

Table 1. Schema of outpatient stepped model of care.

<b>Tier</b>	<b>Indication/severity</b> Considerations include: - Clinical scales (e.g., PHQ-9) - Social instability (e.g., housing insecurity, food insecurity, domestic violence)	<b>Provider</b>	<b>Treatment modalities</b>	<b>Goal</b>
3	Moderate-severe severity - Clinical risk: e.g., active suicidality, active aggression, recent hospitalization	Clinician  Psychopharmacologist  Case worker +/- other community providers (e.g., Department of Mental Health services)	Psychosocial - Full array of clinical services - Case management - Connections with community resources  Pharmacotherapy - Ongoing treatment	Tertiary prevention: Stabilize and prevent emergency and inpatient service utilization
2	Mild-moderate severity	Clinician +/- Psychopharmacologist +/- Case worker	Psychosocial - Time-limited clinical strategies - Case management as needed  Pharmacotherapy - As needed	Secondary prevention: Prevent escalation of existing illness
1	Early or resolving mood/anxiety/substance use disorder	MBCT-R teacher	Psychosocial - MBCT-R class  Pharmacotherapy - N/A or through primary care	Primary/secondary prevention: Prevent recurrent illness and support resolving illness