IN THIS EDITION:

Message from the Chair

Psychiatry In the News

New Faculty and Staff

Honors and Awards

Clinical Programs

Research

Education

Program Operations

Events and Opportunities

Communications

General Resources



PSYCHIATRY & BEHAVIORAL SCIENCES NEWSLETTER

December 2014

MESSAGE FROM THE CHAIR:

❖ Jürgen Unützer, MD, MPH, MA: Welcome to the 2nd Edition of the newsletter

PSYCHIATRY IN THE NEWS:

- Can Physical Activity Trackers Help Psychiatrists in Their Practice? Amy Bauer, MD and Joseph Cerimele, MD, MPH
- Treating Depression Before It Becomes Postpartum Wayne Katon, MD
- Which Flavor of Integrated Care? Jürgen Unützer, MD, MPH, MA
- Feeling Blue? Play This Game With Socks The Fox Samantha Artherholt, PhD
- A good therapist is hard to find but UW's Collaborative Care hopes to help Anna Ratzliff, MD, PhD
- For rural veterans with PTSD, telemedicine could bring hope John Fortney, PhD
- Civilian mental health providers don't 'get' the military John Fortney, PhD
- For rural veterans with PTSD, telemedicine may help John Fortney, PhD
- Real-World Research: Cell Phones and Patient Care Amy Bauer, MD

NEW FACULTY AND STAFF:

- Patricia Areán, PhD Professor, Director of Innovative Behavioral Health Interventions
- Katherine Palm-Cruz, MD Acting Assistant Professor
- Lindsay Bell Assistant to the Director

HONORS AND AWARDS:

- ❖ Jürgen Unützer, MD, MPH, MA to serve on National Advisory Council for the Center for Mental Health Services
- UW Medicine's Behavioral Health Integration Program receives APA Award
- Joan Romano, PhD receives 2014 Award for Excellence in Psychology Training
- Paul Phillips, PhD honored with the Waletzky Award
- Jesse R. Fann, MD, MPH, FAPM receives the Academy of Psychosomatic Medicine Research Award
- ❖ Harborview receives the Washington State Awards in Mental Health

CLINICAL PROGRAMS:

- Mark Snowden, MD, MPH selected as the Vice Chair for Clinical Affairs
- ❖ Joel Mitchell, PhD, EdS Appointed VA Associate Chief of Staff for Mental Health
- Ryan Kimmel, MD Appointed UWMC Medical Director, Hospital Psychiatry
- Center of Excellence in Maternal and Child Mental Health
- Harborview's Clinical Strengths Acknowledged in Re-Accreditation Process

RESEARCH:

- Call for Journal Articles
- David Atkins, PhD Receives K02 Award
- Statistical Consulting Services
- New Study Published? Let Us Know!

EDUCATION:

- Anna Ratzliff, MD, PhD wins Outstanding Junior Clinician Teacher Faculty Award
- UW Residents and Fellows Vote for Unionization
- New Milestone Requirements

PROGRAM OPERATIONS:

- UW Carelink
- Need Help with an Administrative Issue?
- Personal Use of University Resources
- Development of an Online Payroll Change Form

EVENTS AND OPPORTUNTITIES:

- Department Helps Provide Mental Health Screening at Free Clinic
- Winter 2015 Faculty Development Programs

COMMUNICATIONS:

- Alumni Survey
- Have a news story or newsletter feature?
- Call for Photos!

Welcome to the 2nd edition of our department newsletter! We had a great response to our initial newsletter in October and I will use this letter to provide department updates every month from now on.

After a little more than nine months in my new role, I have developed a full appreciation of the outstanding breadth, depth, and reach of our work. From state-of-the art basic neurosciences research to improving school-based health care in places as far away as Malawi, Africa, our faculty are doing a superb job to help realize our mission: to improve the health of the public through (1) clinical work and consultation, providing the best mental health care we can offer today, (2) research that will help us develop better treatments for tomorrow, and (3) training and workforce development, inspiring and preparing the next generation of psychiatrists, psychologists, and other mental health professionals who



Jürgen Unützer, MD, MPH, MA
Professor and Chair

will make sure that mental health care becomes an integral part of overall health care.

