

IN THIS EDITION:

Message from the Chair

In the News

Faculty and Staff

Clinical Programs

Research

Education

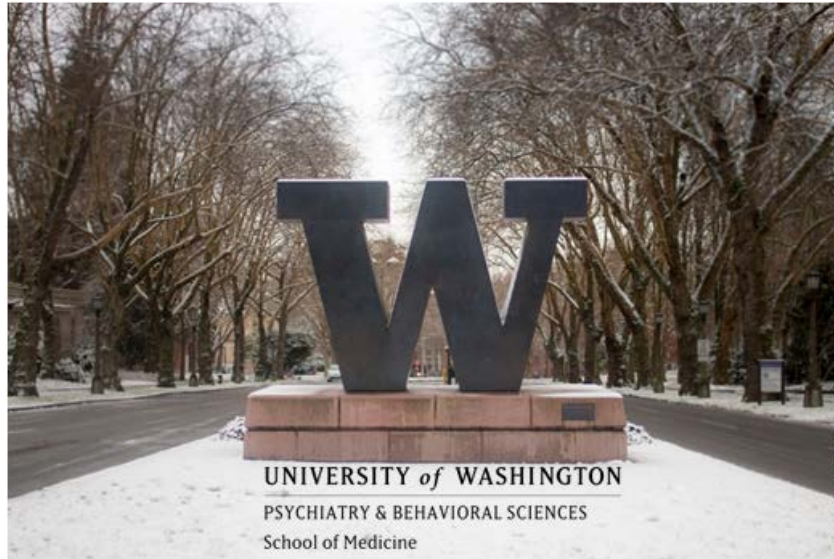
Community Support

Program Operations

Events and Opportunities

Communications

General Resources



PSYCHIATRY & BEHAVIORAL SCIENCES NEWSLETTER

January 2015

MESSAGE FROM THE CHAIR:

- ❖ [Jürgen Unützer, MD, MPH, MA: Happy New Year!](#)

IN THE NEWS:

- ❖ [\\$65M Grant to Improve Health Care – and Mental Health – in Washington](#)
- ❖ [Whole U Speaker Series with Michael V. Vitiello, PhD](#)

FACULTY AND STAFF:

- ❖ [Marie Carter-Dubois Appointed Interim Department Director](#)
- ❖ [Department Launches Diversity Committee](#)

CLINICAL PROGRAMS:

- ❖ [Annual Compliance Training](#)
- ❖ [UW Medicine Supported Behavioral Health Services Inventory](#)
- ❖ [Updated Epic EHR Workflow Guidelines](#)

RESEARCH:

- ❖ [MHIP for High Risk Moms Results Showcased at Burke Museum](#)
- ❖ [Effective Implementation of Collaborative Care for Depression: What Is Needed?](#)
- ❖ [Telemedicine-Based Collaborative Care for Posttraumatic Stress Disorder](#)
- ❖ [Use of Mobile Health \(mHealth\) Tools by Primary Care Patients in the WWAMI Region Practice](#)

and Research Network (WPRN)

- ❖ Population Targeting and Durability of Multimorbidity Collaborative Care Management
- ❖ Examining Researcher Needs and Barriers for Using Electronic Health Data for Translational Research
- ❖ Visualizing Anomalies in Electronic Health Record Data: The Variability Explorer Tool
- ❖ Submit your Papers for Inclusion in the Newsletter

EDUCATION:

- ❖ Jeremy W. Luk, MS, Wins Joseph Becker Research Award
- ❖ Expansion of Psychiatry Residency's Idaho Track
- ❖ Heidi Combs, MD, Elected to New UW School of Medicine Curriculum Committee
- ❖ First-Year Course Teaches Medical Students about Development and Health Behaviors

COMMUNITY SUPPORT:

- ❖ Philanthropic Support and Recent Gifts to the Department

PROGRAM OPERATIONS:

- ❖ Change in UW FMLA Leave Administration Practice

EVENTS AND OPPORTUNITIES:

- ❖ Opportunities in Palliative Care
- ❖ School of Public Health Presentation: SMI
- ❖ ITHS Career Development Series: How to Get Promoted if You are Junior Faculty
- ❖ Heroin & Opioid Overdose Prevention Summit
- ❖ Rising Stars Career Development Program

COMMUNICATIONS:

- ❖ New Faculty Directory to be Showcased This Spring
- ❖ 2015 Department Communications Strategic Plan

MESSAGE FROM THE CHAIR

Happy New Year!

