

CMO Connections

A Newsletter for IPA Network Providers

CMO and UBA- Coordinating Efforts to Treat Depression

The Care Management Company (CMO) and University Behavioral Associates (UBA) continue to expand their joint effort to identify and effectively treat depression across the population managed by the CMO.

The initiative, known as **REACT-D (Recognition, Evaluation, And Collaborative Treatment of Depression)**, has led to a depression screening tool becoming a standard part of the baseline screenings in use throughout the CMO's Disease Management, Case Management, and Care Management programs. Positive results are sent to the patient's primary care physician, and a referral to a behavioral health specialist may also be arranged.

The program attempts to support primary care physicians' efforts to treat depressed patients by providing treatment algorithms, access to psychiatric consults, and follow-up information about patient responses to treatment.

In 2008, over 2,600 patients have been screened to date, with over 200, (approximately 8%), showing some signs of depression warranting additional screening.

The CMO and UBA are intensifying efforts during this 2nd half of 2008 to refine and improve the screenings administered and will continue to follow up with patients and their providers to maximize treatment effectiveness. Additional information about this program and its outcomes will be forthcoming in 2009.

UBA is also able now to provide referrals for members of all the health plans managed by the CMO, since assuming responsibility for the management of psychiatric and substance abuse benefits for HIP (EmblemHealth) members in April of 2008.

Prior to April, UBA and CMO shared responsibility for Oxford Medicare, Aetna, Healthnet and Empire Medicare members, and UBA managed the behavioral health benefits for Healthfirst members capitated to Montefiore. Primary care physicians, their office staff, or patients themselves can access UBA's services by calling **1.800.401.4822**.

