Collaborative Care Model (CoCM)

CoCM is a team approach to care that helps you feel your best, both physically and mentally.

In this program, your primary care provider (PCP) will introduce you to a behavioral health care manager. The care manager will check in with you regularly, help coordinate your care, and review your progress with a mental health expert. This program can help you get more support and/or medication, depending on your preferences. Together with you, this team suggests ways to get you the right help.

You'll get mental health care in the same place you get your medical care. That way, your whole treatment plan works together.

Most people are in CoCM for a few months.

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CoCM services are billed through insurance, the same way as your other medical care.

Medicare and most insurance plans cover CoCM.

You may still have to pay a copay, coinsurance, or deductible. This depends on your plan.

Your PCP will refer you, and someone from the care team will contact you to set up your first visit. A member of your care team will explain how the program works and answer any questions you have.

To contact the program:

Telephone: _____

Email: _____

Web: _____

This is not a crisis service. If you need help right away, call 911 or 988.