A Review of Collaborative Biopsychosocial Healthcare Worldwide
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**Purpose**

- To call attention to the importance of collaborative care for mental health in international settings
- To highlight advances in models of collaborative psychological care that are emerging globally

Advances in our understanding of physiology, nuclear medicine, bio-technology, neuroscience and brain anatomy coupled with new mediums for healthcare delivery and a more pervasive cooperation on the part of healthcare providers, have led to a need for a systemic approach to the mind body dichotomy and a greater focus on biopsychosocial approaches to patient mental health treatment and care.

This review aims to (a) justify the continued proliferation of collaborative care models internationally, (b) provide a context for classifying models of care, (c) present exemplar models through global examples of collaborative care and, (d) critique current applications of collaborative care while providing recommendations for further progress.

**Defining Collaborative Psychological Healthcare**

Biopsychosocial approach to the provision of healthcare through the use of teams and clinicians representing medical, behavioral, social work, and case management disciplines:

- Need for coordination between physical medicine and mental health
- Ideal for dealing with complex, chronic health conditions
- Common agencies
  - Community Health centers
  - Hospitals or Public Health centers
  - Private Practice
  - Community Mental Health centers
  - Social Service agencies

**Cost & Quality of Care**

While the skills and knowledge to serve the complex biopsychosocial health needs of a given patient may extend beyond the range of an individual practitioner, patient goals can be achieved by synchronized teams working toward a common goal, thereby enhancing clinical effectiveness and patient outcome, providing integrated and seamless care that is also cost effective.

Global Examples:
- IMPACT (Netherlands)
- Manas Project (India)
- Psychosomatic Consultation in the Workplace program (Germany)
- Collaborative Stepped Care (CSC) model (India)

**Integration Models**

- **HORIZONTAL**
  - All providers within the integrated care team collaborate at one level of intervention
- **VERTICAL**
  - Organizations provide multiple levels of care under one management umbrella
- **FUNCTIONAL**
  - Clinical matters, financial information, and medical record systems are interwoven

**Coordination, Co-located, and Integrated**

- **Coordinate** ➔ Primary and secondary care coordination is in place to allow for each provider to deal with his/her primary area of expertise while having support from a provider in a separate field of expertise
- **Co-located** ➔ Behavioral health and physical medicine providers are located within the same physical structure to allow for coordination of care, but notes from either provider are kept separately to facilitate confidentiality
- **Integrated** ➔ Patients are treated based on a single holistic care plan which is contributed to by providers from multiple disciplines

**Critique**

- Family members are the first responders in an individual's healthcare crisis and while patients might not have expertise on a given health condition they do have expertise on themselves, so a solid argument can be made that a truly systemic approach to collaborative healthcare will include patient and family in the team process.
- Collaborative models still can create confusion, negligence, and differing/competing treatment plans, thereby impacting the actual care of the patient.
- Is it actually cost-effective? Research funded by the German Federal Ministry of Education and Research, reviewed collaborative care world-wide and in their initial findings found no significant difference for cost-effectiveness between collaborative care and care as usual options for depressed patients

**Conclusion**

- In the global pursuit of improved patient outcomes, expedient care, increased access to care, and a decreased financial burden of mental health services, a continued push toward integrated and collaborative interdisciplinary care teams is warranted.
- To aid the proliferation of positive effects, both the practical and research driven worlds of healthcare would benefit from a clear classification system for healthcare models.