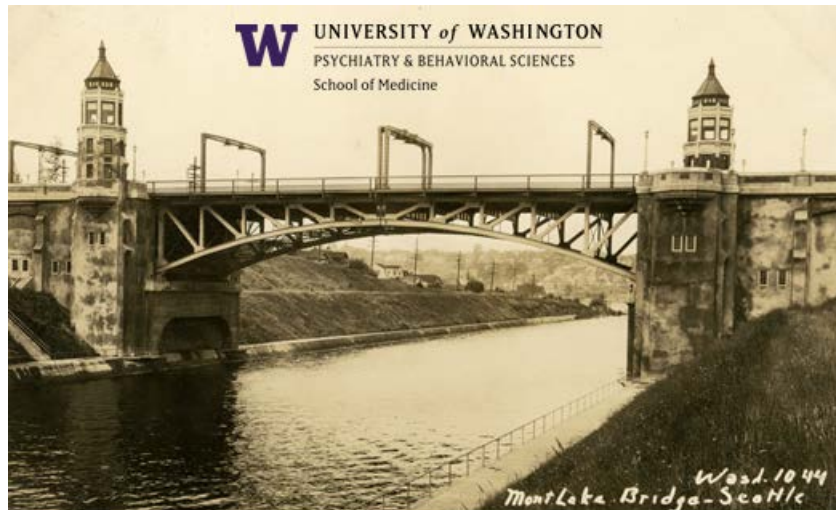


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PSYCHIATRY & BEHAVIORAL SCIENCES NEWSLETTER

April 2015

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MESSAGE FROM THE CHAIR

Dear friends and colleagues.

In this month's newsletter, we are sharing sad news about [more losses](#) and also news about new beginnings such as an exciting new program on [Trauma Recovery Innovations \(TRI\)](#) led by Dr. Debra Kaysen and a prestigious new [CONTE Center grant](#) in which several of our Neuroscience faculty will collaborate with colleagues in Pharmacology. This month will also see the groundbreaking for a new [Mental Health and Research Building](#) on the VA's main campus, and there are many other exciting developments and announcements to share.



Jürgen Unützer, MD, MPH, MA
Professor and Chair

Looking ahead, we have been working closely with UW Medicine's Advancement group to articulate five proposals for new programs we hope to develop if we are successful with raising funds as part of a new UW-wide fundraising campaign. We put forth compelling ideas in several areas:

- A Mental Health Access Initiative would improve access to psychiatric consultation for patients across Washington and other WWAMI states.
- A new program on Behavioral Sciences and Technology will seek to develop innovative and disruptive technologies to improve the reach and effectiveness of psychiatric treatments.
- A new program on Healthy Beginnings for Healthy Minds would draw on our strengths in infant brain development and the treatment of depression and other common mental disorders in high risk moms to realize the promise of preventing mental illness later in life by supporting healthy mother-baby dyads early on.
- A program on Healthy Brain Aging would partner with researchers and clinicians at UW Medicine to bring effective care for depression and behavioral complications of dementia to patients at UW Medicine and around the state.
- A new program on Global Mental Health, submitted jointly with the [Department of Global Health](#) would substantially expand our work in this area.

In the process of articulating these exciting new ideas, we discovered a number of other compelling ideas for future research, clinical and training programs, and we hope to work with all of you to more fully develop and articulate these ideas for potential future fundraising efforts. I plan to present more information about our development campaign efforts at our [annual faculty meeting](#) on June 15, 2015.

Jürgen

IN THE NEWS

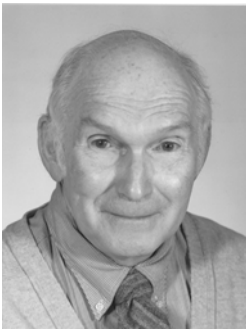
[Therapist to patient: 'What I hear is ...'](#) – Dave Atkins, PhD, USC News, March 20, 2015

[APA Pushes for Integrated Care Training to Reduce Health Care Costs, Improve Access](#)
The American Psychiatric Association released new training recommendations that call for residency

programs to educate our next generation of psychiatrists in integrated behavioral health care. As a leader in this area, our department serves as a model for other programs to follow. All of our psychiatry residents receive training about the integrated care approach to medicine and serve as a psychiatric consultants co-located in a medical or surgical clinic during a six-month rotation. Our [Integrated Care Pathway](#) is unique in the country and we offer integrated care training opportunities through research and clinical fellowships and our Idaho Advanced Clinician Psychiatry Track. Stay tuned for some new ways we'll be communicating about our terrific programs.