In this month's newsletter we provide updates on developments in our clinical, educational, and research programs. I also want to take this opportunity to highlight some of our major goals for the department for 2015.

One of our most important goals this year will be to improve the financial stability of the department. We will work closely with the School of Medicine to examine financial support for our educational and clinical programs and to improve the efficiency of our clinical, educational, and administrative programs. We will explore the development of new clinical consultation programs using telepsychiatry and other modalities and work with UW Medicine to align our clinical programs with the



Jürgen Unützer, MD, MPH, MA
Professor and Chair

emerging needs of the UW Medicine Accountable Care Network (ACN). This year, we will be paying increasing attention to productivity and quality of care on all of our clinical services. We will explore opportunities to consolidate and strengthen our outpatient programs and we will work to strengthen our group of paid clinical faculty across all of our sites. We will also explore the expansion of departmental programs to teach evidence-based mental health practices in the context of an expanding mental health workforce in the State of Washington and beyond. A new [\\$65 million grant](#) that the state of Washington has recently received to help better integrate mental health and medical services should create important new opportunities for us in this regard. We will work to strengthen our existing research programs through strategic recruitments, effective mentorship, and partnerships and we will further develop our emerging programs in the areas of Global Mental Health, Trauma, Mental Health and Technology, and Maternal and Child Mental Health. We will also work closely with the School of Medicine's Advancement office to develop new opportunities for [philanthropic support](#) for our work. These are just some of the highlights of our plans for the New Year, and I look forward to working with all of you to accomplish these goals.

On a personal note, I want to say thank you and good-bye to John O'Laughlen, our department Director. John has accepted a new senior leadership position at Oregon Health Sciences University and will be moving to Portland this month. John has been a loyal and devoted member of our department for the past 15 years. He is a superb example of professionalism and has been a wonderful example to all of us in this regard. We will miss John and wish him all the best. Our interim Department Director is [Marie Carter-Dubois](#) from the School of Medicine Dean's office. We look forward to working with Marie as we start the search for a new Director this spring. In addition to searching for a new Director, we will also look to recruit an outstanding professional into a new senior administrative position as Associate Director for Sponsored Programs. This new staff member will work with the chair, the department Director, and our faculty investigators to develop new opportunities for collaborative and translational research and to help improve our department's support for sponsored research. Please join me in helping identify experienced professionals who could serve in one of these two important positions.

I hope that you find this newsletter helpful. Please let us know if you would like to get involved in one of the initiatives we mention here, if you would like to share important information or developments with your colleagues in future newsletters or on our department website, or if you can think of other ways in which we can communicate more effectively as we head into the New Year!

Jürgen

IN THE NEWS

\$65M Grant to Improve Health Care – and Mental Health – in Washington

The federal government has given Washington State a \$65 million grant for health care innovation. The money will be used for three initiatives. First, the Washington State Health Care Authority is experimenting with how the state pays for health care services by making treatment outcomes part of the equation. Second, the state is trying to better integrate physical and mental health services. And third, the grant will support a new effort to create caring communities. Health officials in 10 different regions of the state are sitting down with social workers, religious groups, insurance companies and others to talk about how they can better meet the health needs in their community. The chief policy officer of the Health Care Authority says the grant money will allow the state to try new things and to

duplicate ideas that have already been proven successful in one part of the state.

