



# Integrating Mental and Physical Care for Whole Person Health

December 5 | 9am-11am

CHI Saint Joseph Health Flaget Memorial Hospital | 4371  
New Shepherdsville Rd  
Bardstown, KY 40004

## Overview

Historically, the US healthcare system has separated physical health from mental health. This fragmentation leads to difficulty for people in navigating two separate healthcare systems. This fragmentation is exacerbated by mental health care being harder to access, more expensive, and stigmatized. Integrating mental health care into a primary care setting is an opportunity to address these challenges and support whole person health, an approach that involves considering all aspects of a person's life that influence their health and wellbeing, including biological, behavioral, social, and environmental factors.

Join the Kentuckiana Health Collaborative on December 5 from 9am-11am to discuss the opportunities our healthcare system has to prioritize integrated care and ultimately improve both physical and mental health outcomes for our community.

## Objectives

- Learn the origin and impact of fragmentation of physical and mental care
- Distinguish the components of integrated care and whole person health
- Understand the benefits of an integrated approach to physical and mental care
- Identify actionable approaches and outcomes of an integrated care model

## Agenda

- 9:00am Welcome**  
Natalie Middaugh, Director Programs and Health Strategies, Kentuckiana Health Collaborative
- 9:10am Integrating Mental and Physical Care for Whole Person Health**  
Elizabeth W McKune, Chief Operating Officer, Seven Counties Services
- 9:50am Implementation Challenges and Opportunities**  
**Moderator**  
Eric Russ, Executive Director, Kentucky Psychological Association

**Panelists**

Russelyn Cruse, Program Manager, Quality Assurance, CHI St. Joseph Health Partners

Diane Fahrbach, Sales Director, Wellbeing Solutions, Anthem Blue Cross and Blue Shield

Lori Frazier, Senior Buyer, HR Services, Health Services, and Employee Benefits

**10:50am Closing**

Jenny Goins, President and CEO, Kentuckiana Health Collaborative