I recently had an opportunity to give an update about our department to UW Medicine leadership, department chairs, and alumni, and it makes me proud to reflect on our strengths and accomplishments. I started my presentation pointing to UW research recently published in the *Lancet* by Dr. Christopher Murray, the director of UW's Institute for Health Metrics and Evaluation, showing that nearly 25% of all disability worldwide is caused by mental health and substance use problems. Depression alone causes three times more disability than diabetes, 10 times more disability than heart disease, and 40 times more disability than cancer. Every 15 minutes, someone living in the United States ends their life by suicide. No family is spared the pain and suffering that comes with mental health and substance use disorders, but only two of 10 Americans will get help from a psychologist or psychiatrist in any given year. Our department is a national leader in developing new models of care that leverage the skills of existing psychiatrists and psychologists to reach more people in need in Seattle, the WWAMI region, and ultimately around the world. We use creative partnerships with school-based health centers, primary care providers, and technologies such as tele-psychiatry to improve our reach and to help realize the promise that better mental health care can achieve the triple aim of health care reform: better access to care, better health, and lower health care costs.

Over the past few months, we have started to make strategic investments in recruiting new faculty to lead new research and clinical programs in Rural Mental Health and Telehealth Care, Innovative Behavioral Health Interventions, Mental Health and Technology, and Maternal and Child Mental Health Care. We have also strengthened our existing clinical programs by appointing Mark Snowden as our new Vice Chair for Clinical Affairs. Over the coming year, we will continue to develop these new research and clinical programs. We will also work to strengthen our clinician teacher track and develop new opportunities for clinical faculty who will help us improve our expertise in specific clinical areas.

This month, we are revealing a new <u>department website</u> that will help us better communicate with each other, with our colleagues and trainees, and with the rest of the world about the amazing work we do. We are also initiating a new set of 'faculty profiles' that will allow each of you to share your clinical, teaching, and research interests with your colleagues, with our trainees, and with others who are interested in the work of our department. We are starting these profiles with our paid faculty members but we plan to extend the profiles to department staff and to our courtesy and affiliate faculty members

over the coming year.

Happy Holidays and all the best for the New Year!

Jürgen

PSYCHIATRY IN THE NEWS

<u>Can Physical Activity Trackers Help Psychiatrists in Their Practice?</u> – Amy Bauer, MD and Joseph Cerimele, MD, MPH, *Psychiatry Advisor*, October 8, 2014

<u>Treating Depression Before It Becomes Postpartum</u> – Wayne Katon, MD, *The New York Times*, October 16, 2014

Which Flavor of Integrated Care? - Jürgen Unützer, MD, MPH, MA, Psychiatric News, October 17, 2014

<u>Feeling Blue? Play This Game With Socks The Fox</u> – Samantha Artherholt, PhD, KUOW: Radke in the Morning, October 21, 2014

A good therapist is hard to find but UW's Collaborative Care hopes to help – Anna Ratzliff, MD, PhD, Puget Sound Business Journal, October 22, 2014

<u>For rural veterans with PTSD, telemedicine could bring hope</u> – John Fortney, PhD, Puget Sound Business Journal, November 20, 2014

<u>Civilian mental health providers don't 'get' the military</u> – John Fortney, PhD, Military Times, November 21, 2014

For rural veterans with PTSD, telemedicine may help - John Fortney, PhD, Reuters, November 24, 2014

Real-World Research: Cell Phones and Patient Care – Amy Bauer, MD, UW Medicine magazine, Fall 2014

NEW FACULTY AND STAFF

Patricia Areán, PhD – Professor, Director of Innovative Behavioral Health Interventions

After a national recruitment for a senior psychologist to lead a new Departmental Research Program on Innovative Behavioral Health Interventions, Patricia (Pat) Areán has accepted an offer to fill this position and to join the Psychiatry and Behavioral Science faculty.

As those of you who attended her Grand Rounds presentation in October know, Pat is a tremendously successful and innovative researcher whose work integrates multiple domains in the pursuit of



developing psychosocial treatments that are more robust and easier to disseminate in diverse health care settings. Pat is an expert in problem-solving therapy (PST), and her 30 years of experience working to refine and disseminate PST has led to a simpler, modularized approach that incorporates insights from basic neuroscience and several other disciplines that are currently being examined in an NIMH-funded R01.

