



UNIVERSITY *of* WASHINGTON

PSYCHIATRY & BEHAVIORAL SCIENCES

School of Medicine

Newsletter

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December 2015

Message from the Chair



Dear friends and colleagues.

2015 was a big year for Psychiatry and Behavioral Sciences at UW Medicine. We saw important growth in virtually every one of our programs, extending our consultative services to primary care clinics and community hospitals in the Puget Sound region and beyond, building new training programs in integrated care in partnership with our state and the federal government, and initiating exciting new research programs in telepsychiatry, behavioral science and technology, trauma recovery innovations, precision medicine and targeted treatments, maternal and child mental health, and many others. We have also continued to build our existing programs in neurosciences, addictions, Autism, and so many other excellent clinical and educational programs. This year has also been a time of change, and I want to thank you for your patience and support as we work with the School of Medicine to restructure our department's administrative and operational support systems.

Today, I want to thank all of you, our faculty, our trainees, our staff, our alumni, and our friends and supporters for your wonderful contributions throughout the year. You have given your time, your talents, your friendship and partnership, your philanthropic support, and your passion for our shared mission to improve mental health for all. One of our most wonderful assets is our diversity, and this is a time to celebrate this diversity. There are those of us who cannot help but share our enthusiasm, inspiring others to join us on our journey and those of us who are more quiet and thoughtful, making us reflect on where we have been and where we are going. There are those of us who are drivers and who keep our momentum going and those of us who are more analytical and who help us reflect on how we can best achieve our mission. As a department chair, I value and appreciate all of your wonderful talents and contributions and I have new appreciation for my favorite saying that "none of us is as smart as all of us."

I wish you and your families Happy Holidays and all the best for the New Year!

Jürgen

Faculty, Staff and Trainees

Meeting & Events

Maureen Johnson Moves to a New Position



Maureen Johnson, our Academic and Staff Human Resources Manager for the past year, has accepted a position as administrator for the newly-established Sports Health and Safety Institute (SHSI) located within the Department of Neurological Surgery at HMC. This is a big loss for our department, but we are happy for Maureen who has a great opportunity to work in the world of sports

health and safety, issues that she and her family care about very much. Maureen brought great energy and enthusiasm to her work and she helped us make significant improvements in all aspects of our HR programs. She will be greatly missed and we wish her all the best! The recruitment for Maureen's replacement has started and we are hopeful that we will appoint a new HR director in the next few weeks.

Welcome New Faculty Member Ian Bennet!



Ian Bennett, MD, PhD, comes to us from the Department of Family Medicine at the University of Pennsylvania Perelman School of Medicine. At the UW, he holds a joint appointment with the Department of Family Medicine and the Department of Psychiatry and Behavioral Sciences. He works clinically as a full spectrum Family Physician (including OB and procedures), and he has a significant track record of continuous research funding from

NIH (NIMH), the Robert Wood Johnson Foundation, and the W.K. Kellogg Foundation since completing his fellowship training. His research is in the areas of maternal health, mental health, immigrant health, health disparities, and Collaborative Care in under-resourced settings. Dr. Bennett recently submitted a successful R01 application to implement Collaborative Care for perinatal populations in federally qualified health centers in collaboration with Amritha Bhat, Amy Bauer, and Jürgen Unützer.



Lynn De Jessa Retires From 32-year Career

Lynn De Jessa, a resourceful and dedicated professional administrator at HMC, is retiring after 13 years with our Department and over 30 years at the University of Washington. Since 2002, Lynn has provided administrative support to department chairs, chiefs of Service, and to her fellow co-

Grand Rounds

January 8: [Mitchell Feldman](#), Professor of Medicine, Vice Provost of Faculty Mentoring, UCSF. Over the past two years, Dr. Feldman has extensively surveyed the mentoring literature, created a "Mentoring Toolkit," and conducted numerous lectures and workshops to enhance the understanding and skills of faculty mentors and mentees. He will present some of his work at Grand Rounds.

Integrated Care Pathway Journal Club

February 1 | 4:30 | HMC
Marc Avery is the featured guest in February. For more information, contact [Amy Bauer](#).

Honors & Awards

[Addictions training program receives national ranking](#)

The UW School of Medicine's addictions programs have done it again. For the fourth year in a row, *US News and World Report* ranked UW Medicine as a top 10 medical school for drug and alcohol abuse programs, coming in at #10. Four west coast schools made the top ten list with Harvard University ranking first. The Drug and Alcohol Abuse training program was one of eight programs at UW medicine to receive a top 10 ranking. The other UW Medicine programs are Family Medicine (#1), Rural Medicine (#1), AIDS (#4), Geriatrics (#8), Pediatrics (#8), Internal Medicine (#8) and Women's Health (hidden

workers. With her vast institutional knowledge and depth of understanding about hospital, university, and state policies, Lynn has become the person people know they can turn to for help in almost all matters.