[Happy to be Disease-Free, but Not Happy](#) - Dimitry S. Davydow, MD, MPH, *US News and World Report*
December 8, 2014.

Whole U Speaker Series with Michael V. Vitiello, PhD



Michael V. Vitiello gave a [captivating presentation](#) about sleep as part of the Whole U Speaker Series. Learn what sleep can do for your health, the link between sleep and illness and tips on getting good quality sleep.

FACULTY AND STAFF

Marie Carter-Dubois Appointed Interim Department Director



Marie Carter-Dubois will be joining our Department as the Interim Director effective January 12, 2015. Marie is currently the Director of Business Operations in the School of Medicine's Dean's Office and before that worked at the Institute of Translation Health Sciences as the Executive Director of Planning, Finance and Administration.

Before coming to the University of Washington, Marie received Masters Degrees from Ecole Superieure de Commerce, Sorbonne University, and Ecole des Hautes Etudes Commerciales in Paris as well studying at the University of Quebec in Montreal. She began her career at UC San Francisco in the administration of the School of Medicine, and later moved to Stanford University as Director of Finance in the Department of Medicine, eventually becoming an Assistant Dean in the School of Education. She then joined UC Davis as the Chief of Staff and principal staff advisor to the Provost and Executive Vice Chancellor at UC Davis. Ms. Carter-Dubois has lived in France, Canada, the United Kingdom, Japan, California and now Washington State, is fluent in three languages, and enjoys spending time exploring the outdoors with her husband and their three children.

Marie will be located in the same office John O'Laughlen occupied and will help us maintain our business operations, assist in a national search for a new department Director, and serve on a Transition Team that will keep us on track as move through these changes. Feel free to contact her at mhcarter@uw.edu or stop by to say hello.

Department Launches Diversity Committee



A new Department Diversity Committee will examine ways in which we can recruit and retain individuals from diverse backgrounds including race and ethnicity, gender, and sexual orientation. We believe that strengthening and celebrating the diversity of our faculty, staff, and trainees will help us provide the highest quality care to the diverse patient population of the Seattle and Northwest region and to strengthen the quality of our educational and research programs. Mark Snowden, MD, MPH (snowden@uw.edu) will chair this important new Committee with help from Kari Stephens, PhD (kstephen@uw.edu) who will co-lead the effort. We will also work closely with the School of Medicine's Center for Equity, Diversity, and Inclusion (CEDI) for guidance.



One of our first efforts will be to create a program that will support medical students from underrepresented ethnic minority groups to spend time with us over the summer. Building on similar efforts launched by the departments of Pediatrics and Surgery, we hope to create an opportunity for students to get to know Seattle, the UW, and our department and hopefully to help increase their interest in our training programs. This effort will initially be supported by a gift from our Chair, Dr. Unützer, to the department. We will seek additional contributions to this fund from faculty, alumni, and other friends of the department. If you would like to contribute to this new departmental effort to help recruit students from underrepresented ethnic minority groups, please let us know.

Look for updates on the committee's work in future newsletters.

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 Assistant to the Chair, Molly Jones: mojo@uw.edu.

CLINICAL PROGRAMS

Annual Compliance Training

We are about to launch this year's required compliance training. As in past years, it will focus on documentation and billing compliance while including required education on Waste, Fraud, and Abuse. There will be online modules and an in-person component required for most faculty members though we have obtained permission for certain faculty who work outside the traditional Monday - Friday 8:00a.m. – 5:00p.m. schedule to fulfill the requirements totally through web-based modules. There will be separate trainings offered for MD and PhD faculty. Online trainings should be available starting later in January and the in-person trainings will be held in May and June with final offerings in August and September with the goal of having everyone trained by deadline of September 30, 2015.

