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### Comparing Long-Term Outcomes of Two Collaborative Care Approaches for People with Depression

REACH Dissemination Committee, Maine, USA

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# Comparing Long-Term Outcomes of Two Collaborative Care Approaches for People with Depression

People with depression usually get treatment in **healthcare settings**, such as clinics. In communities with few resources, people may also get help in **community settings** such as social services agencies or churches.

**Collaborative care brings together healthcare and community programs to help people with depression.**

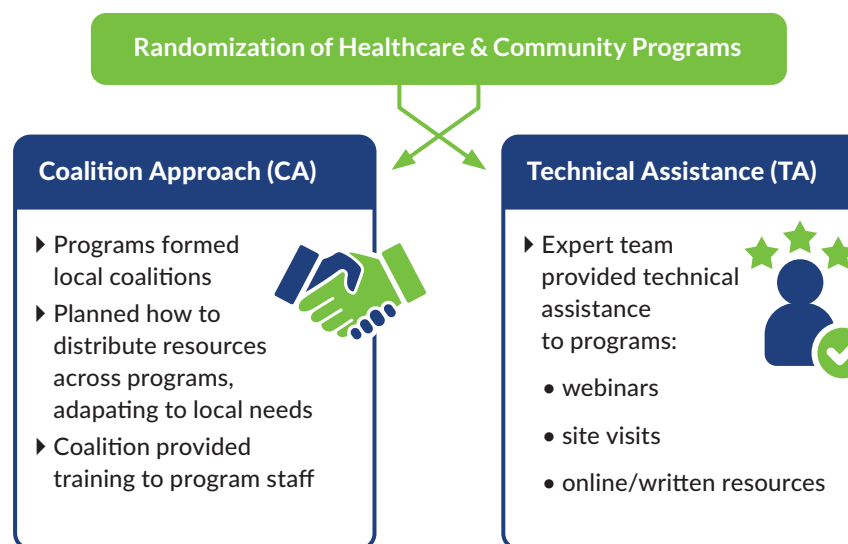
## LOCATION & POPULATION

- ▶ Los Angeles area
- ▶ 980 adults with depression
- ▶ Attend a healthcare or community program to address depression
- ▶ 46% African American
- ▶ 41% Latino
- ▶ 9% White
- ▶ 74% incomes below poverty line
- ▶ 54% homeless or at risk for long-term homelessness



## STUDY DESIGN

*This study compared long-term outcomes of two collaborative care approaches.*



## FINDINGS after 3 years

- ▶ Compared with people assigned to the Technical Assistance approach, people attending programs that were part of the **Coalition Approach** showed:

- more improvement in **physical health** quality of life
- averaged **fewer** nights in the hospital for **mental health problems**



- ▶ **The two approaches didn't differ in people's depression or mental health quality of life**

## Key Take-Away

Collaborative care approaches to help people with depression may be considered in communities with a lack of resources.

## REFERENCES

1. Ong MK, Jones L, Aoki W, et al. A Community-Partnered, Participatory, Cluster-Randomized Study of Depression Care Quality Improvement: Three-Year Outcomes. *Psychiatr Serv.* 2017;68(12):1262-1270. doi:10.1176/appi.ps.201600488
2. Wells K, Jones L, Ong M, et al. (2018). *Comparing Long-Term Outcomes of Two Collaborative Care Approaches for People with Depression.* Patient-Centered Outcomes Research Institute (PCORI). <https://doi.org/10.25302/11.2018.CER.1845>

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