Pat's work also has a strong technology focus, researching how video game style apps can serve as simple and effective tools for cognitive retraining for older adults with depression and cognitive impairment. She's also examining how web-based approaches and apps can be used for rapid data collection and assessment in psychosocial intervention development.

Pat has extensive experience with NIMH-funded research and currently serves on the NIMH Council, which will help us gain a critical perspective on the changing landscape of NIMH funding. Her successful research has demonstrated how NIMH's focus on Research Domain Criteria (RDoC) can be effectively integrated into behavioral treatment research.

Pat also has a strong history of mentoring successful mental health researchers at UCSF and several other major academic institutions. She comes to us from the UCSF Psychiatry Department where she has led a successful career in mental health services research, treatment development for older adults with depression and cognitive impairment, and health disparities for over 20 years. Her official start date at UW will be in April 2015, but I anticipate she will be in Seattle for visits prior to then.

We are excited to welcome Dr. Areán to the department and we look forward to working with her as a colleague for our senior investigators and a superb mentor to junior and mid-career faculty who are interested in developing, studying, and disseminating targeted psychosocial interventions. Please extend a warm welcome to Pat and her family as she joins PBSCI.

Katherine Palm-Cruz, MD - Acting Assistant Professor

We are happy to welcome Katherine Palm-Cruz, MD to the Department faculty. Katherine was appointed Assistant Professor on November 1 after completing residency with us in October. She will provide psychiatric medical care for patients at the SCCA, UW Neighborhood clinics, and consultation on the UWMC inpatient unit. In her free time she enjoys spending time with her family.



We are pleased to welcome Lindsay Bell to her new position as Assistant to the Director in our Department effective November 10. In this role, Lindsay will support the Department Director, John O'Laughlen and the Office of the Chair. Please feel free to contact Lindsay at lebell@uw.edu or 206-685-7332.

HAVE A REFERRAL? If you know someone who would be a good candidate for one of our <u>open faculty</u> <u>department positions</u> please refer them to the Assistant to the Chair, Molly Jones, <u>mojo@uw.edu</u>.

HONORS AND AWARDS

Jürgen Unützer, MD, MPH, MA to serve on National Advisory Council for the Center for Mental Health Services



Jürgen Unützer has accepted an invitation to serve a three-year term on the National Advisory Council for the Center for Mental Health Services (CMHS), a branch of the Substance Abuse and Mental Health Administration (SAMHSA). The primary responsibility of the CMHS National Advisory Council is to advise, consult with, and make recommendations concerning programmatic and policy matters for the integration of behavioral health into the current structure of primary care.

UW Medicine's Behavioral Health Integration Program receives APA Award



UW Medicine's Behavioral Health Integration Program (BHIP) received a Certificate of Special Achievement in recognition of its innovation and quality from the American Psychiatric Association's Psychiatric Services Achievement Awards. BHIP is in place at all nine of UW Medicine's Neighborhood Clinics as well as at Harborview Medical Center and UWMC. The program provides mental health care for chronic conditions like depression and anxiety at the clinics by using Collaborative Care, an integrated care model developed at the University of Washington.

Joan Romano, PhD receives 2014 Award for Excellence in Psychology Training

Joan Romano has received the 2014 Award for Excellence in Psychology Training from the Association of Psychology Postdoctoral and Internship Centers, the national organization for postdoctoral and internship training, for her service as the Training Director of the Psychology Internship Program in the department.

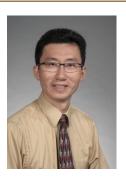


Paul Phillips, PhD honored with the Waletzky Award



The Society for Neuroscience (SfN) presented Paul Phillips with the prestigious Jacob P. Waletzky Award. Established in 2003 and supported by the Waletzky family, the \$25,000 award is given to a scientist who has conducted research or plans to conduct research in the area of substance abuse and the brain and nervous system. The prize was presented at Neuroscience 2014, SfN's annual meeting and the world's largest source of emerging news about brain science and health. Press release

Jesse R. Fann, MD, MPH, FAPM receives the Academy of Psychosomatic Medicine Research Award



The APM Research Award honors an individual currently studying psychopathology in the medically ill and is intended to recognize exceptional research and clinical work in the field. Jesse Fann, an expert in treating psychological and behavioral problems following traumatic brain injury and spinal cord injury, accepted the award at the Academy's fall scientific meeting in Ft. Lauderdale, Florida in November. His Research Award Lecture described the evolution of research into the epidemiology, assessment, patient preferences, treatment, and health service delivery of persons with depression following TBI Traumatic Brain Injury (TBI)and Spinal Cord Injury (SCI) and made the case for future research directions and greater involvement of Psychosomatic Medicine in TBI and SCI.