FACULTY, STAFF AND ALUMNI

Joseph Becker, PhD (1927-2015)



Our friend and former colleague, Dr. Joseph Becker, passed away Sunday, March 22. Joe was a gifted and accomplished psychologist and professor and a kind man who taught several generations of UW psychologists and psychiatrists. After earning his PhD from Duke University, he joined the UW Department of Psychology in 1956 and later moved to our Department during Herbert Ripley's tenure as Chair from 1949 to 1969. Dr. Becker was one of the first researchers in the world to identify marital stress/depression in response to a spouse's health status. He received a grant on this topic in 1982 that preceded an expanded focus on caregiver research that exists today. His work in caregiver stress was particular to Alzheimer's Disease (AD), and the arc of his life took him from his groundbreaking insights to direct knowledge as he eventually became the caregiver of his wife, who had frontotemporal dementia, and then himself as he endured AD.

Joe's daughter, Bethany Becker, would love to hear stories about her dad from his friends, as her parents' professional lives were not well known to herself or her sibling. She can be reached at BBecker@telus.net. If you are so inclined, Ms. Becker asks that in lieu of flowers you make a donation to the charity of your choice in Joe's honor.

Department Spotlight

Our new monthly feature showcases the diversity and breadth of our department to paint the picture of what we do and where we are heading. This month we profile of Larry Zweifel, PhD, winner of the UW Innovation Research Award.

Dr. Larry Zweifel, PhD, is a busy man. Between his home life, raising three children with his wife Natasha, directing his lab's research, and working as an Assistant Professor with both the Departments of Pharmacology and Psychiatry and Behavioral Sciences, being awarded as a co-investigator on the [Silvio O. Conte Centers](#) for Basic or Translational Mental Health Research grant he still manages to find the



time to win the [2015 Innovation Award](#). This prestigious award is given out to early or mid-career scientists, celebrating their creative approaches to confronting challenging and intricate problems and helping to foster these types of tactics in academic student environments. Dr. Zweifel seeks to achieve a major methodological breakthrough by using mutagenesis and viral expression methods to identify neurons connected to one another in a functional circuit.

Dr. Zweifel is particularly interested in the limbic system of the brain and how disease-associated genetic mutations impact its function. The limbic system allows us to determine where we are, where we have been, what we plan to do and how all of it makes us feel. Not surprisingly, genetic mutations that alter the function of this system can have profound impacts on our behavior.

The goal of Dr. Zweifel's research is to identify how these different mutations influence circuit function. He introduces mutations in specific nerve cells in mice and looks at their impact on neural circuit connectivity and function. For his recent Innovator Award, he intends to establish a method of CRISPR/Cas-mediated genomic modification in the adult nervous system that will facilitate the characterization of circuit alterations associated with mutations in genes linked to diseases of the brain.

"To our knowledge, we are the first to develop a system that will allow for cell and projection specific genome modification," said Zweifel. "Such an adaptable and user friendly technique will revolutionize our ability to define gene function within discrete neural circuits. This system will rapidly advance our understanding of how mutations, in distinct gene classes with defined expression patterns in the brain, influence specific aspects of circuit and behavioral function and will provide key information for tailoring specific therapeutic interventions."

Dr. Zweifel expressed his thanks and appreciation to the department, "for being a part of my work and aiding in its facilitation and overall thinking." Please visit [Dr. Zweifel's website](#) for more information about his research.

Proposed updates to Clinician-Teacher and Salaried Clinical Faculty Promotion Pathways

The Department has recently reviewed and drafted revisions to the [Clinician-Teacher and Salaried Clinical Faculty appointment and promotion pathways](#). The draft documents have been sent to all faculty for review and comment, and will be included in the [annual voting meeting](#) on June 15, 2015.

This review was undertaken to ensure that our clinician-teachers and our salaried clinical faculty have clear promotion criteria. If you have any questions about the draft criteria, please do not hesitate to contact Dr. Deb Cowley at dcowley@uw.edu.

Department Director National Search

We are searching for a new Department Director and encourage all faculty and staff to use their networking channels to help advertise the position and identify some superb candidates. A [position description](#) is posted on UW Hires site which is open to the public. Interested candidates are welcome to speak with Jürgen Unützer (unutzer@uw.edu) or Marie Carter-Dubois (mhcarter@uw.edu), our interim department director, to learn about our department and the director's role.