Lynn was instrumental in implementing the departmental move from Harborview Medical Center and Harborview Hall to the Pat Steel Building, managing a flawless transition within a short period of time. Described as a superb co-worker and a friend to many, Lynn and her wry sense of humor will be truly missed. Although the department is sad to see Lynn go, we wish her all the best on her journey ahead.

AIMS Center moves to Eastlake

The Advancing Integrated Mental Health Solutions Center, or [AIMS Center](#), is preparing to move from Health Sciences to Eastlake in January in order to accommodate its growing portfolio. AIMS Center faculty and staff have taken on several large-scale projects and are anticipating more to come in 2016. The AIMS Center joins the [Division of Public Behavioral Health and Justice Policy](#) (PBHJP) at Eastlake.

New! Faculty Mentorship Webpage

Our new [faculty mentorship webpage](#) contains useful resources for mentoring activities in our department. One of the first documents posted is the [Individual Development Plan \(IDP\)](#). The IDP is intended to help faculty mentors and junior faculty members (mentees) structure and make the most of mentorship meetings. If you have any questions about the IDP, please contact [Deb Cowley](#), our Department's Vice Chair for Education and Faculty Development.

2016/2017 Promotions

If you are considering going up for promotion in 2016 please contact Jane Corkery Hahn, jchahn@uw.edu.

Review and Update your ESS Account

Please take a moment to log onto '[myuw.edu](#)' and click on 'Employee Self-Service-ESS' on the right hand side to review your information in the ADDRESS section. Review all of your information, paying attention to the UW Box number, home mailing address, and emergency contact information for accuracy, and update if needed. With tax season ahead of us, and campus mail often arriving late or not at all, this one-minute proactive task will help ensure that you receive needed information. Thank you!

Research

ranking).

Richard Ries, Director of the [Addictions Division](#) and the [Addictions Services at Harborview](#), is proud of the fact that we are the only psychiatry department in the country that offers an Addictions Track as an entry option for residents. Addiction graduates function as clinical and research faculty at various departmental sites and occupy key positions in regional hospitals and treatment centers.

The national ranking is just one indicator of the strength of our Addictions Division. An innovative leader in such areas as wrap-around care and opioid treatment, the Addictions Division has a large number of faculty members who engage in research, patient care, and education including **Dennis Donovan's** group at the [Alcohol and Drug Abuse Institute](#), **Mary Larimer's** team at the [Center for the Study of Health and Risk Behaviors](#), **Therese Grant's** work at the [Fetal Alcohol and Drug Unit](#), **Andy Saxon's** research on opioid addiction treatment at the Center of Excellence in Substance Abuse Treatment and Education, Ray Hsiao's efforts at [The Center for Child Health, Behavior and Development](#), **Murray Raskind** and colleague at the [Mental Illness Research, Education and Clinical Centers](#), **John Neumaier's** group in [Psychiatric Neurosciences](#) and **Mark Sullivan's** work to study and intervene in the prescription opioid epidemic.



Diane Powers Takes the Helm as Associate Director for Research

One of the department's goals is to substantially increase the size, the diversity, and the impact of our research portfolio over the next 5-10 years. A key element of achieving this goal is the appointment of **Diane Powers, MA** as Associate Director for Research.

In this new position, Diane will work with the Department's research faculty and leadership to develop and implement a strategic plan for effective research support systems and to grow our research portfolio. With her strong mix of clinical, research and program management experience, Diane is well-positioned to help our research programs achieve our mission to *improve the health of the public*.

"We recruited Diane to this position because she has the right combination of strategic thinking and program management skills to help the Department grow, diversify and sustain a successful sponsored research portfolio," says Chair Jürgen Unützer. "I look forward to the Department getting to know her in this new role."

Diane began her career as a mental health provider working in crisis intervention, inpatient treatment, outpatient treatment, and discharge planning. Most of her clinical work focused on acutely and seriously mentally ill adults, including patients involuntarily committed for psychiatric treatment at the maximum security psychiatric ICU at Harborview Medical Center.

"Caring for acutely ill patients at Harborview was both a challenge and an honor," said Powers. "I've got a huge soft spot in my heart for Harborview and the critically important services they provide to patients, their families, and the community."

Diane got into research by moonlighting as a research project interviewer at the Fred Hutchinson Cancer Research Center. Soon she was asked to take a full-time research coordinator position.

"It was a one-year pilot study so I figured it would be a fun side trip from my real career in clinical services. Fourteen years later I was still there because I love research."