Harborview receives the Washington State Awards in Mental Health

Harborview Medical Center received recognition for its outstanding contributions to promoting mental wellness in the state at the First Annual Washington State Awards in Mental Health hosted by <u>The Circle of Friends for Mental Health</u>. Harborview's program on building mental health through art was a focus of the award.

CLINICAL PROGRAMS

Leadership Changes

Mark Snowden, MD, MPH selected as the Vice Chair for Clinical Affairs



In an effort to help coordinate our clinical programs across the expanding UW Medicine landscape, Mark Snowden has been chosen to act as our new Vice Chair for Clinical Affairs. Mark trained here at UW and began his faculty role as the medical director of the Harborview geriatric psychiatry service. In 2008, he became director of the HMC Community Mental Health Center and since 2011, he has served as Chief of Psychiatry at HMC. In this role, he has developed a robust QI program that includes national measures of quality and outcomes and serves as a superb example for other clinical programs. Mark has also participated in our department-wide Behavioral Health Strategic Planning process and is very familiar with our department's clinical and teaching programs.

Mark is a highly experienced clinician, teacher and researcher and a talented and dedicated clinical administrator. In this new role, Mark will work closely with Jürgen Unützer, the UW Behavioral Health Strategic Planning committee, the department's Executive Council, and the Service Chiefs at each of our UW Medicine sites to provide strategic planning and direction for our clinical programs across UW Medicine.

Mark will continue to serve as Psychiatry Service Chief at HMC. Over the next few months, Mark will help identify faculty who can help assume some of his current departmental roles in Compliance and Quality Improvement.

Joel Mitchell, PhD, EdS Appointed VA Associate Chief of Staff for Mental Health



After a national search, the VA Puget Sound Health Care System recently appointed Joel C. Mitchell as the new Associate Chief of Staff, Mental Health Service of the VA Puget Sound Health Care System. In this role, Joel will be responsible for the administrative and clinical operations of this large and complex Service Line with over 420 staff providing care to nearly 35,000 Veterans across a quarter of a million encounters each year.

Joel received his MA and PhD in Clinical Psychology, followed by postgraduate training in Military Psychology (Department of Defense); Behavioral Health Leadership (Department of Veterans Affairs); and Leadership and Healthcare Management (Cornell University). Joel is a Diplomate of the American Board of Professional Psychology, and Fellow of the American Academy of Clinical Psychology. In addition, Joel is a candidate for board

certification in Healthcare Administration with the American College of Healthcare Executives. Joel trained at the VA Puget Sound Healthcare System, returning in 2008 after working with the Department of Defense providing pre- and post-deployment healthcare to Service Members in the Western Regional Army Medical Command. Joel has been widely recognized for his clinical and leadership contributions, receiving awards for Outstanding Service in Behavioral Health (Madigan Healthcare System); Commander's Commendation for Excellence (Joint Base Lewis-McChord); VA Secretary Commendation for Excellence in Service and Leadership; Joint Chiefs of Staff Commendation for Excellence in Leadership; Outstanding Administrator (American Psychological Association); and Leadership Award (Department of Veterans Affairs).

Joel is working closely with Dr. William Campbell, Chief of Staff at the VA and Dr. Unützer to develop a plan for strengthening the academic mission of the VA and enhancing the collaboration with the Department of Psychiatry and Behavioral Sciences. We are partnering in the recruitment of Senior Mental Health Leadership staff to include the Chief, Psychiatry Service; Chief, Psychology Service; and Deputy Associate Chief of Staff, Mental Health Service. These senior physician and psychology scholars will be primarily responsible for the growth and development of the VA's research and training missions in the Mental Health Service, and extending the Service Line's wide-reaching impact at local, regional, and national levels. Empowering these accomplished scholar-leaders to be successful in their respective roles is a central focus of the Service Line's Strategic Plan in Fiscal Year 2015.