Announcement for Molly Jones' Leave

Molly Jones, assistant to Department Chair Jürgen Unützer, will be away from the office on leave from April 9, 2015 through approximately June 1, 2015.

During Molly's time away, Lindsay Bell, assistant to our Interim Department Director, Marie Carter-Dubois, will cover Molly's phone and email and handle scheduling for Dr. Unützer. All of us in the Chair's office will be available during this time, and will appreciate you letting us know if we can be of assistance.

You may continue to reach the Chair's office at 206-543-3752, or Lindsay directly at 206-685-7332 or lebell@uw.edu

Thank you, and please join us in wishing Molly well.

HAVE A REFERRAL? If you know someone who would be a good candidate for one of our [open faculty department positions](#), please refer them to the HR Manager, Maureen Johnson, mej924@uw.edu.

CLINICAL PROGRAMS

Incentive Payments

Marie Carter-Dubois, Drs. Snowden and Unützer have been working with the University of Washington Physician practice plan (UWP) to re-establish an incentive pay system. As some of the faculty may recall, in the past, our department participated in the UWP incentive payment program but for several reasons no incentive pay has been distributed in recent years. Currently, we have been informed that an incentive payment plan is approved and anticipated to start in FY16 beginning July 2015.

We will distribute full details in writing to all UWP members within the department as required by UWP but in summary, incentive money totaling \$400,000 will be made available to the department for FY 2016. Faculty members of any faculty track (e.g. Clinician Educator, Faculty Scientist, Clinical Faculty), including physician and psychology faculty, who spend 0.5FTE or more providing clinical care will be eligible for the incentive. Those who meet/exceed the threshold work RVUs productivity benchmark will share proportionally the incentive money based on their clinical productivity. Benchmarks are adjusted to take into account different clinical FTE amounts and will differ between psychologists and physicians, as has been done previously when the department has established and monitored work RVU productivity standards. In preliminary analyses using historic data from this past year, we estimate that approximately 20-25 faculty members would be included and the incentive amounts could range from

\$10K-\$30K annually. Many of the faculty eligible for the incentive in preliminary analyses are from the inpatient psychiatry units, thus aligning the incentive with the jobs that have been more difficult to fill in recent years due to growing gaps between university and community-based inpatient job salaries.

RESEARCH

Departments of Psychiatry, Pharmacology Receive Conte Center P50 Grant

NIMH has awarded a Silvio O. Conte Centers for Basic or Translational Mental Health Research grant to principal investigator **Charles Chavkin**, PhD in the Department of Pharmacology and co-investigators **John Neumaier**, MD, PhD, **Paul Phillips**, PhD and **Larry Zweifel**, PhD, all in the Department of Psychiatry and Behavioral Sciences. The prestigious Conte Centers program supports interdisciplinary basic and/or translational research demonstrating an extraordinary level of synergy, integration, and potential for advancing the state of the field. The UW Conte Center Grant P50 will explore how stress increases the risk of depression. This is an outstanding accomplishment for our Neurosciences group and we look forward to sharing more information on this terrific development in the coming months.

Addictions Program Wins National Award, Top Ranking

Richard Ries, MD, will receive the American Society of Addiction Medicine (ASAM) Annual Award at their yearly conference in April. Ries serves as the Editor-in-Chief of *The ASAM Principles of Addiction Medicine*, the primary reference and clinical text in the addictions field, and is being honored for his thoughtful leadership and deep understanding of the art and science of Addiction Medicine. The award comes at the heels of the UW School of Medicine's drug and alcohol track achieving a top 10 ranking by *US News and World Reports* for the third year in a row.

Ries, Director of the Addictions Division, attributes the consistently high ranking to the large number of faculty members who engage in innovative addictions research, patient care, and education and says the Department's commitment starts early on.

"Our Department is the only psychiatry department in the country that offers an Addictions Track as an entry option for its residents," said Ries. "That fosters a pipeline of top notch fellows and drives all of us to stay at the top of our game."

Multiple people, Institutes and Centers contribute to the collaborative nature of the Addictions program including **Dennis Donovan's** group at the [Alcohol and Drug Abuse Institute](#) (ADAI), **Mary Larimer's** team at the [Center for the Study of Health and Risk Behaviors](#) (CSHRB), **Therese Grant's** work at the Fetal Alcohol and Drug Unit (FADU), **Andy Saxon's** research on opioid addiction treatment at the Center of Excellence in Substance Abuse Treatment and Education (CESATE), Ray Hsiao's efforts at [The Center for Child Health, Behavior and Development](#) (CCHBD), and **Mark Sullivan's** work to study and intervene in the prescription opioid epidemic.

