

Job Description

Depression Care Manager

Job Summary

The care manager is responsible for providing and coordinating depression care for patients in the IMPACT program (<http://impact-uw.org>). IMPACT is an evidenced-based model of care that helps primary care physicians and mental health providers collaborate effectively to treat depression. The depression care manager educates patients about depression and its treatment, provides behavioral activation, monitors depressive symptoms and response to medication and/or psychotherapy using a structured instrument (e.g., the PHQ-9), works closely with the primary care provider and a consulting psychiatrist to revise the treatment plan when patients are not improving, and offers a brief course of counseling for depression (e.g., Problem Solving Treatment in Primary Care (PST-PC)).

Duties and Responsibilities

1. Conducts assessment of patient, including completion of the Patient Health Questionnaire (PHQ-9) depression scale
2. Conducts initial visit including detailed depression history and education about the nature of depression and the goals and expectations of treatment
3. Consults with patient and primary care provider about treatment options and preferences; coordinates initiation of treatment plan
4. Monitors patient closely (in-person or by phone) for changes in severity of symptoms and medication side effects; educates patients about medications and medication side effects, as needed; encourages treatment adherence
5. Uses behavioral activation techniques with patients as an adjunct to other treatments
6. Provides optional evidence-based, brief structured psychotherapy (e.g., PST-PC)
7. Participates in regular caseload supervision with psychiatrist, focusing on patients not adequately improved within specified timeframe (e.g., less than 50% reduction in symptoms after 8-12 weeks in treatment)
8. Coordinates and facilitates communication between patient, primary care physician and consulting psychiatrist; provides recommendations for change in treatment plan according to evidence-based algorithm and expert supervision; supports implementation of new plan
9. Documents all encounters according to organizational policies and procedures; monitors outcome measurements
10. Facilitates treatment referrals, as needed.
11. Completes relapse prevention plan with patients who are in remission

Requirements

Degree in nursing, social work, marriage and family therapy or psychology. Effective written and verbal communication skills. Demonstrated ability to establish rapport quickly with a wide range of people. Minimum 2 years clinical experience in a relevant setting. Knowledge of community resources for older adults.

Desired

Experience with depression and depression treatment. Experience working with medically ill and / or older adults. Prior exposure to brief, structured counseling techniques (e.g. CBT or PST).