

In 2014, Generalist Basic Mental Health Care is being initiated in the Netherlands, positioned between GP care and specialized mental health care.



GP care is enhanced with practice support for mental health problems, a kind of Collaborative Care, but not for one specific disorder.

# Practice Change is Hard!

*“...like changing the oil while driving the car.”*



*“... or rebuilding an airplane in mid-air.”*

# Elements of Collaborative Care

- **Active follow-up :**  
*What happens to “no-shows” and “drop-outs”?*
- **Monitoring to measure treatment response/progress:**  
*Is there documented and reviewable tracking of clinical severity, treatment adherence, side-effects, & progress towards treatment goals?*
- **Treatment adjustments as needed to optimize response:**  
*Is care guided by “Treat-to-Target” to achieve clinical response?*
- **Patient activation and self-management support:**  
*Are motivational interviewing & other techniques used consistently?*
- **Case-focused specialist consultation as needed**  
*How easy is it to get advice on medication adjustments?*
- **Caseload review process:**  
*Is progress checked for all patients regularly?*
- **Clinician training and support**  
*Is there training and support in standardized care processes?*