Ries believes that one of the next big challenges in the field is to integrate addictions care into primary care. He and others are working to weave addictions care into the fabric of the Mental Health Integration Program (MHIP) using the Collaborative Care model developed at UW. Another key area for

the Division has been contributing to state and national issues related to opioid addiction and overdoses.

New VA Mental Health and Research Facility

The Veterans Puget Sound Health Care System has committed to building a new Mental Health and Research facility on the main VA campus. The building will house all of outpatient psychiatry and psychiatry research including laboratory space with standard equipment. This will create a very nice new home for our programs there. Groundbreaking occurred on April 1 and substantial completion is scheduled for January, 2017. The main hospital will remain fully operational throughout construction.



Department Launches New Program for Trauma Recovery Innovations (TRI)



Debra Kaysen, PhD, ABPP, will lead a new Department program aimed at getting effective treatments to victims of trauma. Up to 70% of Americans will be exposed to traumatic events like car accidents, assault, child abuse, and combat at some point during their lives, and millions around the globe suffer from Posttraumatic Stress Disorder (PTSD). Effective treatments for PTSD can help 80 % of those who receive treatment improve and lead normal lives, but most of those in need do not get effective care. The Program for Trauma Recovery Innovations (TRI) will help address this gap.

The primary goal of TRI is to reduce the treatment gap and increase access to effective care by developing treatment approaches for trauma-exposed populations that can be implemented efficiently in high and low-resource settings. To disseminate trauma-focused interventions, TRI will study novel means of delivering treatments and rebuild existing interventions from the ground up to make them easier to learn and deliver. This will result in treatments that are easier to use and sustain in real world clinical settings across the globe. No existing program has this unique mission. Given the public health import of traumatic events like sexual assault, natural disasters, and combat exposure, this program has tremendous potential to increase our profile as a leader in this field. TRI fills a unique role both within the UW and within the department to improve care for individuals who are trauma exposed.

Population Health Research Meeting: Greg Reger, PhD

Monday, April 27 | 3:30 to 5:00 PM | UWMC BB1640



Greg Reger, clinical psychologist at the VA, will discuss a Proposed Evaluation of the Prolonged Exposure (PE) Coach Mobile Application in terms of its impact on provider treatment fidelity and patient adherence with homework.

Mental health investigators interested in Population Health are welcome to join this monthly meeting designed to explore ideas, provide feedback on preliminary research, discuss grant proposals, and make connections. This meeting is an expansion of the former Research Networking Group hosted by the Division of Integrated Care and Public Health and discusses projects rooted in observational research, intervention development research, and implementation and dissemination research in mental health. The meetings are held the fourth Monday of every month at 3:30 to 5:00 PM in UWMC BB1640.

If you would like to join by phone, dial 1.800.379.6841 and enter code 894714#. If you would like to join by Adobe Connect, please contact [Tess Grover](#).

Funding Opportunity for Early Career Faculty

The Howard Hughes Medical Institute, Simons Foundation, and Bill and Melinda Gates Foundation are investing in early career scientists with the goal of ensuring the vitality of the U.S. research enterprise by securing the pipeline of scientific talent. The [Faculty Scholars Program](#) will present as many as 70 five-year awards ranging from \$100,000 to \$400,000 per year in the first round with new competitions planned for every two and a half years. The deadline for submitting proposals is July 28, 2015.

EDUCATION

Psychiatry Match Results!

We had a very successful Match this year thanks to the efforts of many of our faculty and residents, and of our Residency Office staff. We had close to 1,200 applications, 600 of which were U.S. graduates. We interviewed 131 applicants for our Seattle track positions and 31 for our Idaho track positions. We filled all 19 slots and are thrilled to have these incredible candidates join us this summer. Our admissions committee (including Drs. Bergquist, Cowley, Curry, Markman, Pascualy, and Poeschla) put in many hours of work (Deb Cowley interviewed 93!), and our residency staff did their usual amazing job of organizing everything.

Below are the new residents and their [bios](#).

