


THE ROLE OF PSYCHOLOGY IN INTEGRATED MENTAL HEALTH CARE:

Integrated care:

A key priority for our Executive Team is the development of psychology as a key player in **integrated mental and general health care across the world** (see articles in our E-News during 2018-2019)

- The “**Inaugural IAAP Webinar**” (outlined below) provided us with an opportunity to discuss this relatively new area of practice us and to answer questions about “*Why? How? - and to what Benefit?*”
- **During 2018 and 2019**, we also assisted our IAAP UN Team to develop a **United Nations position paper: “[Integrating Mental Health Care into Primary Health Care](#)”**. Our UN Representatives: Dr. Judy Kurianski and Ms. Lucy Fagan have provided an up-date on progress at the UN on the IAAP Website. We are extremely grateful to Judy, Lucy and their team for progressing this.
- We have started an “**Integrated Health Care Psychology Interest Group**” (Division 17) with a membership list established from attendance and EOIs (Expressions of Interest) at our symposia on “*International Perspectives on Integrated and Primary Health Care*” at ICAP in Montreal. We hope to provide information about initiatives in integrated psychological service delivery in both primary and secondary care settings across the world (please send us your email if you are interested and/or know of any such initiatives in your locality).



www.iaapsy.org

Invitation to join:

“Integrated Health Care Psychology Interest Group”

Thank you for attending our Symposium on “*The Role of Psychology in Integrated Mental Health Care: An International Perspective*” at ICAP in Montreal in late June. As mentioned at the symposium, we are creating an **Integrated Health Care Psychology Interest Group** to foster initiatives across the world in integrated mental and general health care. (For those of you who were unable to attend ICAP and our symposium, please feel free to become involved - as outlined below.) We have recently assisted in developing a **United Nations position paper: “[Integrating Mental Health Care into Primary Health Care](#)”** with our IAAP UN colleagues. This has been submitted to the UN and WHO via the appropriate channels (we will circulate when available on URL). We are keen to provide follow-up information about integrated primary care initiatives that may be of assistance in developing this model internationally, so we would be grateful if you could let us know of anything in your country/locality ([see example from Professor Susan McDaniel](#), Member of our Executive Committee); also any relevant references that may be of assistance

Please confirm your interest in participating in this **Division of Professional Practice Interest Group** to enable us to formally place you on the mailing list. We have attached our last two IAAP E-News Bulletins to catch you up on current Division activities, plus the attachment from Professor McDaniel above.

Please check that your IAAP membership is up-to-date (see below) and make sure you check Division 17 (Professional Practice) to ensure you receive all forthcoming materials. If not already a member of IAAP, you can find additional information [here](#).

We look forward to hearing from you as soon as possible, both to confirm your interest and to hear of any relevant work in this area being undertaken in your country/locality. Please also feel free to circulate this invitation to those who may be interested in joining.

All the best,

Robyn Vines

(President, Division 17)

James Bray

(Immediate Past President)

- **Alternative paradigms of mental health and illness:**

One of our key objectives, in developing an Integrated Care perspective and platform for psychologists working in the mental & general health care systems, is to develop alternative ways of thinking about and framing mental health dilemmas, issues and problems. As is well known, the predominant paradigm operating in western society remains **medical**. This is particularly pernicious in the area of mental health where such ways of framing clients' dilemmas may in fact be disempowering. The “**medicalization of unhappiness**” in our society is a dilemma for us all – and our role as psychologists is to provide a “complement” and/or “alternative” to these modes of thinking. Whilst there may be a welcome decrease in stigma associated with talking about mental health issues in public, we still have a long way to go in dealing with reductionist views and ways of viewing and describing mental health disorders:

- In some cases, as an **Illness**

See: <https://www.youtube.com/watch?v=RePCYh6LVZo>

(A particularly interesting account by Washington Post journalist Michael Gersin of his struggles with mental illness)

- or as a **Crime**.

See: <https://www.pbs.org/newshour/show/a-mothers-story-of-why-mental-illness-should-never-be-a-crime>

(Again, an interesting account of a family's encounter with mental illness and why it “should not be viewed as a crime” – by Jerri Clark whose group: - Mothers of the Mentally Ill (MOMI) provides useful reflections and resources)

- **IAAP WEBINAR: “Integrated Multidisciplinary Mental health Care”**

NEW IAAP WEBINAR SERIES

The Critical Role of Psychology in an Integrated Primary Care Model

Date: May 15 / May 16



WEBINAR OVERVIEW:

The cost of mental illness to society is massive – from both an economic standpoint and from its impact on individual health, wellbeing and relationships. By 2030, the largest economic health burden globally will be due to mental illness – greater than heart disease, cancer, diabetes and respiratory diseases combined.

Here's the issue: even with such a large and growing impact on overall health, mental health is typically treated outside of the primary care models that address physical health concerns so proactively and efficiently.

But that model is changing fast – and psychologists have a key role to play in working alongside family physicians and other primary care workers to integrate mental health assessments and treatments into team-based care. Both the United Nations and World Health Organization have called for the greater promotion of mental health and wellbeing, primarily through local primary care interventions.

The aim of the Webinar was for IAAP members to learn more about this emerging and exciting area of practice. Professor James Bray (Division 17 Immediate Past President) and Dr Robyn Vines (current Division President) provided an overview of primary care psychology and answered questions from the Convenor, Professor Lyn Littlefield, about the details of this work. The panel will also highlighted current developments at the UN with the IAAP “Integrated Mental Health Care Initiative.”