

# Mental Health Discipline Meeting

Presented by

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# Session description

- Behavioral medicine and mental health support is an integral component of cardiopulmonary rehabilitation, but reaching our goals in this area can be difficult. Barriers include difficulty or impossibility securing in-house mental health professionals, poor local referral networks, and a lack of referred provider understanding of the unique needs of CVPR patients. In this mental health discipline meeting, we will discuss the needs that attendees encounter in their work and determine how discussions and distribution of resources between annual NCCRA meetings can help to fill these needs.

# Session Expectations

- Listen
- Start to generate ideas/solutions
- Determine how follow-up will look
- Create a way of communicating that is helpful and not annoying

# Introductions

- Me
  - Matt Whited
  - Clinical Health Psychologist
  - Licensed Psychologist
  - FSBM
- You!
  - Profession
  - Role in CVPR
  - A few things you'd like to learn regarding mental health

# The role of the discipline chair (me)

- Represent the interests of their designated professions at the annual symposium and throughout the year.
- The Discipline Chair is expected to send communications to the members in their discipline groups.
- Represent our needs and knowledge to the larger association

# Your Needs (brainstorm)

**What resources could we bring about to meet these needs?**

# How do we do it?

- Communication strategies