Seattle Track

- Angela Argyropoulos – University of Michigan
- Nathan Bell – University of Washington
- Jeffrey Clark – Cleveland Clinic Lerner College of Med of Case Western Reserve
- Elena Derkits – Emory University
- Dana Dieringer – University of Wisconsin
- David Harari – University of Vermont
- Lindsay Heuser – University of Colorado
- Marilyn Holman – University of Oklahoma
- Matthew MacKinnon – University of Vermont
- Alissa Petrites – University of Michigan
- Caitlin Rippey – University of Washington
- Paul Saladino – University of Arizona

Idaho Track

- Uday Aloka – University of Mosul
- Carl Astbury – Arizona College of Osteopathic Medicine of Midwestern Univ
- Ryan Billington – Loma Linda University
- Thomas (T.J.) Orthmeyer – Pacific Northwest Osteopathic School

New R2's

- Candice Barnett – Loma Linda University
- Tova Fuller – UCLA
- David Zacharias – Mayo School of Graduate Medical Education

Application Extension: Diversity Visiting Medical Student Subinternship Program

The [Diversity Visiting Medical Student Subinternship Program](#) has extended its application deadline to June 1, 2015. The program gives fourth-year medical students, from backgrounds historically underrepresented in psychiatry, the opportunity to do a four-week visiting student rotation on an adult inpatient psychiatry rotation at Harborview or a child and adolescent psychiatry rotation at Seattle Children's Hospital. Please submit applications and any questions to Deborah Cowley, MD, at dcowley@uw.edu.

HONORS AND AWARDS

Vivek Datta, MD, MPH Wins National Psychiatry Resident Awards

Dr. Vivek Datta, one of our third-year psychiatry residents, received two national awards at the March annual meeting of the American Association of Directors of Psychiatric Residency Training (AADPRT) in Orlando, Florida. Dr. Datta won an International Medical Graduate award, which honors and provides national mentorship for outstanding psychiatry residents who have graduated from foreign medical schools.



In addition, he was selected as one of the five 2015 BRAIN scholars. BRAIN scholars are chosen nationally from psychiatry residents and fellows nominated for outstanding research and/or teaching achievements and potential. They help facilitate small-group sessions during the AADPRT- and NIMH-sponsored pre-meeting, which focuses on how to teach neuroscience in psychiatry residencies. You'll learn more about Dr. Datta when we profile him next month.

DAWN Study Paper Wins Roy M. Pitkin Award

The Depression Attention for Women Now (DAWN) Study led by Wayne Katon, MD and Susan Reed, MD, MPH, received the 2014 Roy M. Pitkin Award presented by the editors of the journal *Obstetrics & Gynecology*. The award honors departments of obstetrics and gynecology that promote and demonstrate excellence in research. The winning article, "[Improving Care for Depression in Obstetrics and Gynecology: A Randomized Controlled Trial](#)" compared the results of collaborative depression care adapted to obstetrics and gynecology with usual care. The authors found that Collaborative Care in obstetrics and gynecology was feasible and significantly more effective than regular care in improving mental health. The award certificate and a \$6,000 prize will be presented at this year's American College of Obstetricians and Gynecologists Annual Clinical and Scientific Meeting in San Francisco, CA in May.

PROGRAM OPERATIONS

Faculty and Professional Staff Merit 2015

The Washington State Legislature has not provided official guidance to the University yet for the effective date or amount for merit increases, but the Department will move forward with merit processes for both faculty and professional staff.

Department voting faculty members have been sent a ballot via the Catalyst voting system to vote on faculty merit increases. The vote is due no later than April 13, 2015.

Department Supervisors who oversee professional staff members are asked to complete performance evaluations by June 30, 2015. If you have any questions about [performance reviews](#), would like assistance on providing feedback, or would like to read more about the performance evaluation process, please let us know. You may reach Paul McEwen, Staff HR Specialist at mcewenp@uw.edu or Maureen Johnson, Academic & Staff HR Manager at mej924@uw.edu.

EVENTS AND OPPORTUNITIES

Bioethics Grand Rounds: "Is respecting patient autonomy enough, or must we promote autonomy as well?"

Tuesday, April 7 | 3:30pm – 4:30pm | Health Sciences Building, T747

Bioethics has traditionally argued that we should respect patients as persons by respecting their autonomy. This autonomy has been interpreted as a property of decision making and operationalized as informed consent. Many bioethicists argue that the duty of clinician beneficence must be balanced against this duty to respect autonomy. **Dr. Mark Sullivan**, M.D., PhD, Department of Psychiatry and Behavioral Sciences and adjunct Professor of Bioethics and Humanities, will argue that in the care of chronic illness this approach to patient autonomy is too narrow and must be fundamentally reconceived.

