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AIMS CENTER
Advancing Integrated
Mental Health Solutions

UCDAVIS
HEALTH

**How can CBO
and primary care
clinics
collaborate to
address social
needs for
patients with
depression?**



**Ideas for
Practice**

Check in quarterly about the value each organization brings to the partnership to reinforce these benefits.

Tip Sheet:

Strengthening Depression Care by Addressing Social Needs through Clinic-CBO Partnerships

Background

Unmet social needs may trigger or worsen clinical depression. Community-based organizations (CBOs) can help primary care clinics address patients' social needs. CBOs often provide support for a wide range of social needs (e.g., housing, food insecurity, transportation, social connectedness, assistance completing applications for support services). CBOs also may offer other direct counseling or support through home visits or community-based group meetings where they have more time and attention to build rapport and assess social needs.

Tips

- 1 Develop a shared strategy to address social needs and identify what resources each partner can bring to depression care**
 - Consider home visits** - Some CBOs offer home visits alongside phone visits and/or visits at the CBO, which allow for greater visibility and querying of patients' social needs.
 - Determine roles of each organization** - CBOs help address social needs, which can have a direct and indirect impact on depression symptoms.
 - Incorporate local resources** - Many CBOs are well connected to local resources and staff at these agencies, allowing greater ease in referrals.
- 2 Develop channels for strong communication between partners**
 - Discuss differences across organizations during regular meetings** - Recognize that clinics and CBOs have different organizational cultures and capitalize on these differences.
 - Regularly check in on the value each organization contributes to care** - Foster mutual awareness and respect that both clinics and CBOs contribute to depression care and regularly report successes internally.
 - Revise and strengthen communication strategies** - Regularly revisit ways to improve communication across organizations.
- 3 Advocate for social needs support in your community**
 - Talk to the press and lawmakers about the need for more services** - To meet the unmet social needs, an increase in investment in CBOs and related resources (e.g., housing, food assistance, case management and navigation services) is needed. Health care and CBO employees can partner to advocate for such investments.
 - Support CBOs** - Health care systems can use contractual agreements (e.g., a business associate agreement) to share resources with CBOs. Resources can be financial or non-financial such as office space within the clinic.