

**Robert Lee Sutherland Seminar XV
Hogg Foundation for Mental Health**

Lunch Session (Day 1): Putting It All In Perspective
Summary Notes

Joann Gilbert shared a video on her experience with integrated health care. She was diagnosed with diabetes in 1998; came to Project Vida in 2006 where she began receiving integrated care that addressed both her mental health and physical health issues.

Her care manager Rachel Quintanilla provided commentary following the video. Her key point was that integrated healthcare is about empowerment, not about care manager holding patient's hand all the time. There are a lot of times that care managers aren't going to be there.

Question & Answer Period

Comment:

There are many medical conditions (like pancreatic illness) that present initially with psychiatric symptoms.

Q: Valarie Garza

Can you talk about the consistency in providers that has fostered this good relationship?

A: Joann: I have to stick with one therapist. I cannot jump around to different psychiatrists, doctors, therapists. **Rachel:** In fact, her therapist was initially co-located at the Project Vida clinic, but therapist had to move back to her employer clinic. When she went back, we had to make sure that Joann could go to Family Services for her therapy visits to preserve therapist continuity.