

Tandem Care at The Villages Health

Tandem Care (TC) is based on the Collaborative Care Model for Behavioral Healthcare. This model has been well studied as an effective approach to treat some behavioral health concerns such as depression and anxiety.

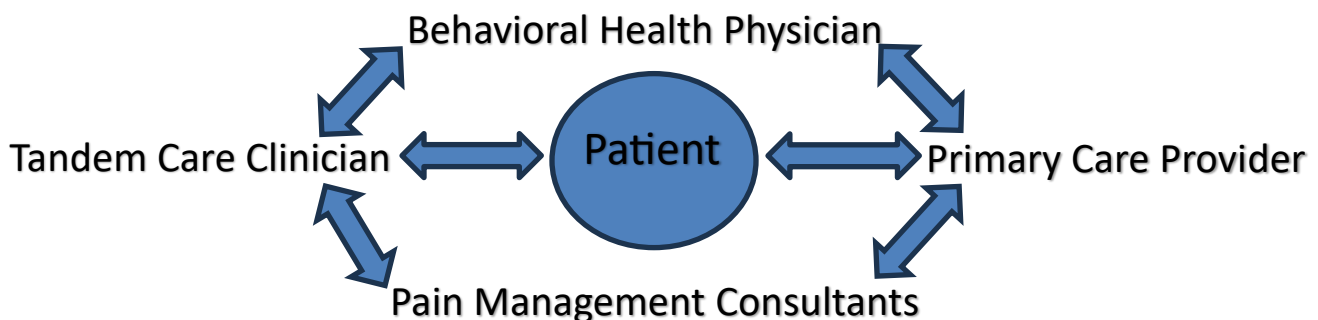
As part of the eligibility criteria for TC, individuals are screened for depression and anxiety symptoms.

TC also focuses on providing additional support to assist in the management of chronic pain, diabetes, blood pressure, cholesterol, and sleep when applicable to the individual.

The “collaborative” part of TC includes the patient and their Primary Care provider but also some additional team members-

- Tandem Care Clinician (TCC)
- Behavioral Health physician consultant
- Pain Management consultant

The TC team all work together to make recommendations and provide innovative and resourceful care.



Patients must be referred by their TVH Primary Care provider with patient’s consent and then complete the TC Intake. The intake is completed electronically by answering a series of questionnaires.

Patients will then get a call from their TCC to discuss more about the program and next steps.

The TC provider team members meet regularly to discuss the patients in TC, their progress, and care recommendations.

While active in TC patients will have scheduled 15–20-minute supportive phone call appointments usually weekly or bi-weekly with their TCC to discuss their TC plan, progress, and TC team recommendations.

The average time for patients to be in TC is 3-6 months. When significant progress towards the patients individualized TC goal targets have been made, they are graduated from TC. Patients graduate with a Maintenance Plan to continue their progress.

On occasion there may be a need for a higher level of care than the TC model can provide to a patient. In these cases, the team will make recommendations for the care needed and help the patient link to those services.

TC is billed once per month as a Primary Care service and depending on the individual's insurance policy, they may have a cost sharing responsibility. This one time per month charge is usually comparable to the co-pay for a Primary Care Provider visit. Individuals can check with their insurance company for more specific information for their cost responsibility for Collaborative Care Model services.

References:

Reist C, Petiwala I, Latimer J, Raffaelli SB, Chiang M, Eisenberg D, Campbell S. Collaborative mental health care: A narrative review. *Medicine (Baltimore)*. 2022 Dec 30;101(52):e32554. doi: 10.1097/MD.00000000000032554. PMID: 36595989; PMCID: PMC9803502.

<https://www.psychiatry.org/psychiatrists/practice/professional-interests/integrated-care/learn>