

# PSYCHIATRY & BEHAVIORAL SCIENCES NEWSLETTER

June, 2015



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## MESSAGE FROM THE CHAIR

Dear friends and colleagues.

It was great to see many of you at our annual faculty and promotions meeting earlier this month. We had a chance to welcome new faculty, to review our accomplishments over the past year, and to talk about our goals for clinical, research, and training programs for the coming year. We also had a wonderful opportunity to review and celebrate the academic achievements of our colleagues who are being proposed for promotion this year.

This is an exciting time for Psychiatry and Behavioral Sciences and we will have important new opportunities as our academic health care system becomes an Accountable Care Network, helping to improve the health of



Jürgen Unützer, MD, MPH, MA  
Professor and Chair

populations in Western Washington and beyond. I appreciate all of your energy, talents, and commitment as we work together to improve the health of the public by providing the best care we can today, discover better treatments for tomorrow, and inspire the next generation of mental health care professionals. Speaking of the next generation, we welcomed a bright new group of residents this week and we will be celebrating our graduating residents and fellows with a wonderful ceremony on Saturday, June 27.

This summer, we will take a break from sending out our monthly Newsletter, but look for a newly revamped newsletter in September. Until then, I hope to see many of you at our first annual [Department Summer Picnic](#) on Sunday, August 16 and I wish you all a great summer.

Jürgen

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## **IN THE NEWS**

[A Prescription for Better Montana Mental Health Care](#). Suzanne Murray. Billings Gazette. June 21, 2015.

[UW Performs Research on the Lives of Young Adults](#). Christine Lee. Herald at the University of Washington Bothell. June 16, 2015.

[Mental Health Treatment's New Frontier: Telepsychiatry](#). Jürgen Unützer. Yakima Herald. June 6, 2015.

[Improving Patient Self-Management with Mobile Technology](#). Amy Bauer. Institute of Translational Health Sciences News. May, 2015.

[Healthy Relationships May Prevent Depression in Child Abuse Survivors](#). Deb Kaysen. PsychCongress Network. May, 2015.

[Brain Biomarkers of Autism May Vary by Genetic Cause](#). Raphael Bernier. Simons Foundation Autism Research Foundation. May 15, 2015.

[Depression and Anxiety in COPD: The Role of the Psychiatrist](#). Soo Borson. Psychiatry Advisor. May 22, 2015.

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## **FACULTY, STAFF, TRAINEES AND ALUMNI**

Rebecca Sladek, MS

Becky has officially become the Department's Communication Manager after having worked as a Communications Specialist for the AIMS Center since December, 2012. Becky will work to strengthen both our internal and external communications efforts and looks forward to telling our stories in clear, concise and compelling ways. She earned her Bachelor of Science degree in zoology from the University of Wisconsin-Madison and her Master of Science degree in science journalism from Boston University.



Rebecca Sladek

### **Department Diversity Committee**

Dr. Unützer convened a group of faculty, staff, and residents to examine and identify ways to improve diversity across the department. The committee includes 14 members and started meeting in August 2014 and currently meets every other month. The group has received valuable input from members of the Center for Health Equity, Diversity, and Inclusion (CEDI) directed by Leo Morales, MD. Dr. Morales facilitated a presentation from Leslie Walker, MD, from the Department of Pediatrics, a department widely-viewed as very successful in increasing the recruitment and retention of underrepresented minority faculty members. Dr. Walker shared a department diversity survey the pediatrics department has used annually for several years and stressed the importance of support from the department's chair and leadership, especially service chiefs and division directors who do the majority of hiring in most departments. She also confirmed the committee's belief that strengthening the diversity pipeline in the residency and fellowship programs would be essential. The committee designed a diversity visiting medical student subinternship program, advertised this nationally, and has recently selected the first three students for this six week rotation.



