



Jan-Feb 2006
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Michigan Depression Outreach and Collaborative Care (MDOCC)

2005: The year in review.

The formal RWJ *Depression in Primary Care* demonstration project ended in midyear, but we hope you have noticed that the DPC services are continuing. Based on the number of referrals to the program, it looks like some of you might be thinking the program is over. **It's not.** We are still operating, for now in the 5 study sites (Brighton, Chelsea, Dexter, East Ann Arbor, and Livonia), and we continue to refine the DPC program. We were short-handed for two months in the fall, and scrambled to keep up with referrals and calls, but we have recruited an additional care manager and have greatly improved our efficiency in helping to manage your patients. We are ready for any new patients you would like to refer to us!

We presented some of the first results from the project at national and international meetings in fall 2005. Here are a few of our findings:

- As of 1/1/05, 875 patients had been referred to DPC and 656 (75%) agreed to enroll in the program.
- Over 400 patients are currently enrolled (as of the end of 2005).
- Almost half of patients (47%) met standard criteria for treatment response (a 50% decrease in severity), and **43% met criteria for clinical remission.** This is better than all published estimates for chronically-depressed, treatment resistant depression.
- Enrollees had an average **40% increase in productivity** during their time in the program.
- The total operational cost (staff plus additional physician reimbursement), amortized over the roughly 40,000 patients in the 5 intervention sites, is about **28 cents PMPM.**
- This cost was partially (about half) offset by reduced health care utilization.
- Patients enrolled in DPC, compared to similar patients who were NOT enrolled, had significantly greater improvement in work productivity and in their engagement in care for depression with their primary care physician.

In short, the program works - and it is very inexpensive when compared to other programs of this type.

What's the plan for 2006?

We have been working with UMHS and M-Care to extend and expand the program. Our goal is to make this a core part of what has been labeled "the Michigan way" of providing care to all patients. For 2006, this means:

- **Posting all Outcome Summary Reports in CareWeb!** – under the Documents tab, in the Imaged Documents section. This should happen at the end of February – we'll keep you posted,
- **Better feedback from care managers on mental health problems other than depression in referred patients.** We are testing a "secondary screening" protocol that can identify unsuspected problems like bipolar disorder or comorbid anxiety and provide specific management suggestions to you.
- **We hope to expand to cover all UMHS primary care sites over the next 12 months.**

If you have any other suggestions about how you would like to see the program develop, please let us know. And keep referring your patients. Thanks.

Mike Klinkman

In this Issue

Update from
Dr. Klinkman

New Care
Manager
Introductions

Coming
Soon!

Contact
Dr. Kerber
&
your
Care
Managers
at:

734-936-8706

M-DOCC
Depression Support
Services for Primary
Care

For answers to questions,
please contact your
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MDOCC Welcomes 2 New Care Managers!

David Maahs, M.S.W. began working in the M-DOCC program in August 2005, bringing with him a vast array of experience. David's past positions have involved management and direct clinical experience in multiple settings & levels of care, including mental health, substance abuse & traumatic brain injury. He has worked at several different settings such as, Inpatient, Partial Hospital and Out-patient programs at Brighton Hospital, Emergency Services of St. Joseph Mercy Hospital, the University of Michigan Hospital, and at three Managed Care Companies. David has supervised clinical programs, provided individual and group therapy and has extensive knowledge in behavioral healthcare.

Erin Hughes-Krieger, M.S.W. graduated from the University of Michigan MSW program in 2002 concentrating on interpersonal practice and mental health. She held her field placement at the UMHS Depression Center where she met with adults for individual therapy. For almost three years Erin worked at New Center Community Mental Health in Detroit where she provided individual and group therapy at their adult outpatient clinic. Erin began the care manager position in the MDOCC program at the end of November 2005 and is happy to return to the University of Michigan Health System.

Coming Soon!

- New M-DOCC Web Page is under construction!
- New Pocket Version Treatment Guidelines (T-MAP) distributed to all PCPs!
(for additional copies contact: savripas@med.umich.edu)

Please contact your care managers at:
MDOCC-referrals@med.umich.edu or call (734) 936-8706