UW Medicine Supported Behavioral Health Services Inventory

The department is completing the UW Medicine supported Behavioral Health Services Inventory. Arkan Kayihan, an internal consultant from the UW Medicine Performance Improvement/LEAN team has been working with leaders in the department the last several months documenting the locations, clinical FTE assigned, patient volumes for behavioral health services at Harborview, UW Medical Center, Northwest hospital, Valley Medical Center, and Seattle Cancer Care Alliance. The inventory spans inpatient, outpatient, consultation and emergency department services. The report will be used to help guide the Behavioral Health Strategic Planning Committee's discussions regarding, 1) areas where services can be consolidated and 2) areas where we anticipated increased service needs, particularly as UW Medicine expands its portfolio and services as an Accountable Care Network. We anticipate receiving the final inventory report at the end of January and look forward to sharing the results with faculty at local site meetings.

Updated Epic EHR Workflow Guidelines

The department recently distributed updated Epic EHR workflow guidelines for resident documentation. Highlights include:

- a) Residents should now sign the note and close the encounter before sending them for attending review and co-signature. This now applies to notes that will be sent to primary care providers and others who may have requested consultations.
- b) For services provided by the resident alone, residents will enter an actual LOS (level of service) code that will be used to help determine the facility fee billing. UW Medicine compliance has re-affirmed that facility fees for these resident services in hospital affiliated clinics are permissible and there are safeguards in place to assure pro-fee billings will not be generated for these visits.
- c) Supervising attendings are being asked to enter an attestation statement describing the nature of their involvement even on the notes that are just being reviewed and co-signed and where the attending did not participate in the visit.

Please contact your Service Chief or Outpatient Clinic Medical Director if there are questions about these procedures.

RESEARCH

MHIP for High Risk Moms Results Showcased at Burke Museum

The [AIMS Center](#) hosted a dinner and presentation at the Burke Museum to share initial survey results from the Mental Health Integration Program (MHIP) for High Risk Moms project in King County. The project analyzed data from 2,500 low-income moms with depression and other mental disorders treated with [Collaborative Care](#) in six community health centers (14 community health clinics) from 2009 – 2014. Findings showed that most of the moms who received Collaborative Care had significant improvements in their depression, although variations were seen across different ethnicities and across sites. Ian Bennett, an implementation researcher from the University of Pennsylvania, is working with the AIMS team to examine differences in outcomes across sites and we have identified that some of the

differences can be explained by the local culture and climate of the individual clinic sites. The study also looks at fidelity measures and found that if key processes of Collaborative Care are implemented effectively, a patient's chance of clinical improvement can be increased several-fold. This research project is supported by a philanthropic gift to the department, the Community Health Plan of Washington (CHPW), Public Health - Seattle & King County (PHSKC), and the National Institute of Mental Health (NIMH).



Published and Recently Accepted Papers

[Effective Implementation of Collaborative Care for Depression: What Is Needed?](#)

Robin R. Whitebird, PhD, MSW; Leif I. Solberg, MD; Nancy A. Jaeckels, BS; Pamela B. Pietruszewski, MA; Senka Hadzic, MPH; Jürgen Unützer, MD, MPH, et al.
American Journal of Managed Care. September 17, 2014.

[Telemedicine-Based Collaborative Care for Posttraumatic Stress Disorder](#)

John C. Fortney, PhD; Jeffrey M. Pyne, MD; Timothy A. Kimbrell, MD; Teresa J. Hudson, PharmD; Dean E. Robinson, MD; Ronald Schneider, MD; William M. Moore, PhD; Paul J. Custer, PhD; Kathleen M. Grubbs, PhD; Paula P. Schnurr, PhD.
JAMA Psychiatry. November 10, 2014

[Use of Mobile Health \(mHealth\) Tools by Primary Care Patients in the WWAMI Region Practice and Research Network \(WPRN\)](#)

Amy M. Bauer, MD, MS, Tessa Rue, PhD, Gina A. Keppel, MPH, Allison M. Cole, MD, MPH, Laura-Mae Baldwin, MD and Wayne Katon, MD
Journal of the American Board of Family Medicine (JABFM) November-December 2014; 27:780-788.