Ryan Kimmel, MD Appointed UWMC Medical Director, Hospital Psychiatry



Ryan Kimmel has been selected to serve in a new role as Medical Director of Hospital Psychiatry, providing medical leadership for both the Consultation-Liaison Service and the Inpatient Psychiatry program at UW Medical Center. Ryan is an experienced clinician leader who is currently enrolled in the first cohort of leadership trainees in a UW Medicine sponsored program on Health Care Quality and Safety. In addition to this new role, Ryan will also work with Mark Snowden to help oversee compliance activities for our department's activities at UW Medicine facilities.

Center of Excellence in Maternal and Child Mental Health

The department is actively building a new **Center of Excellence in Maternal and Child Mental Health** that will advance our expertise in improving the health of mothers and their children, incorporate effective use of technology, and forge relationships with local and global partners. A symposium held in October launched this new program, bringing together local, national and international experts to

exchange experiences and identify the most promising opportunities for making a difference. The Center will support:

- Clinical care for high risk moms and their children in King County and beyond.
- Training and workforce development for health care providers caring for mothers and their children.
- Implementation of Collaborative Care programs for high risk mothers.
- Ongoing innovation in programs that use the latest knowledge in cognitive neuroscience, health
 care systems and technology to empower and support mothers and help their children achieve their
 full potential.

Partners in this new effort include the UW Department of Global Health, the London School of Hygiene and Tropical Medicine, and collaborators in several low and middle income countries. One of our current R4 residents, **Amritha Bhat, MBBS, MD** will join the department as an Acting Instructor and postdoctoral fellow affiliated with the new Center when she graduates in July, 2015. Amritha is working with Deb Cowley, MD to establish a perinatal psychiatry clinic at the UWMC and is offering consultation for mothers of babies in the UWMC Neonatal Intensive Care Unit. We will feature the work of other faculty members affiliated with this new program in future newsletters.

Harborview's Clinical Strengths Acknowledged in Re-Accreditation Process

Harborview's inpatient psychiatry service underwent its three year CARF (Commission on Accreditation of Rehabilitation Facilities) survey November 5th through 7th. The Psychiatry Surveyor specifically applauded several aspects of the program, starting with recognition of the excellent medical care patients are being provided. They applauded the interdisciplinary team approach and they called out nursing, OT, PT, social work, recreational therapy and our physician's assistant, and commented that they saw the mission statement "being lived out in the day-to-day care provided." The Surveyor was impressed by the Wellness Recovery Action Plan (WRAP) process meetings she observed and commented that it was very clear patients were being provided "tools for managing their conditions and recovery." She acknowledged the excellent work done over the last year to reduce hours of restraint and seclusion and had a good understanding of the challenges our patient population presents in this area. Lastly, she was very impressed with the observed effectiveness of the Peer Bridgers working on the inpatient unit!

We are awaiting the final determination on the re-accreditation period and like all surveys, there were recommendations and comments on things we can improve, but these were far outweighed by the strengths and positives they saw. Congratulations to the care providers and administrative team that made the survey a success!

RESEARCH

Call for Journal Articles

Dianne Lattemann, PhD, is beginning a term as Associate Editor of the Journal of Clinical Endocrinology and Metabolism in the topic area of obesity/neuroscience/behavior. She encourages her clinical colleagues in the department to consider submitting papers (epidemiology and clinical trials are okay) to

the journal as she would like to bring this aspect of the journal's published papers more into the modern realm. Studies linking mental illness and metabolic illness – diabetes and obesity for example – and studies with brain imaging and behavior are welcomed. They must be clinical; animal-based research is automatically triaged. Email Diane Lattemann, latte@uw.edu, for more information.

David Atkins, PhD Receives K02 Award

David Atkins will begin an Independent Scientist Award (KO2) in April, 2015 to further develop his abilities in leading an interdisciplinary research team intent on developing rapid, high-quality Motivational Intervention (MI) feedback in large healthcare systems. Skilled in both clinical psychology and methodology, David is in the unique position of being able to bridge these two disciplines, deepen and expand collaborations within engineering and computer science, and develop expertise in specific emerging technologies related to the analysis of linguistic data. The vision of the team is to develop a clinical support software tool that records a MI session and provides immediate, post-session feedback to the counselor including the therapist's fidelity to MI during the session and how the session compares to others with this client and standardized norms of therapist proficiency. The tool could also be used to assess the quality of services clinic-wide, identify counselors or high-risk clients that might need additional supervision, and study the mechanisms of behavior change in MI by using the actual words, tone, and paralinguistic features of the session in combination with fidelity and patient outcome data. Dr. Atkins received a perfect score on his KO2 application – congratulations!