Mark Snowden



Kari Stephens

In December, Kari Stephens, PhD, and Mark Snowden, MD, were chosen to co-chair the committee. They participated in the School of Medicine's Diversity Leadership Symposium in April 2015. The symposium included approximately 50 invited participants, many of whom serve on diversity committees of 12 other departments. Linda Pololi, MBBS of Brandeis University delivered the keynote address in which she presented quantitative and qualitative findings of her work on the National Initiative on Gender, Culture and Leadership in Medicine: C-Change. The committee used information from Dr. Walker and the leadership symposium to develop a psychiatry department climate survey that has recently been distributed to the paid faculty and the committee plans to revise it for distribution to department professional staff and residents/fellows. Drs. Stephens and Snowden presented preliminary findings of the climate survey at the annual department faculty and promotions meeting June 15th and the slides of the presentation have been e-mailed to all faculty members as part of the entire meeting's slide set. We've had a 60% response rate and received a wealth of important quantitative and qualitative data that the committee will use to prioritize action areas and plans and monitor for future improvement. Thanks to all those who completed the survey.

### **Peter Clasen, PhD**

We are pleased to welcome Peter Clasen, PhD to the faculty as Acting Assistant Professor beginning September 1, 2015. Dr. Clasen is currently completing a Postdoctoral Fellowship at Stanford University where his research focuses on Cognitive and Neurobiological Imaging. He completed his PhD in Clinical Psychology at the University of Texas in Austin in 2014 and he will focus his research within two of our new research programs, the Behavioral Sciences and Technology (BeST) program as well as the Targeted Treatment Development program headed by Pat Areán, PhD.

### **Taylor “Mac” Black, MD**

We are pleased to welcome Taylor “Mac” Black, MD to the faculty as Acting Assistant Professor. Dr. Black is currently finishing a Psychosomatic Medicine Fellowship in our Department, and will begin serving as an inpatient attending at Harborview Medical Center on August 1, 2015. Dr. Black completed his medical education here at the University of Washington in 2010, followed by Psychiatry Residency at the University of Colorado School of Medicine in 2014.

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## **CLINICAL PROGRAMS**

### **Perinatal Psychiatry Clinic at UWMC**

Deborah Cowley, MD and Amritha Bhat, MD are offering new psychiatric consultation services for pregnant and postpartum women at the UW Psychiatry Outpatient Clinic on Tuesday and Wednesday afternoons. Services include:

- Informed consent discussions regarding psychotropic medications during pregnancy and lactation.
- Treatment of psychiatric disorders during pregnancy and postpartum.
- Anticipatory guidance regarding attachment and bonding issues.
- Pre-conception counseling for women with psychiatric disorders and those on psychotropics who are considering pregnancy.

To schedule a patient to be seen in the Perinatal Psychiatry Clinic, please send an EPIC referral to UPOC labeled “Perinatal Psychiatry Clinic” or contact Traci Roberson ([troberso@uw.edu](mailto:troberso@uw.edu); 206-598-3644). For any questions, please email Deb Cowley ([dcowley@uw.edu](mailto:dcowley@uw.edu)) or Amritha Bhat ([amritha@uw.edu](mailto:amritha@uw.edu)).



Deb Cowley



Amritha Bhat

### **Hospital-to-Hospital Telepsychiatry Program with Capital Medical Center**

Our State suffers from a serious lack of psychiatric providers in rural settings. This is because our psychiatrists are clustered around Seattle and Spokane – with few of us choosing to live in rural communities and settings. However, even if our psychiatrists were better distributed across the state, we would still not have enough psychiatric providers for all of the patients in need of care. In order to meet the psychiatric needs of all of our communities, we must leverage what resources we DO have by

working more efficiently and more effectively.

Thus we are excited to report on a new hospital-to-hospital telepsychiatric consultation program in partnership with Capital Medical Center in Olympia. With this new program, patients who are involuntarily detained will be admitted onto a modified inpatient medical unit until a psychiatric bed becomes available. Patients and care providers will video-consult with UW psychiatrists, allowing the local team to implement treatments promptly -- before they are transferred to the psychiatric facility. Without this program, patients might have to wait in the emergency room for days until a specialty psychiatry bed becomes available. This new consultation program will also be available for patients with mental health needs in the medical / surgical beds of the hospital, a welcome addition to the capacity at Capital Medical Center which does not have access to psychiatric consultation now. We hope that this partnership will be a boon for patient care at Capital Medical Center and that it will serve as a model for providing access to psychiatric consultation in other rural community hospitals in our state.