[Population Targeting and Durability of Multimorbidity Collaborative Care Management](#)

Elizabeth H.B. Lin, MD, MPH; Michael Von Korff, ScD; Do Peterson, MS; Evette J. Ludman, PhD; Paul Ciechanowski, MD, MPH; and Wayne Katon, MD
Am J Manag Care. 2014; 20(11):887-895.

Examining Researcher Needs and Barriers for Using Electronic Health Data for Translational Research
Stephens, K. A., Lee, E. S., Estiri, H., & Jung, H. (in press). *AMIA Summits Translational Science*

Proceedings. PMC Journal – In Process

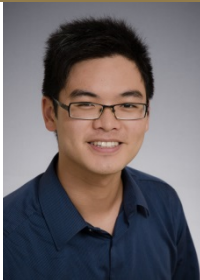
Visualizing Anomalies in Electronic Health Record Data: The Variability Explorer Tool
Estiri, H., Chan, Y., Baldwin, L., Jung, H., Cole, A., & Stephens, K. A. (in press). *AMIA Summits Translational Science Proceedings. PMC Journal – In Process*

Submit your Papers for Inclusion in the Newsletter

Have a paper that has been recently published? If so, please send it to PBSCI@uw.edu and it will be included in the next edition of the newsletter.

EDUCATION

Jeremy W. Luk, MS, Wins Joseph Becker Research Award



Jeremy Luk, a Child Track resident in the Psychology Internship Program, has been selected as this year's recipient of the internship's Joseph Becker Research Award. The purpose of this award is to stimulate quality research by rewarding a psychology resident for independence, creativity and intellectual depth in a research effort. The award will help to fund his research project to test emotion regulation as a moderator of the associations among stress, negative mood, and drinking in college students using daily-level data.

Expansion of Psychiatry Residency's Idaho Track

The Residency's Idaho Track has received funding from the national VA Graduate Medical Education (GME) Enhancement Program to add an additional resident per training year, growing from three to four residents per year. The Idaho Track, directed by Jeralyn Jones MD, is an innovative psychiatry residency program which was started in 2007 to address the critical shortage of psychiatrists in Idaho. Residents spend two years in Seattle and two years in Idaho, where they focus on consultation to and collaboration with primary care and other health care providers and outpatient psychiatry. The program is supported by St. Alphonsus' and St. Luke's Medical Centers and the State of Idaho, in addition to the Boise VA.

Heidi Combs, MD, Elected to New UW School of Medicine Curriculum Committee



The University of Washington School of Medicine is undergoing a curriculum renewal, with overall goals of shortening the preclinical (Foundations) phase, creating more time for electives and career exploration after required clerkships, and introducing more interactive educational methods. The curriculum renewal, which will go into effect for first-year medical students in the fall of 2015, will be governed by a new Curriculum Committee. After a school-wide vote, Heidi Combs, Director of our Psychiatry Clerkship and Chair of our Undergraduate Education Steering Committee, was elected as one of four Seattle faculty from clinical departments who will be members of this committee.

First-Year Course Teaches Medical Students about Development and Health Behaviors



For many years, our department has taken the lead in teaching Systems of Human Behavior (SHB), a multidisciplinary first-year medical student course in the art and science of human behavior and development that includes topics that are foundational for the successful practice of medicine. The primary goal in SHB is to help medical students improve communication, listening, understanding, and engagement skills in order to build authentic, effective physician-patient relationships. The course covers normal psychological development across the life cycle, as well as health behaviors and psychosocial issues crucial to successful health outcomes. Objectives in the class include being able to:

- Recognize and describe psychosocial mediators of biological and behavioral factors in health and illness.
- Identify major health risk behaviors (e.g. smoking, obesity, substance use) and learn fundamental principles and skills for facilitating behavioral change.
- Better appreciate the influence of personality, culture, spirituality and religion, complementary and alternative medicine, and family systems in health and wellness.

