

Robert Cabaj, MD—Candidate for APA Minority/Underrepresented Trustee

Bio Sketch:

A Distinguished Life Fellow of the American Psychiatric Association, I have worked most of my career in the Public Sector, currently fourteen years as the Medical Director of the San Mateo County Behavioral Health Services (Mental Health and Addictions) in California (which include a free-standing Psychiatry Residency Training Program where I supervise the Training Director), and was the Behavioral Health Director in San Francisco, CA, for over eight years. I graduated from Harvard Medical School and did my Psychiatric Residency Training at Harvard-affiliated Cambridge Hospital in Cambridge, MA.

For the APA, I have served in many capacities, most notably the Chair of the Council on Advocacy and Government relations for six years, Chair of the Committee on Minority and Underrepresented Groups, Member of the Minority Fellowship Selection Committee, Chair of the Committee on Gay, Lesbian, and Bisexual Issues, and APA Assembly Representative from the Northern California Psychiatric Society.

Vision:

I have dedicated my career to expanding access to care and provision of the highest quality treatment for all populations with mental health and substance use disorders. My many years in APA governance provide me with the ability to be a strong and dedicated Trustee.

Minority health concerns and health inequities are issues I work on daily. I hire and supervise our psychiatric staff, having the privilege to work with, and promote, many Indo-American and Indian Psychiatrists over the years and have advocated for the use of visas to hire throughout California. Our Residency Training Program graduates many Indo-American and Indian psychiatrists and I have learned much about the cultural and religious issues facing both colleagues and our patients from such backgrounds.

I support the APA advocating for fully integrated care—mental health and physical health needs, and substance use issues, for all patients. I will continue advocating for full and easy access to care with full parity for all who need services—including cultural and ethnic minorities, sexual minorities, and the socioeconomically challenged.

All psychiatrists, no matter what their treatment settings may be, should be able to provide the highest quality care with the proper resources, training, education, and advocacy for legislative changes to achieve these goals.