The UW - Capital Medical Center Telepsychiatry Consultation Program will be available to Capital Medical Center patients and care providers 7-days per week, 9am-5pm, and is scheduled to start in Summer of 2015.

### **Psychiatric Consultants Retreat to Improve Clinical Outcomes**

The Division of Integrated Care and Public Health held a retreat for UW-partner Collaborative Care Consultants on May 1st. This retreat drew over 20 psychiatrists from both academic and community settings who currently provide consultation in our Mental Health Integration Program (MHIP), Behavioral Health Integration Program (BHIP), or Social Innovation Fund: Health Futures programs. The theme of this retreat was scaling the consultation programs to better meet the needs of the population served. John Fortney, PhD kicked off the retreat with an excellent presentation summarizing his research on the



role of telepsychiatry in Collaborative Care settings. Following this, we conducted several breakout sessions to discuss tracking clinical outcomes following psychiatric consultation, improving efficiency of case reviews, operationalizing telepsychiatry in Collaborative Care, and assuring population health for entire populations. The cumulative energy and expertise at this retreat was impressive, and the meeting served as a great opportunity for brainstorming next steps for improvements and innovation in these programs. We plan to get reports with action plans out to participants and stakeholders within the next couple of months. We want to thank everyone who participated in the retreat and who stepped up to help carry out many of the great ideas forward!

### **Hand Hygiene – Access to Excellence**

UW medicine as part of the Access to Excellence quality improvement process encourages proper hand hygiene before and after direct patient care contacts. At Harborview Medical Center, there are clear trends showing that when overall rates of hand hygiene in the hospital improve, rates of hospital acquired methicillin resistant staphylococcus aureus (MRSA) infections experienced by patients decrease. Similarly, in months when hand hygiene rates are not as good, infection rates rise. UW Medicine monitors and reports monthly rates of hand hygiene by hospital, department, and clinical service units on the Patients Are First dashboards. In 2013, UW medicine established financial incentives for departments meeting or exceeding the hand hygiene targets. For the 2013-14 academic year, our

department was one of two departments not meeting the target. The goal for hand hygiene is currently set at 98% for inpatient areas and 100% for outpatient clinical areas. Monitoring has moved from a composite measure including amounts of hand gel and soap used to direct observation.

There are certainly obstacles to routine use of hand gel on psychiatry inpatient psychiatry units and hand hygiene is probably newer to outpatient psychiatry practice than to other medical outpatient settings. Safety concerns regarding direct patient access to alcohol gel on inpatient units meant that inpatient psychiatry units have been the last units to get significant numbers of gel dispensers and some units still do not have adequate supplies for staff to “gel in and gel out” when entering and leaving patient rooms. Yet, from an overall patient experience and safety standpoint, proper hand hygiene will protect patients from any number of infectious disease problems even if MRSA rates are lower in psychiatry than other settings. Recent outbreaks of norovirus and influenza that spread amongst psychiatry patients and staff this year are good reminders that proper hand hygiene protects everyone. As of May 1<sup>st</sup>, our department has met the 98% hand hygiene goal three of the prior 10 months. We have made improvements from last year but still have much work to do and so everyone is encouraged to practice good hand hygiene “with every patient, every time.”

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## RESEARCH

### Behavioral Science and Technology (BeST) Updates

We are delighted to announce that Kari Stephens, Ph.D., will be the new Associate Director for BeST. Kari’s current work includes Biomedical Informatics research related to linking electronic health records (EHR) and building tools across the WWAMI Practice and Research Network to improve health, as well as clinical training and intervention work to disseminate EBTs in integrated care settings. Kari will be guiding the BeST program’s strategic planning as well as promoting connections between BeST and researchers outside PBSCI, via her roles in ITHS and eSciences Institute.



Kari Stephens

We are equally excited that Kristin Bumgardner has joined BeST as a program coordinator. Kristin has been heavily involved with PBSCI faculty at Harborview Medical Center over the last 10 years, serving as research coordinator for Dr. Peter Roy-Byrne’s CALM and BI trials. She brings a wealth of experience in managing and running research studies and will be working with BeST program faculty on their grant and research pursuits.