The course is chaired by David Harrison, MD, PhD and directed and taught throughout the WWAMI region by Kerstin (Kitte) Miller, MD and Alexander Von Hafften, MD (Alaska), Niels Nielsen, MD (Idaho), Jeff Cory, PhD (Montana), Matthew Layton, MD, PhD (Spokane), and Carolyn Pepper, PhD (Wyoming). Dr. Harrison, the WWAMI course chairs and guest faculty have developed a comprehensive study guide and have implemented state-of-the-art, interactive teaching methods. SHB embraces an educational model focused on having students learn basic knowledge of the subject matter before class and utilizing class time to reinforce key concepts and encourage active learning. Fact-based quizzes are given at the beginning of class to test basic knowledge and reinforce the reading of study guide material before class, clinical scenario questions are utilized in the concurrent and final exams to test understanding, and writing assignments are included (e.g., a biopsychosocial assessment) to test higher level learning. New to 2014 has been an emphasis on learning clinical skills (e.g., knowing how to inquire about domestic violence or learning basic motivational interviewing skills). As a result of the SHB course, and our second-year Brain and Behavior course, UW medical student Behavioral Sciences scores on the USMLE (national medical boards) Step 1 examination are above the national average and higher than those for any other UW preclinical subject/course.

COMMUNITY SUPPORT

Philanthropic support from individuals and private family foundations provides important flexible funding for groundbreaking research, innovative training and education, and expanded clinical care in the Department of Psychiatry and Behavioral Sciences. Gifts of every size make a difference. Highlighted below are some recent gifts that are supporting important work in our department.

- Ann Ramsay-Jenkins, co-founder of the College Success Foundation and former chair of the UW Medicine Board, made a challenge gift of \$50,000 in support of expansion of Triple P dissemination being led by Eric Trupin, PhD, and his colleagues in the Division of Public Behavioral Health and Justice Policy.
- We have received private gifts totaling \$125,000 for the development of a New Center of Excellence in Maternal and Child Mental Health and the recruitment of and development of a Junior Faculty Member/Scientist in Maternal and Child Mental Health. Among other things, these private family foundation gifts will help improve and increase clinical services for high risk mothers and their children, expand training to residents and fellows, and provide seed funding to enable grant-funded research on improving mental health care for mothers and their children. Amritha Bhat, MD, a fourth-year resident in our program was selected as the initial Junior Faculty Scholar in Maternal and Child Mental Health. After completing her residency this coming June, she will join the department as a Senior Fellow / Acting Instructor with an emphasis on Maternal Mental Health.
- Another gift of \$ 150,000 is supporting the recruitment of a new Neuroscientist, Eric Carlson MD, PhD to our faculty.

If you know of a potential community member, alumnus, or friend of the department who may be interested in providing philanthropic support to our department, please don't hesitate to contact Jim Boyle, Senior Director for Philanthropy, at 206.543.7252/ boyleje@uw.edu or Erin Walker, Assistant Director for Philanthropy, at 206.221.0635/ lewalker@uw.edu.

PROGRAM OPERATIONS

Change in UW FMLA Leave Administration Practice

The federal Family and Medical Leave Act (FMLA) provides eligible employees with up to 12 work weeks of leave for qualifying medical and family reasons within a 12-month period. Beginning January 1, 2016, UW will change to a rolling 12-month period method to establish the time frame in which the 12 weeks of FMLA leave use is tracked. Click [here](#) for more information.

EVENTS AND OPPORTUNITIES

Opportunities in Palliative Care

The Cambia Health Foundation announced a \$10 million gift to UW Medicine for the Palliative Care Center of Excellence, securing the future of the Center. The Center will be renamed the Cambia Palliative Care Center of Excellence (Cambia PCCE). The mission of the Cambia Palliative Care Center of Excellence is to improve the palliative care provided to patients with serious illness and their families and will do so by promoting clinical care, research and education. The Center Director is Dr. Randy Curtis and the co-Director is Dr. Tony Back – both in the Department of Medicine.

