



NEW JERSEY HEALTH CARE QUALITY INSTITUTE

A BI-WEEKLY LOOK AT THE BUSINESS & POLITICS OF HEALTH CARE IN NEW JERSEY



PRESIDENT & CEO, LINDA SCHWIMMER

Conference on Rebuilding Primary Care Was Just the Start

I hope you were able to join our virtual Winter Conference yesterday. The topic was *Primary Care as a Common Good – The Prescription for a Healthier and More Equitable Health Care System*. Our speakers, including keynote Dr. Shawna Hudson, spoke about the value of high-quality primary care, how that is defined, and how it is essential to building a strong and equitable health care system. Dr. Hudson shared her research and experience on the National Academies of Sciences, Engineering, Medicine (NASEM) primary care work group and its recent report, “[Implementing High-Quality Primary Care.](#)” The report calls out the increased need for primary care as we try to emerge from the COVID-19 pandemic. It urges that primary care should be a common good, where everyone and every family has regular access to a trusted source of primary care in their community. The report, as discussed by Dr. Hudson, not only sounds the alarm, but sets forth an implementation plan for what we can do as a state and country. The report provides examples of others who have created strong models and systems of primary care. These ideas range from technology innovations to better communication and coordination, to increased investment in primary care, especially in underserved communities.

Our member expert panelists, including one of our board members, Dr. Mary Campagnolo, shared how they are innovating in practicing or supporting high quality primary care. They shared some details about their models as well as the need for public and private sectors to ensure greater access, increase reimbursements, update training for team-based care, and improve health

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TAKE FIVE INTERVIEW

Interviews with members, influencers, and noteworthy people

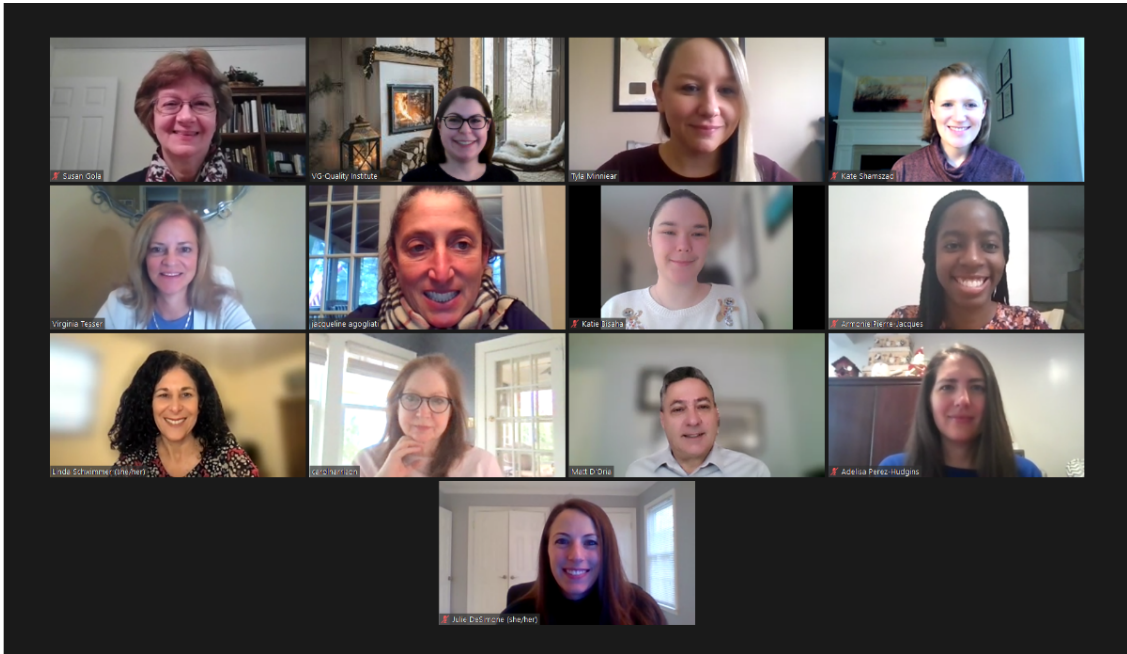
Daniel Klim is Executive Director of the [American Physical Therapy Association of New Jersey](#), a member of the Quality Institute. The professional organization recently launched a mental health support program for its members. We discuss this timely and critical topic in today's Take Five.

Interview Sneak Peek: *You also began a first of-its-kind program with [Legacy Treatment Services](#), a member of the Quality Institute, to provide mental health and substance use disorder treatment services to your members. Can you tell us about that initiative?*

This started when we shared stories from two patients who told their physical therapy experiences after being on ventilators for several weeks. Afterward, many of our physical therapy professionals responded by just breaking down from everything they had seen and heard while caring for their patients with COVID. Over the summer, we created a program with Legacy Treatment Services, which is one of the largest behavioral health organizations in New Jersey. The program has three goals. First, it provides a dedicated hotline, manned 24/7 by a licensed health care professional. If our members are feeling stressed, burned out, experiencing alcohol or drug dependency, they can connect with a licensed professional who will provide mental health treatment services.

Second, we found many physical therapy professionals experienced COVID-19 and were suffering from long COVID. Legacy created a support group so physical therapists could share their experiences. And finally, as an association, we are working with Legacy and other like-minded organizations to advocate for integrated physical and mental health services. The two go together. Why are we treating them as two separate issues? We know that mental health commonly manifests into physical pain. Integrated care will lead to better care for patients. We also encourage groups to join us and the Quality Institute in calling for eliminating regulatory and payment barriers to integrated care.

[Read Full Interview](#)



Enjoy your holidays making some of our staff favorite recipes. We hope that these delicious sweet and savory recipes will help you and your loved ones get into the holiday spirit!

NEW MEMBER



Legacy Treatment Services

Legacy Treatment Services is a vibrant nonprofit behavioral health organization with services throughout New Jersey that is dedicated to providing a comprehensive array of behavioral health, mental health, intellectual/developmental and addiction services to meet challenges for individuals of all ages. Legacy's mission of supporting individuals from surviving to thriving is the cornerstone for providing state-of-the-art services and best practices in multiple levels of care.



For information on how to join, please contact Virginia Tesser at vtesser@njhcqi.org.

To learn more about our current initiatives, please visit our website at www.njhcqi.org.

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Our mailing address is:

New Jersey Health Care Quality Institute
P.O. Box 2246, Princeton, New Jersey 08543

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