



March 27, 2017

For Immediate Release

The Association of Psychology of Newfoundland and Labrador (APNL) and the Canadian Psychological Association (CPA) congratulate the government of Newfoundland and Labrador on the release of its all-party report on mental health and addictions. “Psychologists have long been calling for better access to evidence-based mental health services and were very pleased to learn that better access to more services was among the report’s key recommendations”, says APNL President, Dr. Janine Hubbard.

When it comes to improving access to needed care, the report recommends a stepped care approach, integrating mental health services into community and primary care. APNL joined with CPA and three other of its eastern psychological associations to develop a model by which provincial governments could do just that; integrate needed and evidence-based psychological services into primary care<sup>1</sup>.

The model is guided by mental health initiatives successfully implemented in the United Kingdom (UK) and Australia. “In those initiatives, psychological treatments are recognized as first line, publicly funded interventions for mental disorders, particularly the ones that affect people most commonly, anxiety and depression” says CPA CEO, Dr. Karen Cohen.

In Canada, psychological services, mainly delivered in communities, are not covered by provincial and territorial public health insurance plans. Canadians either pay out of pocket for services or rely on extended health insurance through employment where coverage is often too low to cover a necessary course of treatment. The recommendations in the all-party report detail the ways in which Newfoundland and Labrador can overcome this significant service gap.

The government of Newfoundland and Labrador has created great opportunity to better meet the mental health needs of its citizens. Psychologists in Newfoundland and Labrador are ready to assist government in this task.

#### **About the Association of Psychology Newfoundland and Labrador (APNL)**

The Association of Psychology in Newfoundland Labrador (APNL) was formed in 1976 and became incorporated in 1985. It is a voluntary organization dedicated to furthering the discipline and profession of psychology in this province and has approximately 175 members. To learn more, visit [www.apnl.ca](http://www.apnl.ca)

## **About the Canadian Psychological Association (CPA)**

The Canadian Psychological Association (CPA) is the national association for the science, practice and education of psychology in Canada. With over 7,000 members and affiliates, CPA is Canada's largest association for psychology. To learn more, visit [www.cpa.ca](http://www.cpa.ca).

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