Monthly Research Seminar Series: “Access to Care and the Virtual Integration of Mental Health into Primary Care”

Tuesday, April 7 | 1:00pm – 2:00pm | Roosevelt 1, 4225 Roosevelt Way NE, Suite 308, Conference Room 357

John Fortney, PhD, Professor and Associate Director for Research, Division of Integrated Care and Public Health, Department of Psychiatry and Behavioral Sciences is presenting “Access to Care and the Virtual Integration of Mental Health into Primary Care”

Earth Day Challenge

April 13-24

In honor of Earth Day, the UW Combined Fund Drive is hosting the second annual [Earth Day Challenge](#) for faculty, staff, students, and retirees. Get involved and help protect our environment right here in Washington.

Wayne Katon Memorial

Sunday, May 3, 2015 | 11:00 AM – 2:00 PM | Mountaineers, Goodman Auditorium

Wayne's Spirit is like the Mountain; it goes on and on....Please join us to celebrate Wayne's Life at the Mountaineers, Goodman Auditorium, 7700 Sand Point Way NE, Seattle, WA.

Please RSVP and send photos and written memories as soon as possible to: waynek@uw.edu

Integrated Care Pathway Journal Club: Save the Date

Monday, May 11 | 4:30 PM – 6:00 PM | UWMC BB1640

The final Integrated Care Pathway Journal Club of the 2014-2015 academic year will be on Monday, May 11 from 4:30-6:00 PM at UWMC (BB1640). Note this is a date change from prior announcements. These meetings are held quarterly during the academic year to provide an opportunity to discuss advances in the area of psychiatry in medical settings and meet faculty working at the interface of mental and physical health care. They are part of the [Integrated Care Pathway: Psychiatry in Medical Settings](#), a career development pathway focused on developing resident experiences and fostering interests in evidence-based practice at the interface of psychiatry and other medical settings. Anyone is welcome to come.

National Alliance for the Mentally Ill (NAMI) Walk: Save the Date

Saturday, June 6 | Kirkland, WA

The upcoming National Alliance for the Mentally Ill (NAMI) Walk being held in Kirkland, WA. Details on how to join and/or contribute the UW Medicine sponsored team will be provided at a future date.

Annual Faculty and Promotions Meeting

Monday, June 15 | 10:00 AM – 2:00 PM | Hogness Auditorium

Our entire faculty will gather to review the state of the department, introduce new faculty, staff, and departmental initiatives, and to vote on promotions. All faculty are invited to attend and all voting faculty (Associate and Full Professors) are expected to attend to participate in discussion and vote on faculty promotions. We will distribute invitations and an RSVP in a separate e-mail, but please mark your calendars now.

Location: [Hogness Auditorium](#), UW Medical Center, Health Sciences Building Room A-402.

Department Summer Picnic: Save the Date

Sunday, August 16 | 2:00-5:00 PM | Location TBD

Let's celebrate our Department – all 1,000 plus – in the height of Seattle's gorgeous summer. Department faculty, staff, trainees, and families are all invited. This Department picnic will replace the annual Holiday Party held in December on the 16th floor of Health Sciences with the hope that more of us will be able to attend and provides an inviting and big enough space to socialize. More details soon!

COMMUNICATIONS

Welcome to Gabriel Hardt, Communications Intern



Gabriel Hardt started as our first ever Department Communications Intern on April 1. She is a UW undergrad who will be graduating this spring with a degree in Public Health and a Spanish Minor. Gabriel is interested in the complex relationship that exists between mental health and physical health outcomes. Since January, 2014, she has worked for the AIMS Center as a Research Study Assistant which exposed her to ways in which a Public Health approach can help make mental health care more accessible to populations in need.

“I’ve seen an overwhelming need to develop professional communication skills in the public health field in order to raise awareness about public health issues and to foster support from the community and stake holders,” said Gabriel. “I’m excited to have secured a Communications in Public Health Internship for spring quarter so I can develop my communication skills and learn more about the current state of mental health on a local, national, and global

scale.”

Gabriel will be working on a variety of communications projects including helping with the Department newsletter and website. Welcome!

CREDITS

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Section Editors:

- Faculty, Staff and Alumni: Maureen Johnson
- Education: Deb Cowley, MD
- Clinical Programs: Mark Snowden, MD, MPH, Marie Carter-Dubois

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

THIS NEWSLETTER WAS SENT BY:
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