

**Opening Remarks**  
**Integrated Health: Connecting Body and Mind**  
**Robert Lee Sutherland Seminar XV**  
**Monday, Sept. 8, 2008**  
**8:00 a.m. – 8:30 a.m.**

**Laurie Alexander**

Good morning, everyone. Welcome to the Hogg Foundation for Mental Health's 15<sup>th</sup> Robert Lee Sutherland Seminar. My name is Laurie Alexander. I'm a program officer at the foundation and project leader for our Integrated Health Care Initiative.

We have been looking forward to this event for many months now, and I am excited to see all of you here bright and early this morning.

I'd like to begin by introducing the foundation's new executive director, Dr. Octavio Martinez.

Dr. Martinez is a psychiatrist whose interests have focused on minority health and health disparities and education of medical students and residents. Prior to joining the foundation last month, he held clinical and academic positions in North Carolina at Albemarle Mental Health Center and the Brody School of Medicine and in Texas at the University of Texas Health Science Center at San Antonio. In addition to his position with the foundation, he holds an academic appointment in The University of Texas at Austin's School of Social Work.

A native Texan, Dr. Martinez has a master's degree in public health from Harvard University, a medical degree from Baylor College of Medicine, and master's and bachelor's degrees in business administration from The University of Texas at Austin.

In addition to his impressive credentials and experience, what makes Dr. Martinez such an excellent leader for the Hogg Foundation is his life-long commitment to empowering people to reach their fullest potential. Supporting diversity and eliminating disparities through education and mentoring are core values that he brings to his work at the foundation. These core values mesh well with the foundation's values and activities in service of its mission to improve the mental health of all Texans.

Please join me in welcoming the Hogg Foundation's new executive director, Dr. Octavio Martinez.

## **Octavio Martinez**

Thank you, Laurie. Good morning, everyone. I'm delighted to welcome you to this exciting conference.

The 30-year tradition of the Sutherland Seminars began in 1978 as a tribute to the Hogg Foundation's first director, Dr. Robert Lee Sutherland. Dr. Sutherland served as the foundation's director and president for over 30 years.

When he passed away in 1976, the foundation's staff and advisory council sought a suitable and memorable way to mark his legacy. What was most striking to them was Dr. Sutherland's ability to bring people together around a common cause in a way that created a catalyst for change.

So the foundation initiated the Sutherland Seminars, which are held every two years, as a way to continue his work in educating and encouraging the growth and development of others and to advance meaningful dialogue around critical issues.

The first Sutherland Seminar in 1978 focused on Jimmy Carter's President's Commission on Mental Health and how the recommendations that came out of that commission could be applied in Texas.

First Lady Rosalynn Carter gave the keynote address. The distinguished speakers also included First Lady Lady Bird Johnson, Lieutenant Governor William Hobby, and Texas State Mental Health Advisory Council Chair Helen Farabee.

Since then, the seminars have covered a variety of topics that addressed the most important mental health issues of the time. But while the topics varied, each of the seminars shared a common thread that is also a core value of the Hogg Foundation. This core value is improving access to quality mental health care for populations of color and vulnerable age groups such as children and older adults.

Improving access to quality care continues to drive the foundation's activities, including today's seminar. As the speakers you will hear from today and tomorrow will make clear, a key goal of integrated health care is improving access and decreasing disparities in mental health care.

Since starting at the foundation several weeks ago, I have immersed myself in integrated health care and familiarized myself with the foundation's Integrated Health Care Initiative. I have been struck by the timeliness of this issue and its potential to dramatically change Texans' access to quality health and behavioral health care.

I speak to you today as a strong supporter of the movement toward integrating behavioral health and general medical care in Texas and the foundation's continued efforts in this area. I look forward to the presentations and discussions that will take place over the next day and a half.

In tribute to Dr. Sutherland, we have come together this week to launch a critical dialogue on integrated health care and its promotion. There is hard work ahead. But with the excellent speakers and the diverse audience we have here, I know we will rise to the challenge. Look around you – the people who can move integrated health care forward in Texas are right here today in this very room.

With that, I will turn the floor back to Dr. Alexander. Let's get to work!

### Laurie Alexander

Before we turn to the keynote presentations, I'd like to tell you briefly about the core values that this conference is grounded in and the goals we have set out for the event.

As we were working with our extremely helpful planning and advisory committees for the conference, several core values guided the conference's development.

People who receive the services being discussed must be at the table. People who receive mental health services and integrated services have been involved in every step of the conference planning, and they are participating as speakers and moderators in the conference itself.

Ethnic and cultural diversity is central to every conversation about physical and behavioral health and service delivery. Particularly in our diverse state, this issue takes a central place. We have worked to represent the diversity of our state in the conference's sessions.

On a related note, we know that certain age groups – children, youth, and older adults -- have special issues and needs that must be considered. In the conference sessions, we have worked to represent these issues as well.

Too often when people talk about integrated health care, substance use disorders get lost. People talk about integrated health care with the assumption that mental health and substance use have already been successfully integrated into "behavioral health" and all that's left to do is to bring in physical health care. However, we know that the integration of mental health and substance use often

does not happen. We planned this conference to ensure that substance use is part of the discussion.

Where research is available, it should be taken into account. Evidence-based is a buzzword that many greet with skepticism. However, we can learn a great deal from research on integrated approaches and from the evaluation of integrated programs. This conference highlights the research and evaluation evidence behind integrated care.

Last, there is no one way to do integrated health care. Basic principles based on research and evaluation have been identified, but how they are applied has to fit the individual setting. There is no “one size fits all” here. This conference highlights a number of approaches and models.

This conference is the largest the foundation has ever hosted. The participants are also the most diverse. In the audience today, we have:

- Mental health and health care administrators
- Mental health and primary care providers
- State agency staff
- Consumers, family members, and advocates
- Academicians
- Staff from state and national foundations
- Legislative staff
- People working in substance abuse, with different age groups, in rural and urban areas of our state

These different stakeholder groups come to this conference with different perspectives, different knowledge bases, and different goals. We have worked to shape a conference that will be valuable to all these groups.

To account for the different types of knowledge and goals that people have, we created a conference agenda that will cover a lot of content at a fairly high level. The sessions will provide an overview of the major issues in integrated health care, and you will be exposed to a range of state and national programs representative of the different types of integrated approaches.

There will also be time for audience questions, especially in the concurrent sessions tomorrow. The audience question segments will be key to allow the diverse audiences we have here to focus in on the issues of particular concern to them. Please take advantage of those question-and-answer sessions. And if you don't get a chance to ask your question then, follow up with speakers between sessions or over lunch.

In designing this conference, our goals were to establish a common knowledge base about integrated health care and to stimulate discussions that will support the promotion of integrated health care in Texas. We want you to leave the conference with concrete information that you can use in your work. We expect that you will leave the conference with more questions than you came in with, but that you'll be equipped with ideas and resources for where to go to learn more.

For many of you, integrated health care is something you've been hearing about, but you haven't yet applied it to your own work. You're here to learn what all the fuss is about and to see how you can apply what others are doing to your own work.

Some of you have been working in this area for a while now, and have come to the conference to share what you've been doing and to learn from others how you can strengthen your work.

We have designed this conference with both sets of needs and goals in mind. The next day and a half will be busy. We will be covering a lot of ground, very quickly. We hope you will find the conference stimulating and rewarding.