



For Immediate Release

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QCHI Hosts Inaugural Symposium on Bridging Medical Practice with Behavioral Health

Over 120 professionals gathered this morning for the QC Hearts and Minds Inaugural 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 Dr. Brian Kaskie, Ph.D., University of Iowa; Dr. David Deopere, Ph.D., Robert Young Center for Community Mental Health; Dr. Ghada Hamdan-Allen, M.D., Vera French Community Mental Health Center; and Dennis Duke, MA, Robert Young Center for Community Mental Health. In addition, a panel of local experts provided examples of ongoing efforts and strategies for bridging medical practice with behavioral health. 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 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 and attention deficit hyperactivity disorder (ADHD)," 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 56 organizations across our community who are working to increase awareness of mental health issues.

The Quad City Health Initiative (QCHI) is a community partnership that works to create a healthy community. The Initiative raises awareness of health issues, encourages or creates projects to address gaps in health services and fosters community collaboration in all aspects of health. Major financial sponsors of the Initiative are Trinity Regional Health System and Genesis Health System. Additional financial support is provided in 2009 by Alcoa, McLaughlin Family Foundation, Trinity Lutheran Church Endowment Fund, Orthopaedic and Rheumatology Associates, Cleveland Insurance Group and QCHI Board Members. 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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