During her time at Fred Hutch, Diane managed a program that conducted diverse research projects including double-blind placebo-control clinical trials, studies collecting and analyzing biological samples, community-based health promotion projects,

[Jeffrey Sung receives training excellence award](#)

Acting Instructor **Jeffrey Sung** received the *Sue Eastgard Training Excellence Award* for his work in suicide prevention training from [Forefront: Innovations in Suicide Prevention](#). Sung and Keith Meyers, LICSW, developed a "Working with Suicidal Clients" workshop which has trained over 2,300 mental health professionals since 2014.

In the News

[Can machines evaluate psychotherapists?](#)

David Atkins explains how software that can evaluate empathy has the potential to build better therapist-patient relationships and be more cost-effective.

[Depression contributes to preventable hospital admissions](#)

Dimitry Davydov is lead author of a study that seeks to understand the role depression plays in preventable hospitalization and re-hospitalization admissions.

[Jason Kilmer bridges the gap between behavioral research and students](#)

Jason Kilmer discusses ways in which he and **Mary Larimer** are engaging college students in a dialogue about using drugs and alcohol safely, and how to foster receptivity to these ideas within a college campus.

[APA receives grant to train psychiatrists in integrated care](#)

behavioral intervention trials, and innovative interactive interventions delivered via electronic devices.

In 2004, Diane left Fred Hutch to join the UW Department of Psychiatry and Behavioral Sciences where she partnered with Jürgen Unützer to create and manage the [AIMS Center](#). She recently stepped down from her roles at the AIMS Center and the Division of Population Health to turn her attention to the Department's research mission.

“My first task is to do some listening,” said Powers. “I want to hear from research faculty and staff what their priorities are for accomplishing the Department's goal to grow our research portfolio, and what they see as our challenges and opportunities. My challenge will be to work with Department faculty to synthesize what I hear into a comprehensive strategic plan and then implement that plan. I look forward to working with everyone on that as we move into the coming year.”

Diane plans to meet with research faculty and staff in the coming months and can be reached at powersd@uw.edu.

Amazon Catalyst Seeks to Fund Bold, Disruptive Projects

[Amazon Catalyst](#) at the University of Washington provides students, faculty, and staff of all trades, fields, and disciplines with funding and mentorship to help them grow early-stage ideas into successful endeavors. This new initiative will provide funding and mentorship for bold, globally impactful, disruptive projects with an eye toward nurturing and expanding the entrepreneurial ecosystem for all people in greater Seattle.

Education

Save the Date – Faculty Teaching Retreat April 6!

We will hold the annual faculty teaching retreat the afternoon of April 6, 2016 at the Urban Horticulture Center. This retreat is open to all faculty members who teach. This year's retreat will focus on developing curricula, doing educational scholarship, and achieving regional/national recognition as an educator. If you have any questions about this retreat, please contact [Deb Cowley](#).

How to Become a Professor

Are you an Associate Professor wondering how to become a Professor in any of our faculty pathways? If so, we would like to invite you to an information and discussion session about how to do this. This session will be held twice, on Thursday January 14, 8-9 AM (UWMC, location T530) and on Tuesday February 9, 5-6 PM at

Anna Ratzliff is interviewed about the AIMS Center's collaboration with the American Psychiatric Association (APA) on a \$2.9 million grant that will train 3,500 psychiatrists in integrated behavioral health.

[Using virtual care technologies to increase access to evidence-based PTSD treatments for Veterans in rural settings](#)

John Fortney is overseeing a new implementation trial of the Telemedicine Outreach for PTSD (TOP) program in six rural Veterans Integrated Service Networks.

[Telepsychiatry helps underserved populations](#)

Kathleen Myers discusses the increasing demand and benefits of telepsychiatry.

Good to Know

What Does IT Support?

Our [department IT standards](#) outline what the department will support in terms of computers, printers, cell phones, and monitors. It also outlines department support of non-standard equipment like MACs and setting up your home environment. Questions? Contact IT Manager [Rosemary Whitright](#).

Charitable Fundraising Rules

The [Charitable Fundraising FAQ](#) developed by UW Medicine Compliance answers common compliance-related questions regarding charitable fundraising activities done at work.

Husky 100 Nominations

UWMC in BB1640. If you would like to attend one of these sessions, please RSVP to [Deb Cowley](#).

New Promotions Criteria Approved

The UW School of Medicine has officially approved the new/revised promotions criteria that many of us voted on in June. You can find the new appointment and promotions criteria for the Salaried Clinical Faculty Pathway and revised criteria for the Clinician Teacher Pathway on the [Academic Promotions](#) page on our department intranet.

Clinical Programs

New! Perinatal Psychiatry Consultation Line

Our new [Perinatal Psychiatry Consultation Line](#) led by **Deb Cowley** allows any health care provider in Washington State to receive consultation, recommendations, and referrals to community resources from a UW psychiatrist with expertise in perinatal mental health. Modeled after the successful child psychiatry telehealth [PAL program](#), faculty members consult on any mental health-related questions for patients who are pregnant, in the first year postpartum, or who have pregnancy-related complications (e.g. pregnancy loss or infertility). Topics may include depression, anxiety, or other psychiatric disorders; adjustment to pregnancy loss, complications, or difficult life events; risks of psychiatric medications; and non-medication treatments.

