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San Ysidro Health Center  
Depression Care Manager  
IMPACT project

# Depression Care Manager

- After the patient is referred by his Primary care provider the DCM's:
  - Establish a therapeutic alliance with patient
  - Conduct Initial Assessment
  - Educate about depression and review patients goals and expectations of treatment
  - Encourage treatment adherence

# Depression Care Manager

- Provides
  - Education
  - Symptom Monitoring (PHQ-9)
  - Antidepressant Management
  - Brief structured Psychotherapy (PST-PC)
  - Behavioral Activation and Pleasant Activities scheduling

# Problem Solving Therapy

- Brief form of Psychotherapy
- Structured approach to problem solving
- Address current problems/stressors
- Learned skills retained after treatment
- No medication side effects
- Behavioral activation as an adjunct

# Behavioral Activation

- Educate patient
- Encourage ideas and reduce avoidant thinking
- Develop a plan
- Review outcome
- Increase positive reinforcement events

# Depression Care Manager

- Collaborates closely with patients Primary care provider
- Consults with team psychiatrist
- Tracks depressive symptoms and treatment response with PHQ-9
- Provide follow up and recommendations to PCP
- Facilitates referrals to specialty services and community resources (PROMOTORAS)



Thanks