Kristin Bumgardner

In addition to Kari and Kristin, a small group of PBSCI faculty have been meeting to help define the mission and purpose of BeST and outline research and collaborative interests, including: Patricia Areán, Ph.D., Amy Bauer, M.D., M.S., Aaron Lyon, Ph.D., Jeff Munson, Ph.D., Roger Vilardaga, Ph.D., and senior fellow Jennifer Villatte, Ph.D. Peter Clasen, Ph.D., will also be participating in the BeST program (and Targeted Treatment Development program; Director: Patricia Areán, Ph.D.) as he joins the PBSCI faculty in September.

If you have any questions or are interested in learning more about BeST, please contact Dave Atkins ([datkins@uw.edu](mailto:datkins@uw.edu)) or Kari Stephens ([kstephen@uw.edu](mailto:kstephen@uw.edu)).

### **New Report Maps Service Desert Areas for Children's Mental Health**

Members of the Division of Public Behavioral Health and Justice Policy worked on a recently released report that mapped service desert areas for all publically funded evidence-based programs in children's mental health across the state. The report, [Gaps Analysis of Research/Evidence-Based Treatment for Children's Public Mental Health in Washington State](#), was sponsored by the Washington State Division of Behavioral Health and Recovery. Contributors included Sarah Walker, PhD, Philip Hurvitz, PhD, Jessica Leith, MS and Nicholas Weiss, PhD.

### **Christine Lee's NIAAA R34 Receives Perfect Score**

Christine Lee, PhD, was awarded a grant from the National Institute on Alcohol Abuse and Alcoholism to conduct formative research to assist with the adaptation of the BASICS (Brief Alcohol Screening and Intervention for College Students) program for use among community college students. Her grant application received a perfect score!



Christine Lee

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### **Published and Recently Accepted Papers**

Spoelder M, Tsutsui K, Lesscher H, Vanderschuren L, Clark J. Adolescent Alcohol Exposure Amplifies the Incentive Value of Reward-Predictive Cues Through Potentiation of Phasic Dopamine Signaling. *Neuropsychopharmacology* (2015), 1–13.

Kimmel RJ, Roy-Byrne P. Pharmacological Interventions for Adult Anxiety Disorders. In: Ressler KJ, Pine DS, and Rothbaum BO. *Anxiety Disorders (Primer On): Translational Perspectives on Diagnosis and Treatment*. Oxford University Press. 2015.

Roy-Byrne, P. [Improving relationships in trauma victims: The case for interpersonal psychotherapy and PTSD](#). *American Journal of Psychiatry*. 2015 May 1;172(5):403-405.

Sawchuk, C.N., Roy-Byrne, P., Noonan, C., Bogart, A., Goldberg, J., Manson, S.M., Buchwald, D., Al-SUPERPFP Team. [The association of panic disorder, posttraumatic stress disorder, and major depression with smoking in American Indians](#). *Nicotine & Tobacco Research*. 2015 Apr 6. pii: ntv071. [Epub ahead of print]

Dunn, C., Darnell, D., Carmel, A., Atkins, D.C., Bumgardner, K., Roy-Byrne, P. [Comparing the motivational interviewing integrity in two prevalent models of brief intervention service delivery for primary care settings](#). *Journal of Substance Abuse Treatment*. 2015 Apr;51:47-52.

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Grubbs, K.M., Cheney, A.M., Fortney, J.C., Edlund, C., Han, X., Dubbert, P., Sherbourne, C.D., Craske, M.G., Stein, M.B., Roy-Byrne, P.P., Sullivan, J.G. [The role of gender in moderating treatment outcome in collaborative care for anxiety](#). Psychiatric Services. 2015 Mar 1;66(3):265-71.

Wolitzky-Taylor, K., Brown, L.A., Roy-Byrne, P., Sherbourne, C., Stein, M.B., Sullivan, G., Bystritsky, A., Craske, M.G. [The impact of alcohol use severity on anxiety treatment outcomes in a large effectiveness trial in primary care](#). Journal of Anxiety Disorders. 2015 Mar;30:88-93.

