



# Minnesota Psychiatric Society

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

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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, including requiring reimbursement for the CoCM codes by all payers.**

## **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.

### **1. Collaborative Care Management (CoCM) 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 \$1,815 per employee per year in health care spend and improved productivity.
- Results in knowledge transfer from psychiatrists to primary care clinicians who become more comfortable and adept at treating patients with behavioral health problems.
- Less stigmatizing for patients.

**The CoCM 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**

### **2. Recommendations:**

- Implement this evidence Based Solution by having Minnesota Medical Assistance and MinnesotaCare pay for the full suite of Collaborative Care Management Codes (CoCM) everywhere at sustainable rates.
- Broadly publicize this payment plan and the details of the sustainable rate.
- For all future DHS RFPs to manage PMAP contracts, include that the health plans pay for the full suite of collaborative care codes, measure utilization, and improve utilization during the contract.
- Expand utilization by mandating that all payers in Minnesota reimburse the full suite of Collaborative Care Management Codes (CoCM) everywhere at sustainable rates.
- Mandate that all future health plans managing DHS PMAP contracts
  - Reimburse the full suite of CoCM codes everywhere at sustainable rates.
  - Measure utilization of CoCM codes and work to improve utilization by at least 15% each year of the contract.