Improving Mood-Promoting Access to Collaborative Treatment (IMPACT)

TARGET AUDIENCE

This program is for adults who are 60 years old or older and have depression.

SUMMARY

Improving Mood-Promoting Access to Collaborative Treatment (IMPACT) is a multi-sector program that is designed to alleviate depression in older adults.

EVIDENCE

Numerous randomized controlled trials have been conducted using the IMPACT program. The studies conducted by the program developers reveal positive short- and long-term effects of the program on late-life depression treatment, symptoms, and severity. The program appears to generalize to late-life participants, who have panic disorder or Post-Traumatic Stress Disorder in addition to their depression, and to low-income Hispanic participants, who have depression combined with a diagnosis of diabetes.

COMPONENTS

The IMPACT program is delivered in primary care settings by a primary care physician, a consulting psychiatrist, and a depression care specialist. The program includes five essential components:

- Collaborative care allows the patient's primary care doctor to work with the care manager to design a treatment plan for the patient. If the plan is not working, the team may consult with a psychiatrist.
- The depression care manager has several duties: educate the patient about depression, support the treatment plan designed by the doctor, offer a six-to eight-session course in counseling, monitor depression symptoms over time of treatment, and create a relapse prevention plan for those patients who have improved.
- The psychiatrist discusses patients who are not improving with the primary care provider and care manager.
- Outcome measurement assesses depressive symptoms at the start of treatment and regularly during treatment.
- Stepped care allows for changes to or adjustments in treatment if the patient does not improve in 10 to 11 weeks.

PREVIOUS USE

IMPACT has been delivered at more than 600 sites in 31 states with over 100,000 participants. The program has also been implemented in Australia, Canada, Hong Kong, and the Netherlands.
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TRAINING

A trained depression care manager (e.g., nurse, social worker, psychologist) works with participants. Please contact the AIMS Center using details in the Contact section for information on training.

CONSIDERATIONS

Considerations for implementing this program include recruiting care managers who have the background and strong commitment to ensure the patient is following the treatment plan exactly and to monitor the treatment for usefulness to the patient, establishing patient buy-in, and creating relationships with patients' primary care physicians.

The Clearinghouse can help address these considerations. Please call 1-877-382-9185 or email Clearinghouse@psu.edu

IMPLEMENTATION

If you are interested in implementing IMPACT, the Clearinghouse is interested in helping you!

Please call 1-877-382-9185 or email Clearinghouse@psu.edu

Implementation time depends on the individualized treatment plan, but treatment can be continued for up to 1 year.

Implementation costs were not located; however, costs will depend on the length of the program, the number and type of visits, and who is used as a care manager.

EVALUATION PLAN

To move the IMPACT program to the Effective category on the Clearinghouse Continuum of Evidence at least one external evaluation must be conducted that demonstrates sustained, positive outcomes. This study must be conducted independently of the program developer.

The Clearinghouse can help you to develop an evaluation plan to ensure the program components are meeting your goals. Please call 1-877-382-9185 or email Clearinghouse@psu.edu

CONTACT

Contact the Clearinghouse with any questions regarding this program.
Phone: 1-877-382-9185 Email: Clearinghouse@psu.edu

You may also contact the AIMS Center by mail Department of Psychiatry and Behavioral Sciences, University of Washington, 2815 Eastlake Ave E, Suite 200B, Box 358017, Seattle, WA 98102, email uwaims@uw.edu, or visit http://aims.uw.edu/who-we-are/contact-us

SOURCE

http://legacy.nreppadmin.net/ViewIntervention.aspx?id=301 and
http://aims.uw.edu/impact-improving-mood-promoting-access-collaborative-treatment/

www.militaryfamilies.psu.edu