



For Immediate Release
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QCHI Hosts 2nd Annual Symposium on Bridging Medical Practice with Behavioral Health

Over 80 professionals gathered this morning for the QC Hearts and Minds 2nd Annual Symposium on Bridging Medical Practice with Behavioral Health. Organized by the Quad City Health Initiative's *QC Hearts and Minds: Building Bridges* team, the event centered on providing clinicians with the knowledge and tools necessary to integrate behavioral health concepts into physician practices. The event featured presentations by Kathleen Mary Reynolds, MSW ACSW, of the National Council for Behavioral Health and Dr. William Nissen, M.D., of the Vera French Community Mental Health Center. The event was facilitated by Dr. David Deopere, Ph.D., Robert Young Center for Community Mental Health and Dr. Robert Anderson, M.D., Genesis Health Group. Genesis Health System and Trinity Regional Health System co-sponsored the event, which was scheduled to coincide with National Mental Health Month. The team also acknowledged the special event support provided by the Robert Young Center for Community Mental Health and Scott County Medical Society.

"The integration of behavioral health concepts into medical practice is an important trend since research has shown higher prevalence of behavioral health issues among people with chronic physical illness," says Dr. David Deopere, Robert Young Center. "Left untreated, mental health issues like depression can actually make physical diseases like heart disease worse. We're discovering that not only is the mind like the rest of the body but the well-being of the mind and body are linked."

"Physicians are often the first resource for families with questions about mental health issues like depression, anxiety and panic attacks," continues Dr. Robert Anderson, Pediatrician, Genesis Health Group. "Providing physician offices with models, assessments and strategies for managing behavioral health problems will help them to be more responsive to the needs of patients and facilitate connections with local behavioral health resources."

The QC Hearts and Minds: Building Bridges team was created in June 2008 by the Quad City Health Initiative to 1) Increase the community's understanding of mental health and thus reduce the stigma associated with mental health care; 2) Preserve and increase access to care for persons with mental illness; and 3) Promote mental health as integral to our overall health and well-being. The team includes representatives from 61 organizations across our community who are working to increase awareness of mental health issues.

The Quad City Health Initiative is a community partnership working to create a healthy community. A 35-member community Board that was established in 1999 oversees the organization. The Initiative seeks to be our community's recognized leader for creating collaborative action on health and abides by the core values of commitment, collaboration and creativity. Major financial support of the Quad City Health Initiative is currently provided by the generous direct and in-kind investments of Genesis Health System and Trinity Regional Health System. In 2010, additional financial support is provided by McLaughlin Family Foundation, Cardiovascular Medicine, P.C., Quad City Bank & Trust Company and St. Ambrose University. Support is also provided by QCHI Board members including the following organizations: QC Medical Societies, Community Health Care, Rock Island County Health Department, Scott County Health Department and United Way of the Quad Cities Area. For more information or to join the efforts of the Quad City Health Initiative, please call 563-421-2826 or visit our website at www.qchealthinitiative.org.

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