



Life Goals Collaborative Care (LGCC)

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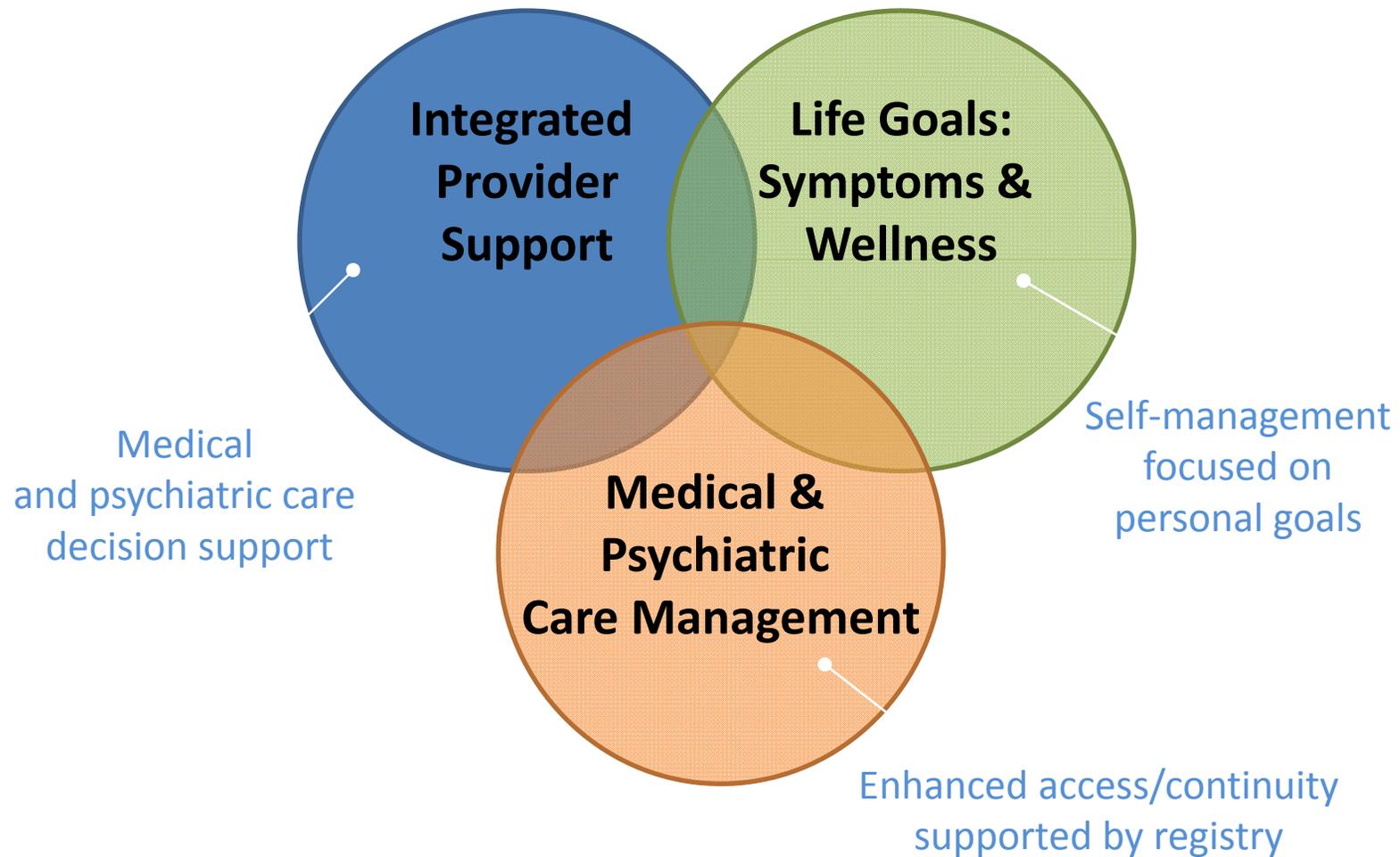
Life Goals Collaborative Care

- LGCC is an evidence-based psychosocial intervention designed to improve medical and psychiatric outcomes for persons with mood disorders through personal goal-setting aligned with wellness and symptom coping strategies and supported through collaborative care.
- Consumer-centered program based on the Chronic Care Model shown to improve physical and mental health outcomes for persons with bipolar disorder in 3 randomized controlled trials
- Closes the gap between *physical* and *mental health* by integrating tailored psychosocial sessions with collaborative care management
- Recently expanded to serious mental illness, and found to be effective for those with co-occurring substance use disorders

LGCC Description

- LGCC helps persons maintain a vision towards achieving their personal goals while providing practical day-to-day support in working on specific health-related objectives that help them achieve these goals over time
- LGCC focuses on prevention of adverse medical outcomes through a unique combination of health behavior change, psychotherapy, and motivational enhancement

