

Psychology's Essential - & cost effective - Role in Integrated Care

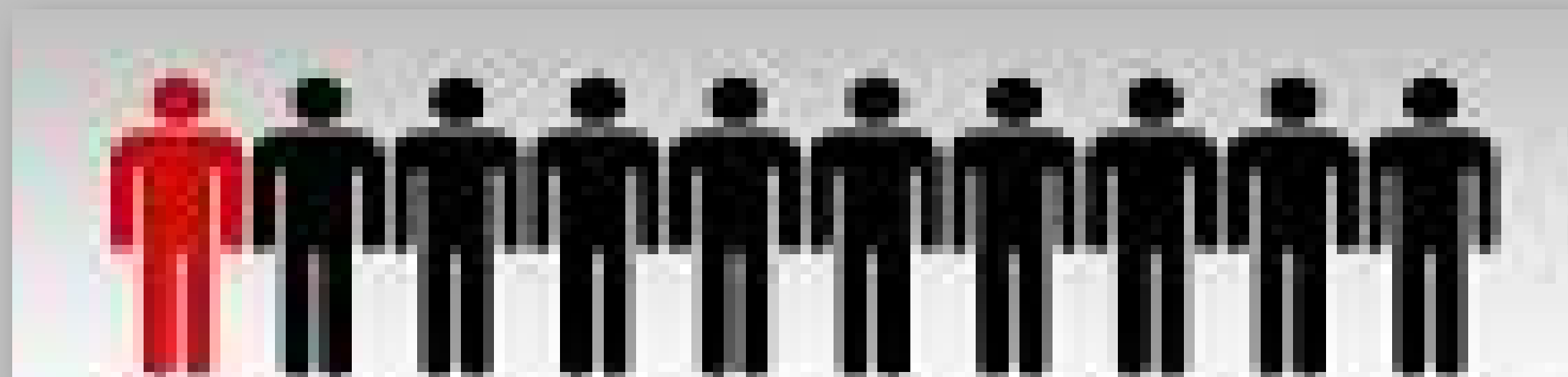
Psychologists' Association of Alberta

SUMMARY

When health care professionals address both sides of the equation, their interventions are more effective & less costly.

PAA Position Statements

- ❖ Mental & behavioural health publicly funded services must reach parity with funding for physical health publicly funded services based on the burden of disease
- ❖ All Albertans, regardless of income, should have access to psychological services



1 in 10 Albertans will have a psychological disorder in their life time - over 600, 000 people, or 20% of the population

Access if the Problem

Psychology has a role in Primary Care Clinics

Albertans with complex health & mental health needs are most likely to have the poorest social circumstances - making them least likely to be able to access a psychologist privately

- ❖ Albertans want better access to psychologists
- ❖ They have confidence in psychologists & believe in the effectiveness of psychological services
- ❖ The top 3 barriers are all about **costs**; stigma is the last

Ekos Survey (Alberta, 2011); 2012 Canadian Community Health Survey (Stats Can, 2012); Cam Wilde's AHS gap analysis (mental health & addictions, 2014); 2015 Mood Disorders Survey

Psychological & mental health problems are the leading reason for Albertans' visits to their family physician

Extensive research demonstrates that a **partnership of physician & psychologist** provides more efficient, comprehensive, & effective care

This collaboration enhances diagnosis, treatment and recovery



Psychology is Unique

Psychologists:

- focus on **wellness**
- Have the most psychological training
- Help patients develop coping strategies & healthy behaviours

Psychologists are specifically trained in:

- ❖ Determinants of healthy behaviour, thought patterns, & emotions
- ❖ Assessment procedures for maladaptive patterns, symptoms, & psych diagnosis
- ❖ Psychological interventions to both modify processes that contribute to the onset & maintenance of symptoms, & to promote the development of healthy lifestyles

Psychology Benefits Everyone

Depression & stress are the primary predictors of total health care costs.

- ❖ Research -- **primary care patients receiving stress management interventions required fewer hospitalizations & emergency room services**
- ❖ Most mental health problems go untreated - **only 32%** of those that reported symptoms consistent with mental disorders **saw a health professional**

Psychology is Essential

- ❖ **Depression is the fastest rising diagnosis made by clinic physicians** - as prevalent as heart disease & diabetes
- ❖ 41% of depressed patients only report physical symptoms to their physician - **depression often goes unrecognized & therefore untreated in primary care**
- ❖ Psychological interventions work for Chronic Health. Eg., are proven to reduce & control hypertension, but medication was used as the sole treatment in 82% of cases

CONTACT

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Areas of Medical-Psychological Collaboration

- ❖ Mood, anxiety, & thought disorders
- ❖ Pain management
- ❖ Chronic illness management
- ❖ Eating disorders
- ❖ Sexual dysfunction
- ❖ Relationships
- ❖ Insomnia
- ❖ Addictions
- ❖ Eligibility for financial support programs
- ❖ Compliance with prescription medication
- ❖ Vocational planning
- ❖ Psychoneuroimmunology
- ❖ Abuse
- ❖ Life style changes
- ❖ Disease & stress prevention
- ❖ Academic difficulties
- ❖ Anger management
- ❖ Conflict resolution
- ❖ Behavioural/conduct disorders