

April 2025

COLLABORATIVE CARE

Objective: To advance collaborative care to ensure individuals receive holistic, coordinated support that addresses both physical and mental health needs, improving outcomes and reducing barriers to effective treatment.



WHAT IS COLLABORATIVE CARE?

Collaborative care (also known as integrated care) is a healthcare approach that brings together multiple types of healthcare professionals—like doctors, mental health specialists, nurses, social workers, and others—to work as a team in caring for a patient. The goal is to treat the whole person—not just isolated symptoms—by integrating physical and mental health care. Collaborative Care's key features include:

- **Team-Based Approach:** Providers from different disciplines communicate.
- **Patient-Centered:** Care is tailored to the patient's unique needs.
- **Coordinated Care Plans:** Everyone on the care team shares information.
- **Focus on Mental & Physical Health:** Mental health services are integrated.

CHC'S CONTRIBUTIONS

Educational Resources

Providing tools and training on collaborative care models for providers and communities.

Cross-Sector Collaboration

Partnering with nonprofits, housing organizations, and mental health providers to build stronger care networks.

Support for Telehealth

Expanding access to integrated care through virtual health solutions.

Community Awareness

Promoting the benefits of whole-person, coordinated care through outreach and advocacy.

**QUESTIONS?
CALL 919-470-8680**