The Life Goals Collaborative Care Model

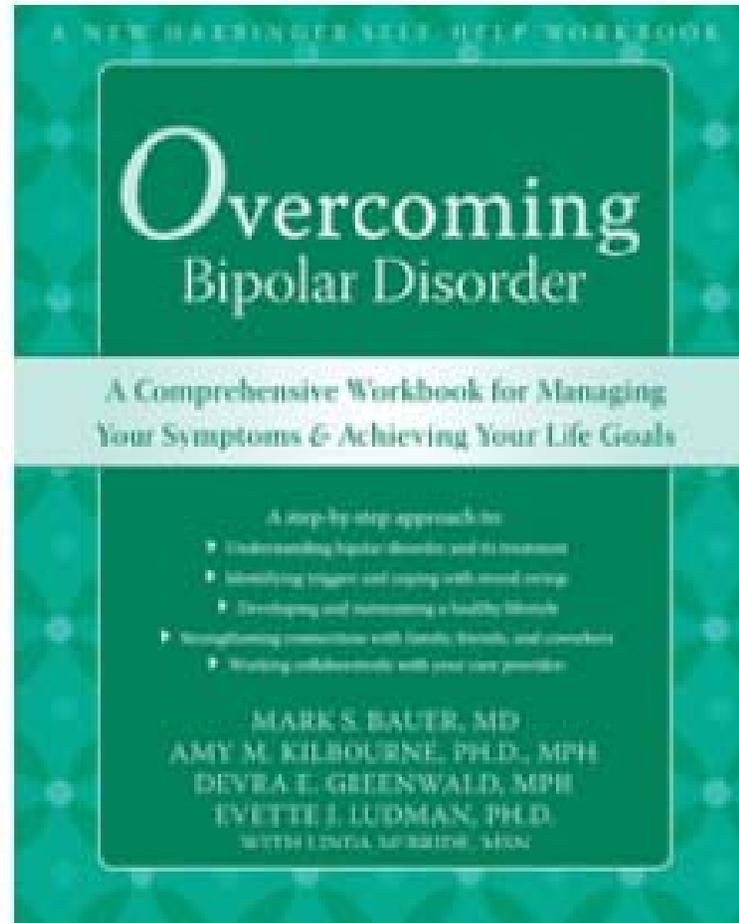


Bauer MS et al. Psych Serv 2006; Kilbourne AM et al. Psych Serv 2008

Life Goals Collaborative Care Development

- 1996 - 2006 LGCC developed based on consumer feedback
Tested in two large randomized controlled trials nationwide
Manual (v.1.0) published (translated in Spanish, French)
- 2006 - 2008 2nd Generation randomized clinical trial adapted LGCC to
address improving medical and psychiatric outcomes
- Manuals (v. 2.0) and intervention packages for
 providers, administrators, and consumers
- 2009 - present Publication of *Overcoming Bipolar Disorder* (LGCC
 workbook) for providers & consumers
 Several provider trainings implemented (e.g., for MSW,
 nursing psychiatry, psychology, international scholars)
 Manuals developed for mood disorders, SMI

LGCC Consumer Workbook Published by New Harbinger



Slide 6

hf5

Add description and details about text to supplement image.

heidi frankenhauser, 11/3/2010

Life Goals Collaborative Care: The Consumer's Experience



Slide 7

hf6

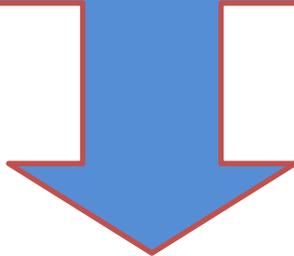
Might be helpful to break down and re-create into two slides that describe sessions and follow-ups separately (to simplify and reduce text). That- or perhaps a more simplified timeline followed by one or two slides that break down session content.

heidi frankenhauser, 11/3/2010

Life Goals Session Content

Session 1

- Self management & Collaborative Care
- Understanding Mood Symptoms
- Identifying Core Values
- Mood Disorders & Wellness



Session 3

- Depression overview and symptoms
- Triggers to depressive episodes
- “What’s Your Experience”?
- Action plan for depression



- Mania/anxiety overview & symptoms
- Triggers to episodes
- “What’s Your Experience”?
- Action plan for symptoms

Session 2

- Your Wellness Plan
- Building and Strengthening Collaboration of Care
- Relapse Prevention

Session 4

Why Implement LGCC in your Setting?

- LGCC was originally developed for bipolar disorder, one of the most costly mental disorders and is part of the Collaborative Care Model family
- LGCC addresses the “unwanted co-travelers” associated with mood disorders, including cardiovascular disease, diabetes, anxiety, and substance use
- LGCC is manual-based, scalable, and practical to implement
- LGCC can be adapted to other mental disorders commonly seen in primary care settings

LGCC References

1. Kilbourne AM, Post EP, Nossok A, Drill L, Cooley S, Bauer MS. Improving medical and psychiatric outcomes among individuals with bipolar disorder: a randomized controlled trial. *Psychiatr Serv.* 2008 ;59:760-8.
2. Bauer MS, McBride L, Williford WO, Glick H, Kinosian B, Altshuler L, Beresford T, Kilbourne AM, Sajatovic M; Cooperative Studies Program 430 Study Team. Collaborative care for bipolar disorder: part I. Intervention and implementation in a randomized effectiveness trial. *Psychiatr Serv.* 2006;57:927-36.
3. Bauer MS, McBride L, Williford WO, Glick H, Kinosian B, Altshuler L, Beresford T, Kilbourne AM, Sajatovic M; Cooperative Studies Program 430 Study Team. Collaborative care for bipolar disorder: Part II. Impact on clinical outcome, function, and costs. *Psychiatr Serv.* 2006;57:937-45.
4. Simon GE, Ludman EJ, Bauer MS, Unützer J, Operskalski B. Long-term effectiveness and cost of a systematic care program for bipolar disorder. *Arch Gen Psychiatry.* 2006;63:500-8.
5. Kilbourne AM, Biswas K, Pirraglia PA, Sajatovic M, Williford WO, Bauer MS. Is the collaborative chronic care model effective for patients with bipolar disorder and co-occurring conditions? *J Affect Disord.* 2009;112: 256-61.