**Morris County Psychological Association**

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**April 11, 2018 Program – 9:30-10:30am**

**Robert E. McGrath, PhD**

**Director, Integrated Care for the Underserved of Northeastern NJ**

presents:

**Psychologists in Primary Care:**

**Where are We and Where are We Headed?**

**Meeting announcements by Current President, Mike Zito:**

-Please renew membership immediately because we are going to work on directory

-Kristina at St. Es doing Tri collegiate symposium for students to present their research topics @3-5:30 if anyone wants to come tomorrow – Annunciation Center

-Upcoming MCPA Program: 5/9 at 9am (Wyndham Hamilton Park Conference Center): ***Fostering Psychological Flexibility and Nurturing Communities Through Acceptance and Mindfulness-Based Approaches*** by Jennifer Block-Lener, PhD, Amada Aster, PsyD., and Paola Ricardo, BA.

-Susan Neigher thanked judges for their efforts as judging closed yesterday

-Jayne gave a full explanation of the CE process (must sign in and sign out) and confidentiality and introduced the speaker. The link to pay and then get CEU is: **http://psychologynj.org/morris-april** and then certificates are emailed 1-2 weeks after the link closes). **Link closes 4/18/18!**

***-Register for upcoming programs or see complete set of slides from today’s program on our website (www.mcpanj.com)***

**Attendees:** Randy Bressler, Jayne Walco, Tina Sherry, Deborah Fisch, Laura DeMarzo, Komal Dutt, Daniel Gallagher, Marc Gironda, Sarah Dougherty, Marc Gironda, Ronald Gironda, Hayley Hirschmann, Morgan Murray, Melissa Klika Mack, Susan Neigher, Francine Rosenberg, Nancy Sidhu, Aaron Welt, Joshua Zavin, Mike Zito, Deborah Fisch, Nydia Rolon, Daniel Watter, Amanda Aster, Nydia Rolon, Roman Lemega, Ilana Lev-El, Jenise Lum, Christopher Lynch, Aaron Welt, Kristina Golovina, Robert McGrath – Presenter,

**Presenter Bio:**

Dr. McGrath is a Professor of Psychology at FDU in Teaneck, NJ. He is also a Senior Scientist for the VIA institute on character; program evaluator for Thriving Learning Community, a character development program implemented in 50 middle schools around the country; and director of integrated care for the underserved of Northeastern NJ, a federally funded program that offers behavioral health services to disadvantaged populations through community health centers in northern NJ.

He also has numerous refereed publications and presentations, including 8 articles currently in press. He has also served in numerous roles in professional organizations on the state and national level, and was our very own NJPA Psychologist of the year in 2013!

**Overview of talk:**

The integrated primary care model represents a significant shift from the traditional specialty mental health model, a shift that is essential if the mental health needs of the population are to be met effectively. This presentation will outline the integrated care model and its implications for health care more generally. Integrated Care for the Underserved of Northeastern New jersey is the only program in northern New Jersey currently training clinical psychology students in integrated care. The program will be described, and efforts to build integrated care in New Jersey will be discussed.

Upon completion of this presentation, participants will be able to:

         Distinguish integrated primary care from other forms of collaboration with medical providers

         Describe the implications of integrated care for the future of health care and mental health care

         Describe how an integrated care service functions

Bullet Points from Presentation:

-we need more mental health services bc we are not meeting the needs of the masses who are suffering from mental health problems, esp. those who don’t have the resources – need to restructure the system.

-there are cultural reservations about MH services – more come if called behavioral health – destigmatizes some – not as significant as we have thought in the past

-Future of healthcare – seemed clearer when ACA was passed. Bit fuzzier more recently. Under ACA were moving towards a single-payor system but unclear what will happen now.

-Discussed ACA and where it looked like it was going with Medicare a couple of years ago

So far in NJ there are 9-10 Accountable Care Organizations – very different from fee for service care.

-Looking at it for Medicare groups in NJ as well

-Danger in this model is lumping many mental health problems and treatments together under “depression.” Really need speciality providers for specific diagnoses like eating disorders, substance abuse, OCD, PTSD…

The Better Solution:

-integration of MH services into primary care services

-brief interventions for most (visits are quick / 20-30min.) – consistent with primary care

-send to longer term care when needed

-work as part of the primary care team (NOT mental health)

-work from framework of many different interventions

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**Respectfully submitted by:**

**MCPA Secretary – Hayley Hirschmann, PhD**