Statistical Consulting Services

The Center for Statistics and the Social Sciences offers Statistical Consulting Services. Available services include: assistance with study planning and design, review of the analysis section of proposals and reports, advice on data visualization and presentation, assistance with the choice and application of statistical methods, and development of specialized statistical methods. To set up an appointment, please email a description of your research question to: csss-consult@stat.washington.edu. For more information visit the csss-consult@stat.washington.edu.

New Study Published? Let Us Know!

We'd like to start sharing publication news from our faculty, so if you recently got published please send us the citation information and we'll include it in the newsletter.

EDUCATION

Anna Ratzliff, MD, PhD wins Outstanding Junior Clinician Teacher Faculty Award



Each year, our department gives an award to an outstanding clinician teacher faculty member at the Instructor or Assistant Professor level, based on excellence in teaching and supervision, scholarship, educational leadership, local and national recognition as an educator, and excellence as a clinical role model. Anna Ratzliff is the 2014 recipient of this award which will be presented at Graduation in June, 2015.

UW Residents and Fellows Vote for Unionization

In September, the UW residents and fellows in ACGME-accredited subspecialty fellowship programs across all specialties voted to have the UW Housestaff Association (UWHA) represent them as a collective bargaining unit. This will affect our psychiatry residency and our addiction, child and adolescent, geriatric psychiatry, and psychosomatic medicine fellowship programs. Academic issues, curriculum, and the clinical learning environment will be relatively unaffected by the formation of the UWHA Union. The scope of union activity includes wages, hours, and working conditions such as education/interview days off, educational funds, travel funds, books, access to sleep rooms, meals, parking, and child care. Currently, the University and UWHA Union are preparing to enter negotiations over an official collective bargaining agreement. The time it takes to negotiate a collective bargaining agreement varies greatly, and could range from months to years. For now, wages, hours, and working conditions are unchanged.

New Milestone Requirements

The Accreditation Council for Graduate Medical Education (ACGME) now requires that each specialty define key milestones, or knowledge, skills, and attitudes/behaviors that residents and fellows should master as they progress through training. Each trainee must be assessed regarding progress on milestones each six months. The Psychiatry Milestones went into effect July 1, 2014 and subspecialty milestones (for addiction, child and adolescent, geriatric psychiatry and psychosomatic medicine) will go into effect July 1, 2015. Our department has been actively involved in the development of milestones at the national level. Deborah Cowley, MD and Alik Widge, MD, PhD (national resident representative) were members of the Psychiatry Milestones Working Group, Christopher Varley, MD is on the Advisory Group overseeing development of all subspecialty milestones, and Andrew Saxon, MD is on the Addiction Psychiatry Milestones Working Group. In our psychiatry residency program, the Clinical Competency Committee charged with assessing milestones progress for each resident is chaired by Suzanne Murray, MD and includes Carolyn Brenner, MD; Deborah Cowley, MD; Carmen Croicu, MD; Rebecca Engelberg, MD; Ray Hsiao, MD; Jesse Markman, MD, MBA; Marcella Pascualy, MD; Jagoda Pasic, MD, PhD; and Jennifer Piel, MD, JD. Our new, milestones-based evaluation forms were introduced at the spring 2014 faculty teaching retreat and will be reviewed in next spring's retreat. The hope is that milestones will help in giving more specific feedback to trainees and identifying areas for improvement earlier.

PROGRAM OPERATIONS

UW Carelink

The Holiday Season is upon us. This time of year fills us all with a variety of emotions – joy, cheer, gratitude, and often, stress! UW Carelink offers an array of support for all UW benefits-eligible employees. Please visit the <u>Carelink</u> site.

Need Help with an Administrative Issue?

The Administrative Services Team is here to support you. If you have questions about payroll, human resources, pre- or post- award, IT, or any general administrative question please visit the <u>department</u>

website.

