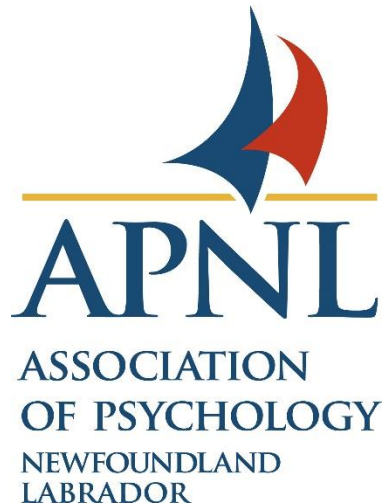


Association of Psychology in Newfoundland and Labrador

Presentation to the All Party Committee
on Mental Health & Addictions

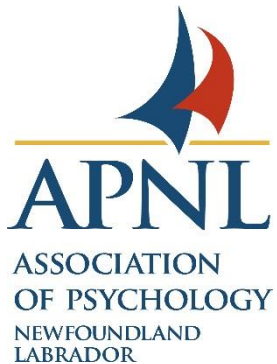
June 5, 2015



Dr. Janine Hubbard, Ph.D., R. Psych, Co-President

The Profession of Psychology

- 18,000 Registered Psychologists in Canada
- Approximately 200 in NL
- Psychologists are the largest, regulated, specialized mental health care providers in the country
- Clinical Psychologists are some of the most extensively trained clinicians in the world



Psychology Works and Is Cost Effective

- Evidence-based, well-researched interventions
- Less expensive than medication
- As effective or more effective than medication for many conditions
- Lower rates of relapse
- Every \$1 spent on Psychology services yields \$5 saved on medical costs (Romanow Commission)

Extended Health Benefits for Provincial Employees

- Federal Government recently increased coverage of psychological services to \$2000 for federal employees
- Provincial employees in NL have the lowest levels of coverage in the country (e.g. \$325 for Eastern Health)
- Early and appropriate access to private psychology services can significantly reduce costs and wait times within the public system
- Removing need for physician referral results in additional cost savings

Health Psychology Services

- Psychologists can provide effective intervention for a wide range of acute and chronic health conditions which lead to health care savings
- Adult – lack of Health Psychology services including Cancer, Diabetes, Bariatric Surgery and general admissions at the HSC
- Pediatric – lack of Health Psychology services for cardiology, asthma, elimination disorders, GI, many neurological conditions including epilepsy

Adolescents & Adults with Autism Spectrum Disorder

- Current rates of ASD are estimated at 1:66
- High risk of anxiety disorders, social isolation and under employment
- Very minimal Psychology services currently available for this population

Doctorate in Clinical Psychology (Psy.D.) at Memorial University

- Program started in 2009
- Need to ensure ongoing funding and support
- needed to address long-standing difficulties with recruitment and retention of Psychologists in NL

Psychologists Within the Education System

- National Association of School Psychologists (NASP) recommends a school psychologist to student ratio of 1:1000
- In 2011, NL had only 38 Registered Psychologists per 100,000 people
(Canada's Health Care Providers – 2011 Provincial Profiles: a Look at 27 Health Professions)

Long Term Solutions

- Public funding of Psychological Services
- Let's make access to a Psychologist a right, not a privilege!