CareOregon Regional Care Teams (RCTs) offer providers a community of resources with a single point of contact for you and your patients. RCTs work closely with providers and members – through both telephonic and community-based support – to smooth the way to better care and better outcomes.

Each RCT is made up of care coordinators with a variety of backgrounds and experience, including:
- Nursing
- Behavioral Health
- Substance Use Disorders
- Pharmacy
- Health system navigation
- Local community resources
- And others

When to call your RCT
RCTs offer care coordination and support for patients with multiple or complex needs, such as:
- Multiple chronic conditions
- High or special health care needs
- Chronic pain needs
- In-home care needs
- Daily living or social needs
- Medication review and support
- End-of-life support
- Substance use
- Behavioral health concerns
- Oral health concerns

With care coordination through RCTs, we will deliver the right care, at the right time, in the right place, with the right team.
How to make a care coordination referral

Call your RCT directly at the number listed below or email ccreferral@careoregon.org

<table>
<thead>
<tr>
<th>RCT name</th>
<th>Phone number</th>
<th>Region/clinic system</th>
</tr>
</thead>
<tbody>
<tr>
<td>Steel</td>
<td>503-416-3727</td>
<td>Washington County</td>
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<tr>
<td>Abernethy</td>
<td>503-416-3729</td>
<td>Clackamas County</td>
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<tr>
<td>St John’s</td>
<td>503-416-3726</td>
<td>Multnomah County — west of I-205</td>
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<tr>
<td>Tilikum</td>
<td>503-416-1770</td>
<td>Multnomah County — east of I-205</td>
</tr>
<tr>
<td>Sellwood</td>
<td>503-416-3768</td>
<td>Maternal Child Health</td>
</tr>
<tr>
<td>General/Unassigned</td>
<td>503-416-3731</td>
<td>No RCT Assignment</td>
</tr>
</tbody>
</table>

Not sure which RCT to contact? Call our unassigned care coordination line at 503-416-3731 or Customer Service at 503-416-4100 and we’ll connect you to your assigned team.