This new telepsychiatry consultation service aims to improve patient care throughout Washington State. In addition, it will significantly enhance providers' knowledge about treating mental health conditions during pregnancy and postpartum, increasing the capacity of the Washington medical system to deliver effective mental health care. Providers will be able to access the new consultation line beginning in January by calling 206-685-2924, Monday through Friday. We are printing a [flyer](#) to distribute to providers.

Changing Your Clinical Work?

If you are making changes in the amount of time, full time equivalent (FTE) funding amount, or location of your clinical work, it is necessary for you to inform your service chief of the change so that appropriate adjustments can be made in the payroll distribution system and productivity reporting systems.

Published and Recently Accepted Papers

The Husky 100 will recognize 100 outstanding UW junior, senior, or graduate students who inspire, have compelling stories, and who are engaged in their Husky Experience. To nominate, apply, or to receive more information, visit the [Husky 100 website](#). Nominations close Jan 9, 2016.

Communications

New on our Website!

We have a new section on our website called [In The News](#) where we compile news stories that mention our faculty and department. Our [homepage](#) also showcases our most recent mentions. If you have a news item to share, please pass it along to [Rebecca Sladek](#) so we can let others know as well!

Please note: We would like to capture more of the publications our faculty produce every month, recognizing the below is just a sample of the great work being done. Please let us know when your papers are published by sending email to pbsci@uw.edu.

Geisner, I. M., Kirk, J. L., Mittmann, A., Kilmer, J. R., & Larimer, M. E. (in press). Doesn't Everybody Feel This Way? College Students' Perceptions of Depressed Mood and Associations with Actual Mood and Alcohol Use. *Professional Psychology: Research and Practice*.

Geisner, I. M., Sheng, E., Herring, T., Mittmann, A., Lewis, M. A., & Lee, C. M. (2015). Understanding the social norm perceptions of college student spring break drinking and their relationship to spring break alcohol use and related consequences. *Addiction Research and Therapy*, 23, 238-245. doi:10.3109/16066359.2014.981258

Grossbard, J.R., Mastroleo, N, Geisner, I. M., Atkins, D, Ray AE, Kilmer J.R., Mallett K, Larimer, M.E., Turrisi, R. (in press). Drinking Norms, Readiness to Change, and Gender as Moderators of a Combined Alcohol Intervention for First-Year College Students. *Addictive Behaviors*.

Guttmanova, K., Lee, C.M., Kilmer, J.R., Fleming, C.B., Rhew, I.C., Kosterman, R., & Larimer, M.E. (in press). Impacts of changing marijuana policies on alcohol use in the United States. *Alcoholism: Clinical and Experimental Research*.

Jernigan, V., Peercy, M., Branam, D., Saunkeah, B., Wharton, D., Winkleby, M., Lowe, J., Salvatore, A., Dickerson, D., Belcourt, A., D'Amico, E., Patten, C., Parker, M., Duran, B., Harris, R., & Buchwald, D. (2015). Beyond health equity: Achieving wellness within American Indian and Alaska Native communities. *American Journal of Public Health*, 105, 376-379.

Lewis, M. A., Sheng, E., Geisner, I., Rhew, I. C., Patrick, M. E., & Lee, C. (in press). Friend or foe: Evaluation of personal use and friends' use of protective behavioral strategies and their associations to Spring Break drinking and negative consequences. *Addictive Behaviors*.

Stappenbeck, C. A., Gulati, N. K., & Fromme, K. (in press). Daily associations between alcohol consumption and dating violence perpetration among men and women: Effects of self-regulation. *Journal of Studies on Alcohol and Drugs*.

Mitchell J, Dick M, Wood A, Tapp A, Ziegler, R. "The utility of the Dementia Severity Rating Scale in differentiating mild cognitive impairment and Alzheimer disease from controls." *Alzheimer Dis Assoc Disord* 2015 Jul-Sep;29(3):222-8.

Steers, M.-L. N., Neighbors, C., Hove, M. C., Olson, N., & Lee, C. M. (2015). How harmonious and obsessive passion for alcohol and marijuana relate to consumption and negative consequences. *Journal of Studies on Alcohol and Drugs*, 76, 749-757.

Yeh, J., Hsu, S. H., Mittmann, A. J., Litt, D., & Geisner, I. M. (2015). Understanding differences in alcohol consumption and depressed mood between U.S. - and foreign-born college students. *Journal of Ethnicity in Substance Abuse*, 1-16. doi: 10.1080/15332640.2015.1011733.

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