioral health problems.
- Less stigmatizing for patients

The CoCM model delivers effective mental health care in primary care with a care team led by the primary care provider (PCP) and including a behavioral health care manager and psychiatrist. It is an essential tool to improve access to mental health care in Minnesota and build equity for Minnesotans on PMAP and Medicaid by closing the current 2-tiered system with those on private insurance covered already.

Recommendations:

- Position Minnesota Medicaid to return \$6.50 for every \$1 invested.
- Expand access to essential psychiatric care by requiring Minnesota Medical Assistance to cover all Collaborative Care Management (CoCM) services across the state paying 100% of what Medicare does.
- Improve mental health access and deliver better outcomes sooner for more Minnesotans.