Niles, A.N., Dour, H.J., Stanton, A.L., Roy-Byrne, P.P., Stein, M.B., Sullivan, G., Sherbourne, C.D., Rose, R.D., Craske, M.G. [Anxiety and depressive symptoms and medical illness among adults with anxiety disorders](#). Journal of Psychosomatic Research. 2015 Feb;78(2):109-15.

Comtois, K.A., Kerbrat, A.H., Atkins, D.C., Roy-Byrne, P., Katon, W. [Self-reported usual care for self-directed violence during the 6 months before emergency department admission](#). Medical Care. 2015 Jan;53(1):45-53.

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## **EDUCATION**

### **Congratulations to Our Graduates!**

Congratulations to all of the trainees in our Psychiatry and Psychology Residency Programs and Subspecialty and other advanced fellowships who are graduating at the end of June. We have enjoyed having you as part of our Department and wish you all the very best for the future. The Department's annual Graduation ceremony and celebration will be on Saturday, June 27, at the University of Washington's Center for Urban Horticulture.

### **Welcome to our New Residents and Fellows!**

This is the time of year when new Psychology and Psychiatry residents, subspecialty fellows, and research fellows are joining us. Welcome to the Department and we look forward to working with you!

### **Gary J. Tucker Career Teaching Award**

The Tucker Award is a departmental award recognizing outstanding career teaching skills and dedication to education. This year's recipient, H. Richard (Dick) Miyoshi, B.S., R.Ph, is an exceptional and well-loved teacher. He has spent decades teaching and supervising both residents and faculty about psychopharmacology, modeling superb provider-patient interactions, and remaining available to our graduates as an invaluable resource, helping with challenging psychopharmacology questions.

### **American Psychiatric Association Meeting Resident Presentations**

The following psychiatry residents presented their work at the May 2015 American Psychiatric Association meeting in Toronto:

- Aru Undurti: "Pituitary Dysfunction and Neuropsychiatric Sequelae Following Blast-Related Mild Traumatic Brain Injury" Poster presentation
- Amritha Bhat, MD: " Postpartum Depression Across Cultures: Case Report and Literature Review"

Poster presentation.

- Kate Grossman, MD and Amritha Bhat, MD: “Does Spaced Education Improve Learning and Retention in Third Year Medical Students in their Psychiatry Clerkship? A Randomized Controlled Trial” Poster presentation

### **Seon Kum Wins APA Minority Award**

Seon Kum, Psychiatry PGY-3 Resident, has won a one-year funded American Psychiatric Association/SAMHSA Minority Fellowship to pursue projects and national leadership activities focused on diversity in mental health care and addressing health disparities. Seon's plans for his fellowship year include establishing a Men of Color group for patients at the Seattle VA, helping to initiate and mentor medical students in the Department's Diversity Subinternship Program, and exploring local mental health care delivery and needs for underserved groups, as well as national best practices.



Seon Kum

### **Medical Students Selected for Diversity Subinternship Program**

The following medical students will be joining us this fall for the first year of our Department's Diversity Subinternship Program:

August 31 – September 25:

- Virmarie Diaz-Fernandez -- University of Puerto Rico -- child and adolescent psychiatry subinternship
- Alvaro LaRosa -- Creighton -- adult inpatient psychiatry subinternship at Harborview

November 23 – December 18:

- Alison Hwong -- Harvard -- adult inpatient psychiatry subinternship at Harborview
- Sarat Munjuluri -- UC San Francisco -- child and adolescent psychiatry subinternship

We were fortunate to receive many very strong applications for this program, and we look forward to welcoming these students to our department.

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## **HONORS AND AWARDS**

**K. Warner Schaie awarded the 2016 ISIR Lifetime Achievement Award**

[K. Warner Schaie, PhD](#) recently received the 2016 International Society for Intelligence Research (ISIR) Lifetime Achievement Award for his extensive research in and contributions to the field of Geropsychology. He received both his MS and PhD from the University of Washington and continues to be an affiliate professor with the Department of Psychiatry and Behavioral Sciences.



