

# The Three Ts: **Teams, Training, Technology**

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Jürgen Unützer, MD, MPH, MA

Professor and chair, Department of Psychiatry and Behavioral Sciences  
University of Washington

# Jürgen Unützer, MD, MPH, MA: Disclosures

- Employment: University of Washington
  - Professor & Chair, Department of Psychiatry and Behavioral Sciences
  - Adjunct Professor, School of Public Health
- Grant funding
  - National Institute of Health
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  - Archstone Foundation
- Royalties
  - Up To Date: Chapter on Late-Life Depression





*TEAMS:*

Collaborative Care for late life depression



# Theory of Change

**Improving the Health and Well-being of Older Californians and Their Caregivers**

**Integration of Health Care and Social/Supportive Services (Seven Cs)**

Culturally Competent

Client-Centered

Comprehensive

Collaborative

Correct

Connected

Compassionate

**GOALS**

**Teams**

**Training**

**Technology**

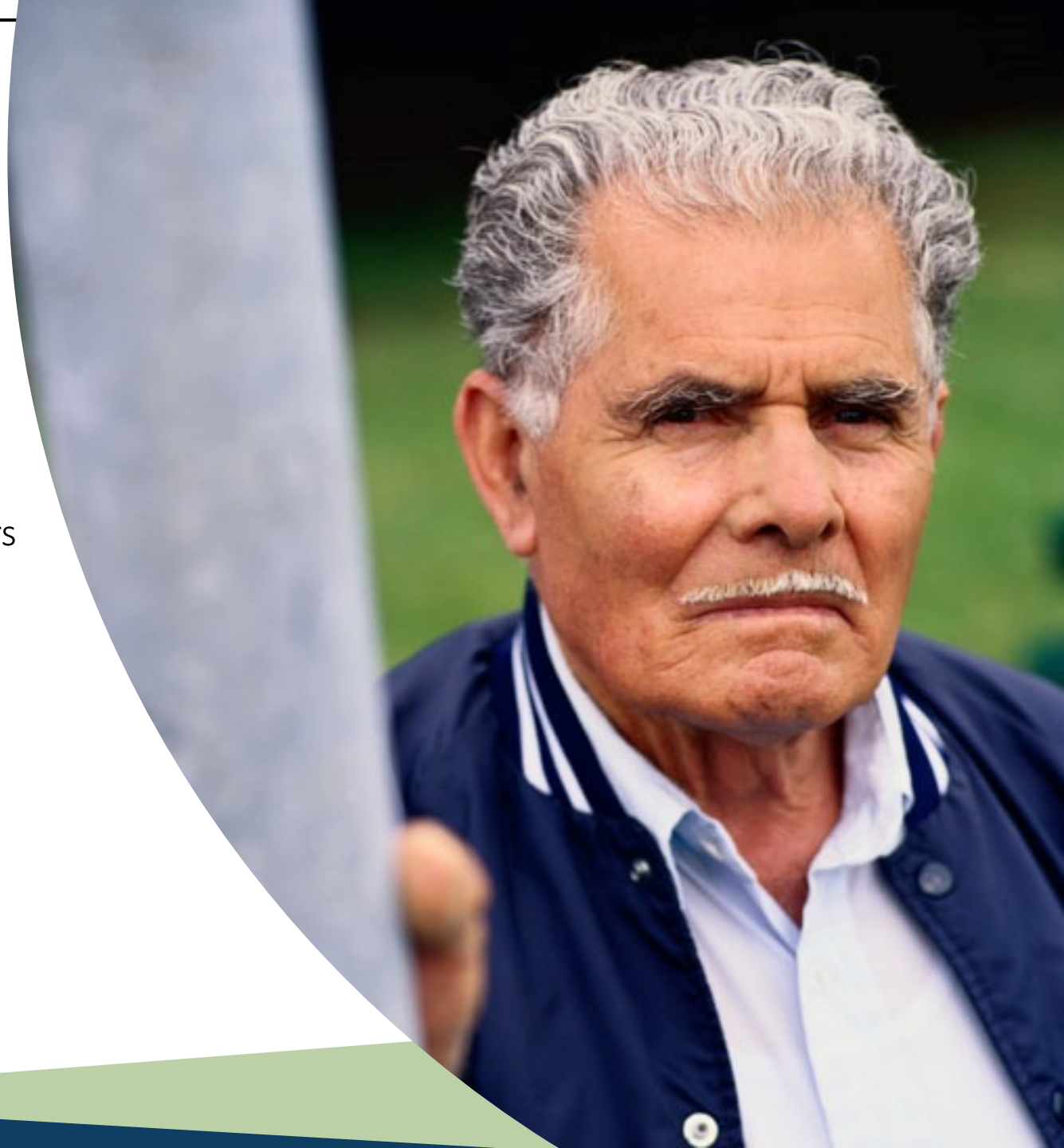
**Grants, Technical Assistance, Evaluation, Policy and Advocacy, Convenings, Communications, Leadership**



# Depression in late life

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- Common (1/5 – 1/10)
- A miserable state that can last months or even years
  - Pervasive depressed mood / sadness &
  - Loss of interest / pleasure
- Lack of energy, fatigue, poor sleep and appetite, physical slowing or agitation, poor concentration, *physical symptoms (aches and pains), irritability, thoughts of guilt, and thoughts of suicide*
- Only 2/10 see a mental health specialist. Most are seen in primary care. Few get better.



