

## Step by Step Collaborative Care (CoCM) Implementation Guide

### Lay the Foundation

*CoCM is a new way of doing medicine and requires an openness to creating a new vision that everyone supports.*

- ✓ Develop an understanding of CoCM, its history and guiding principles.
- ✓ Develop strong advocacy for CoCM within leadership and among the clinical team.
- ✓ Create a CoCM vision with your overall mission and QI efforts in mind.
- ✓ Assess the difference between your current model and CoCM.

### Plan for Clinical Practice Change

*Clearly define team roles, create a patient-centered workflow, and decide how to track patient treatment & outcomes.*

- ✓ Identify all CoCM 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 CoCM monitoring and reporting outcomes into an existing quality improvement plan.

### Build Your Clinical Skills

*Effective CoCM creates a team in which all providers work together using evidence-based treatments.*

- ✓ Describe CoCM's key tasks, including patient engagement and identification, treatment initiation, outcome tracking, treatment adjustment and relapse prevention.
- ✓ Equip care team with the knowledge necessary to successfully implement CoCM.
- ✓ Develop care team skills in evidence-based interventions appropriate for primary care (e.g. PST, BA).

### Launch Your Care

*Is your team in place? Are they ready to use evidence-based interventions for primary care? All systems go? Time to launch!*

- ✓ 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 throughout treatment, including a relapse prevention plan.

### Nurture Your Care

*Now is the time to see the results of your efforts as well as to think about ways to improve.*

- ✓ Implement the care team monitoring plan to ensure effective team collaborations.
- ✓ Update your program vision and workflows as needed.
- ✓ Implement advanced training and support where necessary.