Personal Use of University Resources

The Dean of the School of Medicine (SoM) annually reminds the SoM community about acceptable use of University Resources. Please read the <u>2014 announcement</u>.

Development of an Online Payroll Change Form

As a part of our on-going process improvement work, the Administrative Service Team (AST) for the Department of Psychiatry and Behavioral Sciences has developed an online Payroll Change Form. This form is designed to provide the many administrative staff who support payroll processing throughout the Department with a more streamlined and transparent tool to support this important work. This form provides the benefit of accurate, timely, reliable budget distribution changes that impact your various funding sources. In addition to improving the workflow, this tool allows any online changes to be archived for future needs and necessary adjustments. You can feel confident that your payroll distribution changes are being made to your specifications in a dependable and consistent manner. If you have any questions about this new form please contact Jeneil Lagasse, jeneil@uw.edu or 206-685-6942.

EVENTS AND OPPORTUNITIES

Department Helps Provide Mental Health Screening at Free Clinic

More than 60 health, human service and civic organizations from across the State of Washington joined together to produce a giant free health clinic October 23 – 26 in Key Arena at Seattle Center. The four-day Seattle/King County Clinic provided a full range of free dental, vision and medical care to underserved and vulnerable populations in the region, including free mental health and substance abuse screening thanks to department education efforts.

Department leadership provided guidance on how to screen for depression and substance abuse to the 3,400 patients who walked through the doors followed by an in-person training by Anna Ratzliff, MD, PhD. Dr. Ratzliff worked with the triage directors in the correct usage of the PHQ-9 and the CAGE-AID in a "train-the-trainer" scenario. The department provided handouts on depression and worked with the Crisis Clinic to develop a protocol in the case of a mental health emergency. This was the first clinic produced by the humanitarian organization Remote Area Medical® (RAM) to offer a mental health component and based on its success, may serve as a model for the future.

Winter 2015 Faculty Development Programs

Start planning for the Faculty Development Program. Below are a few of the 2015 Faculty Development Program events or you can refer to the complete <u>schedule</u> for details.

Enhancing Faculty Wellness - Ongoing quarterly seminars to help manage stress

- January 9, 9:00 AM Noon, Location TBD
- The third in this academic year's quarterly series of workshops designed to give faculty tools to improve wellness and resilience will include some experiential activities that can mitigate stress.

Using Learning Objectives to Guide Teaching and Assessment

- January 13, 9:00 AM Noon, Location TBD
- This session is designed to answer faculty questions about how to write effective learning objectives and use them to enhance the quality of teaching and assessment.

COMMUNICATIONS

Alumni Survey

In an effort to stay connected with past trainees and retired faculty, a survey was sent to gauge alumni interest in social and educational events, mentoring current trainees, and learning about department activities. We received 229 responses with over 90% of participants showing a high level of interest in staying connected with PBSCI and receiving our new department newsletter. Based on the survey results, the department is pursuing several avenues to strengthen our ties with alumni including the development of an "Alumni Corner" section in this newsletter. If you are a past trainee or retired faculty and have news to share about what you're up to, please send it along.

Have a news story or newsletter feature?

Our communications team helps publicize the great work coming out of our department and works closely with the UW Medicine Marketing team. Please contact us if you have newsworthy items to share for this newsletter, UW, or the media.

Call for Photos!

Does your program or center have good photos representative of your work? We're trying to build a photo library of department work to use on our website and in other communication materials. Please pass along your pics to us.

For communication information please contact Rebecca Sladek and Rosemary Whitright.

GENERAL RESOURCES

Credits:

Editors: Rosemary Whitright and Rebecca Sladek

Section Editors:

New faculty and staff: Maureen Johnson

Education: Deb Cowley

• Clinical Programs: Mark Snowden

• Program Operations: John O'Laughlen

• Communications: Rebecca Sladek and Rosemary Whitright

Lead Designer & Developer: Colleen Himes

Header Photograph: "Rainy Days", Katherine B. Turner

More Information:

If you have a question, want to receive this newsletter, or would like to be removed from this mailing send an email to PBSCI@uw.edu.

THIS NEWSLETTER WAS SENT BY: University of Washington Department of Psychiatry and Behavioral Sciences 1959 NE Pacific Street, Box 356560, Seattle, WA 98195