# Care Partners Initiative: Improving late-life depression care

- Collaborative Care Team in Primary Care
  - Primary Care Physician or Nurse Practitioner
  - Psychiatric Consultant
  - Behavioral Health Care Manager
- Enhanced through partnerships
  - Community-based Organizations
  - Family Members

<https://cp.psychiatry.uw.edu>

# Care Partners Initiative

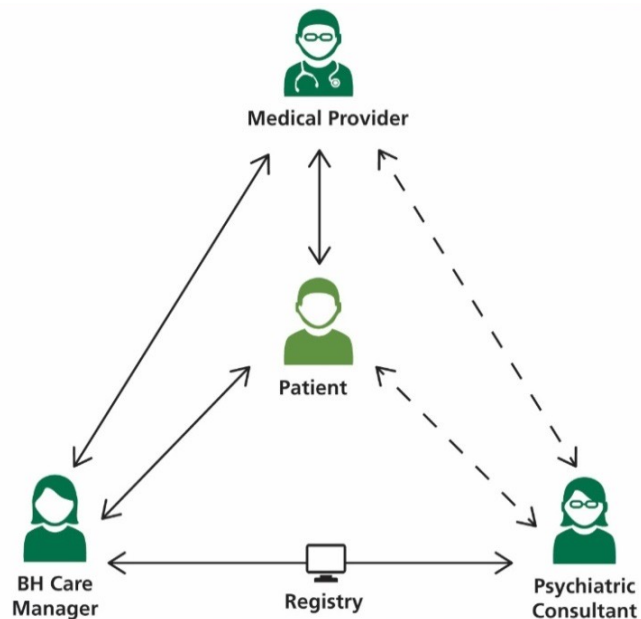
- 2013-2022
- UW and UC Davis
- 14 partnered sites throughout California
- Nearly 1,000 depressed older adults served
- Important lessons about teams, training and technology



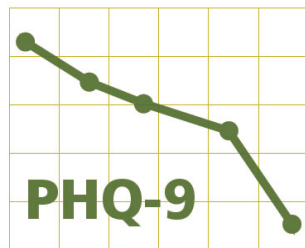
# Collaborative Care in Primary Care



Primary Care Team



Informed,  
Active Patient



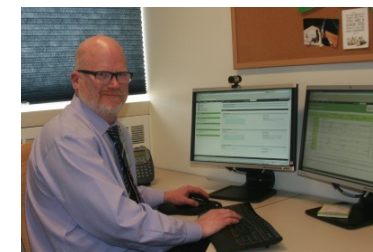
Outcome  
Measures

[ACTIVE PATIENTS]						
Flags	[Patient ID]	[Name]	[Enrollment Date]	[Status]	[Initial Assessment Date]	[Page]
	0001	Test, Test	2/8/2013	[T]	8/24/2013	12
	0008	Test, Suzy	4/2/2013	[T]	5/21/2013	18
	0010	Test, Test	4/17/2012	[T]	4/25/2013	18
	0035	Test, Rpp Reminder	1/10/2013	[T]	1/10/2013	
	0038	Test Patient, Miss	1/23/2014	[T]	1/23/2014	22
	0041	Test, Test	3/4/2014	[T]	3/4/2014	
	0042	Test, Test	3/7/2014	[T]	3/7/2014	

Population  
Registry

Problem Solving Treatment (PST)  
Behavioral Activation (BA)  
Motivational Interviewing (MI)  
Medications

Treatment  
Protocols



Psychiatric  
Consultation

# Collaborative Care: How well does it work?

- Doubles the effectiveness of usual care for depression
- Reduces physical pain
- Improves functioning , quality of life, and satisfaction with care
- Reduces total health care costs

*But....*

- *50 % have persistent depressive symptoms*
- *Health care is not good at addressing social determinants of health*

# Expanding the care team

- Involve CBOs and family members to improve:
  - Access to care
  - Engagement and retention in treatment
  - Patient care experience
  - Quality of care
  - Capacity to address social determinants of health

