



Dr. Corey Keyes

Protective Factors for Physical and Mental Illnesses: The Evidence Points to Mental Health Promotion

Mental and Physical Illnesses continue to have a significant financial impact on our country despite attempts to reduce costs. Dr. Keyes has discovered through his research that shifting the focus from illness to prevention has a profound impact on illness and costs to the health care system. His research demonstrates that preventative mental health strategies protect people from mental illness, cardiovascular disease and all cause mortality. He will describe for participants a philosophy that can be adopted within the Primary Care environment and challenge participants to conceptualize how they can be most effective in their role and approach to health care.

In his stimulating presentation, Dr. Keyes will present his findings on how the integration of behavioural and social sciences contributes to both longevity and quality of life years. He will invite participants to think about when and what interventions will provide the most effective contributions to health improvement in the community. He will also identify how various groups at all levels are adopting this model and leaders are exploring how these findings can be effectively incorporated into our system and working models.

Dr. Keyes is a professor at Emory University in Atlanta Georgia. He is known nationally and internationally for his work and offers active consultation to government officials and policymakers, and he is widely published. Dr. Keyes is a highly respected in the areas of mental health, aging, and social psychology. Due to the significant amount of mental health in primary care, the connection between physical and mental health, and the primary care focus in preventative care, Dr. Keyes' research will be critical and relevant in the work we do to 'keep one step ahead'.