

Roger G. Kathol, M.D., C.P.E.

Integrated General Medical and Behavioral Health Care Strategist and Consultant

Roger G. Kathol, President of *Cartesian Solutions, Inc.*TM, is an innovative Certified Physician Executive with 30 years experience in the integration of general medical and behavioral health care. He has expertise in the development and operation of cross-disciplinary programs and services for clinics and hospitals; health plans; software vendors; case, disease, and disability management organizations; employee assistance programs; and employers. Through his company, he assists leadership in each of these areas of the health system in different ways:

- *Hospitals and clinics*—designs and upgrades inpatient and outpatient integrated clinical programs
- *General medical health plans and third party administrators*—assists with insourcing carved-out behavioral health and then with the integration of general medical and behavioral health service support and business practices
- *Care management software vendors*—creates integrated software solutions which respond to industry demands for coordinated behavioral health and general medical assessments, communications, and report generation
- *Case, disease, and disability management and employee assistance programs*--institutes measures which facilitate communication and coordination of general medical and behavioral health services within and among service providers, i.e. breaks down silos
- *Employers*—redesigns contract benefit language and audits health plan and vendor care management for practices which improve clinical outcomes, increase employee productivity, lower health care costs, and allow the measurement of change results

Dr. Kathol served on the *Agency for Healthcare Policy and Research Depression Guidelines Panel* and was Chairman of the *Joint Commission for the Accreditation of Healthcare Organizations Taskforce on Depression Indicators*. He has been President of the *American Academy of Clinical Psychiatry* and the *Academy of Psychosomatic Medicine* and was the Founding President of the *Association of Medicine and Psychiatry*. He has been named among the “Best Doctors in America” by Woodward/White, Inc. and the “Outstanding Scientists of the 20th Century” by the International Biography Centre, Cambridge, UK.

With board certification in Internal Medicine, Psychiatry, and Medical Management, Dr. Kathol has developed a unique systems-focused perspective on the integration of general medical and behavioral health, which has always been at the center of his professional activity. Since leaving the University of Iowa after 22 years of patient care, he has worked to integrate general medical and behavioral health business practices as Medical Director at Blue Cross Blue Shield of Minnesota and has completed over 75 integrated care consultations as President of *Cartesian Solutions, Inc.*TM. Recent consultations include: the University of Groningen (Netherlands), the Minnesota State Health Plan (MN), Blue Cross Blue Shield of Massachusetts, McKesson (MA), 3M Corporation (MN), Matria Healthcare, Inc. (GA), and Health Integrated (FL).

Dr. Kathol graduated from the University of Kansas School of Medicine. He completed internship in internal medicine at Good Samaritan Hospital in Phoenix, Arizona, residencies in psychiatry and internal medicine at the University of Iowa in Iowa City, Iowa, and a year of endocrinology fellowship in Wellington, New Zealand. He is currently Adjunct Professor of internal medicine and psychiatry at the University of Minnesota. He has published over 135 peer reviewed articles and 25 book chapters and has given hundreds of presentations on integrated care and related topics nationally and internationally.

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