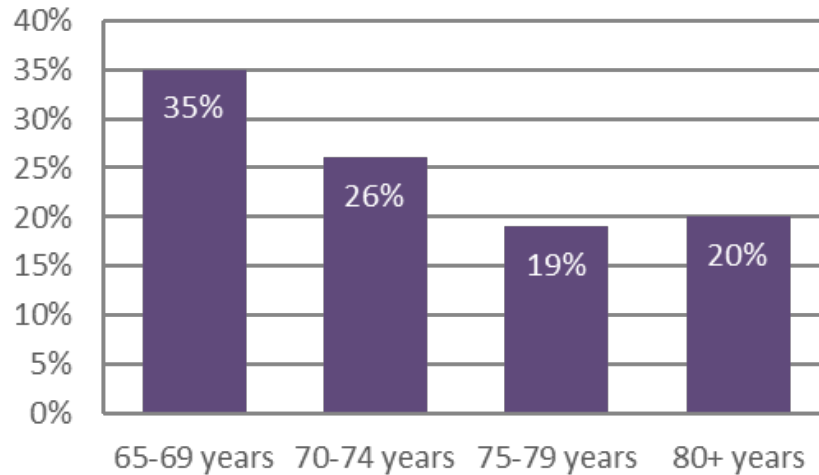
# Care Partners Program Participants

Depressed, 65 years+\*

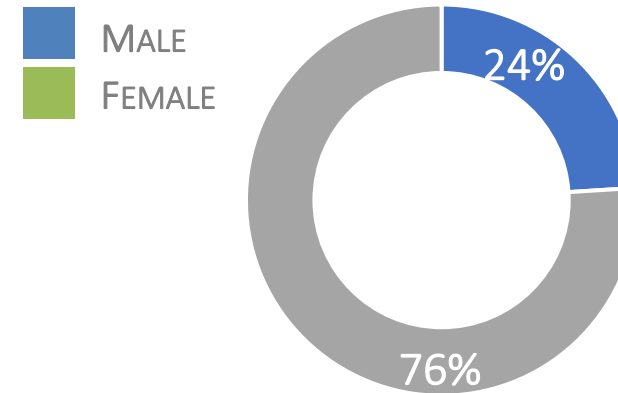
Cohort 1 August 2017 – July 2020; Cohort 2 July 2018 – June 2021



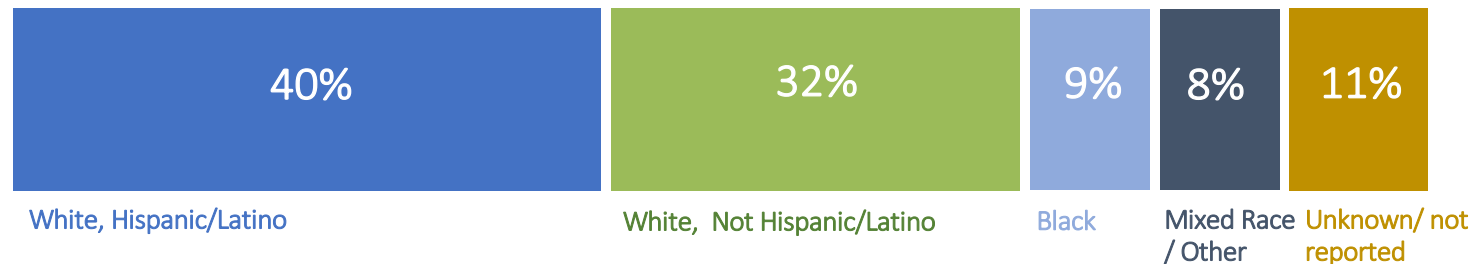
PATIENT AGE



PATIENT GENDER



PATIENT DEMOGRAPHICS – RACE AND ETHNICITY



# Care Partners Outcomes

*Cohort 1 August 2017 – July 2020, Cohort 2 July 2018 – June 2021*

Program Engagement (>2 contacts)	89%
Mean # of contacts	11
<i>Significant Improvement in Depression (50% reduction in PHQ-9 or PHQ&lt;10 )</i>	70%

*\*Patients age 65+ with an initial PHQ $\geq$ 10 and at least one follow-up*



*“Substantial improvement over  
Collaborative care without partnerships.”*

# Teamwork

*“The clinicians helped the [CBO] to do their job better ... and it was a beautiful back and forth.”*

CBO Administrator

# Teamwork requires Training and Technology



## Training

- Essential for building and sustaining effective partnerships, teams, and teamwork.
- Examples
  - Sports teams
  - Orchestra

## Technology

- Can facilitate communication, collaboration, and coordination of care.
  - *Make sure 'no one falls through the cracks.'*
- Can also be a barrier (don't wait for the perfect technology).

