
The MDOCC program is an essential part of the UMHS Depression Center and is a **FREE service** available to patients who are seen in the Depression Center or who are referred to the program by their primary care physician. This program is intended to complement the care you receive from your treating clinician.



Recommended Reading

We recommend you purchase the book referenced below as a companion to the program, or just for good information on the management of depression:

The Depression Helpbook
W.Katon, E.Ludman, & G. Simon.
Bull Publishing Company, 2002.
www.bullpub.com

MDOCC

4250 Plymouth Road
Ann Arbor, MI 48109
Phone: 734-936-8706

MDOCC

Michigan Depression
Outreach & Collaborative care

Patient Information



Please call the MDOCC
care managers at:

Toll free 866-340-0013

Local 734-936-8706

Purpose of MDOCC

- ☎ To assist you and your treating clinician by monitoring your response to treatment through regularly scheduled phone calls
- ☎ To provide support, education, and self-management skills

How will MDOCC benefit you?

- ☎ By monitoring your depression symptoms, your treating clinician will be able to determine the most effective treatment options for you
- ☎ More effective treatment can help you move closer to recovery. *Incomplete treatment often leads to recurrent & more serious episodes of depression*
- ☎ You can build skills that will assist you in managing your depression. *This will help prevent recurrence and allow you to function at your best level.*

Your Care Manager is available to:

- ☎ Be a resource for you
- ☎ Be a direct point of contact for your depression care
- ☎ Monitor your depression outcome scores and provide you and your treating clinician feedback about your response to treatment
- ☎ Address your questions and concerns, *Care Managers are available Monday-Friday 8:30am-5:30pm*

Please call your MDOCC care manager at:

Toll free: 866-340-0013

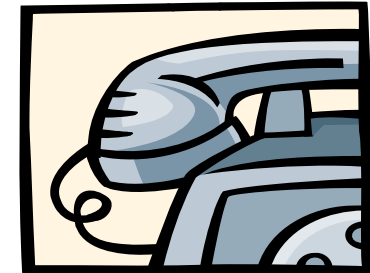
Local: 734-936-8706

For emergency assistance, please call
University of Michigan Psychiatric
Emergency Services:

734-936-5900

You Can Participate By:

- ☎ Completing your scheduled follow-up calls
- ☎ Notifying your care manager if you have treatment concerns
- ☎ Learning & practicing self management skills
- ☎ Attending all scheduled appointments with your treating clinician



MDOCC

4250 Plymouth Road
Ann Arbor, MI 48109

734-936-8706