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

Integrated Provider Support

Life Goals: Symptoms & Wellness

Medical & Psychiatric Care Management

- Self-management focused on personal goals
- Enhanced access/continuity supported by registry
- Medical and psychiatric care decision support

## Life Goals Collaborative Care Development

<table>
<thead>
<tr>
<th>Year Range</th>
<th>Description</th>
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<tr>
<td>2006 - 2008</td>
<td>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.</td>
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<td>2009 - present</td>
<td>Publication of <em>Overcoming Bipolar Disorder</em> (LGCC workbook) for providers &amp; consumers. Several provider trainings implemented (e.g., for MSW, nursing psychiatry, psychology, international scholars). Manuals developed for mood disorders, SMI.</td>
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LGCC Consumer Workbook Published by New Harbinger

Overcoming Bipolar Disorder

A Comprehensive Workbook for Managing Your Symptoms & Achieving Your Life Goals

MARK S. BAUER, MD
AMY M. KILBOURNE, PH.D., MPH
DEVRA E. GREENWALD, MPH
EVETTE J. LUDMAN, PH.D.
WITH LINDA MORRIS, MSN
Add description and details about text to supplement image.

heidi frankenhauser, 11/3/2010
Life Goals Collaborative Care: The Consumer’s Experience

Session 1: WEEK ONE
Session 2: WEEK TWO
Session 3: WEEK THREE
Session 4: WEEK FOUR
SIX MONTH FOLLOW-UP WITH HEALTH SPECIALIST

Following the session work, the Health Specialist will initiate contact with the consumer at agreed upon monthly scheduled times, for 10-15 minute intervals for the following:
- Assist with wellness goals
- Review medications
- Collaborate on care
- Assist with mood monitoring
- Review of lessons learned
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 2
- Mania/anxiety overview & symptoms
- Triggers to episodes
- “What’s Your Experience”? 
- Action plan for symptoms

Session 3
- Depression overview and symptoms
- Triggers to depressive episodes
- “What’s Your Experience”? 
- Action plan for depression

Session 4
- Your Wellness Plan
- Building and Strengthening Collaboration of Care
- Relapse Prevention
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