K. Warner Schaie

Dr. Schaie is best known for his role as founding Director of the [Seattle Longitudinal Study](#) (SLS). SLS is considered by many to be one of the most extensive psychological research studies of how adults cognitively develop and change through adulthood. Started in 1956, this study tests and adds participants every seven years and to date, has had over 6,000 adults, ages 20 – 100+, participate.

In addition to his significant contributions to science, Dr. Schaie is very proud of the mentoring he has done over the years. “From time to time, we have a social hour where  $\frac{1}{3}$  to  $\frac{1}{2}$  [of my mentees] show up,” says Dr. Schaie. He has mentored many people over the years and looks forward to finding out what they’ve done and how far they have come.

Dr. Schaie’s research over the past 50+ years has not only shown a relationship between age and cognitive ability, but also has influenced policy. Results from the SLS helped change the mandatory retirement age from 65 to 70 in many fields. Thanks to this research, many people are able to continue working into their 60s and 70s.

Dr. Schaie will accept the award at the 2016 ISIR Annual meeting in St. Petersburg, Russia in mid-July.

### **Sara Webb Receives 2015 UW Undergraduate Research Mentor Award**

University of Washington undergraduates who present their work at the Undergraduate Research Symposium nominated Sara Jane Webb, PhD for special recognition leading to an Undergraduate Research Mentor Award for her efforts in guiding undergraduates to become scholars. Sara’s research focuses on the use of electroencephalography (EEG), event-related potentials (ERPs), eye tracking, and behavioral measures to study how infants, children, and adults learn about their environment, and how that learning is impacted by developmental disruptions. She was also a finalist for the 2014 UW Medicine Award for Excellence in Mentoring..



Sara Webb

### **Joel Mitchell Receives Three National Awards**

Joel Mitchell PhD, Associate Chief of Staff at the VA Puget Sound Health Care System and Acting Professor in the Department of Psychiatry and Behavioral Sciences, received three prestigious and highly competitive National awards including, "Leadership Award" (U.S. Department of Veterans Affairs); the Outstanding Healthcare Administrator Award (American Psychological Association), and the U.S. Navy Patriot Award.



Joel Mitchell

### **Jennifer Piel Named "Woman of the Year"**

Jennifer Piel, MD, JD, received "WA State Woman of the Year" for her advocacy of Mental Health in WA State, as well as a 2nd "Young Investigator Award" from the American Academy of Psychiatry and the Law. She is the first to receive this highly prestigious award twice. Piel works as a Staff Psychiatrist and Director of the Disruptive Behavior Evaluation Clinic at the VA Puget Sound, Seattle Division and as an Acting Assistant Professor and Associate Program Director for the Psychiatry Residency Training Program.



Jennifer Piel

### **Joseph Cerimele Named ITHS Rising Star**

The Institute of Translational Health Sciences (ITHS) launched a new Rising Star program to help promising, early-stage investigators. Joseph Cerimele, MD, MPH, was among the first group of 12 investigators selected from applicants across the five-state WWAMI region. On June 1, each participant began a two-year career-development package designed to culminate with the submission of a K- or R-series grant application to the NIH. Joseph aims to understand the experiences of primary care physicians regarding treatments of patients with bipolar disorder.



Joseph Cerimele

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## **EVENTS AND OPPORTUNITIES**

### **Department Summer Picnic**

Sunday, August 16 | 2:00-5:00 PM | Camp Long Lodge & Park, Seattle

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. Please bring snacks to share as well as lawn games, blankets, chairs or anything else to make for an afternoon of fun. Drinks provided. We hope

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to see you there!

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## CREDITS

### Credits:

Editors: [Rosemary Whitright](#) and [Rebecca Sladek](#)

### Section Editors:

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

Lead Designer & Developer: [Colleen Himes](#)

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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](mailto:PBSCI@uw.edu)

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### THIS NEWSLETTER WAS SENT BY:

University of Washington | Department of Psychiatry and Behavioral Sciences  
1959 NE Pacific Street, Box 356560, Seattle, WA 98195  
P: 206-543-3750 | E: [pbsci@uw.edu](mailto:pbsci@uw.edu)