The Cambia PCCE defines palliative care broadly as care for patients with serious illness that focuses on improving quality of life, minimizing symptoms, and ensuring patients receive the care they choose. This includes both “specialty palliative care” (delivered by palliative care specialists) and “primary palliative care” (delivered by all clinicians caring for patients with serious illness and their families).

In addition, the Cambia PCCE has also been approved for funding for a T32 grant from the National Heart, Lung, and Blood Institute to support research fellowships in palliative care for patients with heart, lung, or blood diseases. The T32 has four slots and will plan for two two-year fellowships.

There are many in our Department who are involved in the healthcare for patients with serious illness. If you are interested in getting involved in palliative care, I would encourage you to join the Cambia Palliative Care Center of Excellence on their website (www.uwpalliativecarecenter.com) or contact Randy Curtis (jrc@uw.edu) or Tony Back (tonyback@uw.edu). Also, if you are interested in being part of the faculty for this new palliative care research T32 or know of post-doctoral fellows who might be interested in this research training, contact Randy Curtis (jrc@uw.edu).

School of Public Health Presentation: SMI

January 8 | 12:00 PM-2:00 PM | UW Tower, Board Room

What can modern measurement methods tell us about the needs of people with serious mental illness?

ITHS Career Development Series: How to Get Promoted if You are Junior Faculty

January 16 | 3:30 PM | Health Sciences Building, K-069

Have you been thinking about what you need to do to “climb the ladder” of academic promotion? If you are at the early stage of your career, it's important to understand the tenure process from both your role and your department's perspective. Dr. John Amory, Professor in the UW Department of Medicine, will provide valuable information on how to best set yourself up for promotion. Pizza and refreshments will be provided for in-person attendees. Please RSVP for the event by clicking [here](#).

Heroin & Opioid Overdose Prevention Summit

February 10 | 8:00 AM-5:00PM | UW Husky Union Building.

The UW Alcohol and Drug Abuse Institute and the US Attorney for Western Washington are co-sponsoring a conference about heroin and prescription opioid overdose prevention. Keynote speaker is Michael Botticelli, Director of the Office of National Drug Control Policy. The audience for the (free) conference includes law enforcement, prosecutors, public health, prevention/education professionals, policy makers, opioid treatment providers, and others who work with individuals and communities impacted by heroin/opioid abuse and misuse. For more information visit the [conference website](#).

Rising Stars Career Development Program

Application Deadline February 2

Rising Stars is a faculty career-development program that provides promising early-stage investigators from the WWAMI (Washington, Wyoming, Alaska, Montana, and Idaho) region with a high-quality, targeted and structured career development package for two years. The package includes components such as research funding up to \$15,000, mentoring, peer-to-peer networking and review services. For more information about applying, see the [Institute for Translational Health Services site](#).

COMMUNICATIONS

New Faculty Directory to be Showcased This Spring

The launch of our new department [website](#) gave us the opportunity to replace our outdated faculty directory with a robust and current state-of-the art 'faculty profiles' section. The new profiles are designed to highlight the talents of our faculty to our customers and collaborators, potential patients and trainees, and the general public. The directory also will facilitate communication and collaboration among ourselves. This is an important and exciting endeavor that will be showcased on the website in early 2015.

If you have any questions about the profiles or the new department website, please contact Rosemary Whitright at rwhit@uw.edu or 206-221-3640.

2015 Department Communications Strategic Plan

The Department communications team has developed a strategic communication plan to provide a focused direction for the Department's internal and external communications activities in support of the Department's mission and its research, educational and clinical goals and objectives. This plan will continue to evolve as new practices are put into place and new opportunities arise. The communications strategic plan will be made available in early 2015.

For communication information please contact [Rebecca Sladek](#) or [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: "Snowy 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 list, please send an email to PBSCI@uw.edu.

THIS NEWSLETTER WAS SENT BY:
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