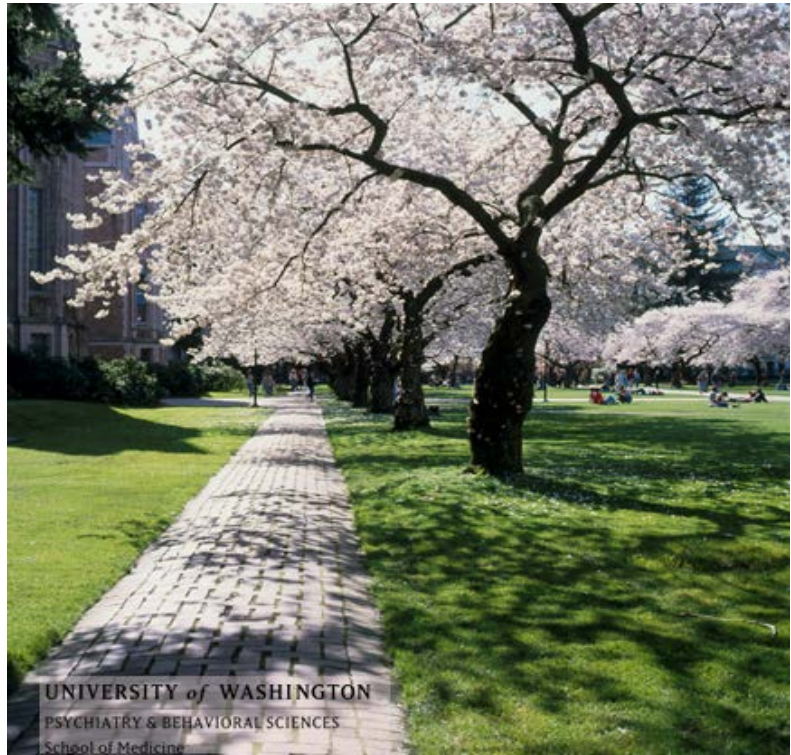


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PSYCHIATRY & BEHAVIORAL SCIENCES NEWSLETTER

March 2015

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MESSAGE FROM THE CHAIR

Dear friends and colleagues:

My message this month is brief. We are still in shock and in mourning about the loss of our dear friend and colleague, [Wayne Katon](#). Wayne was a great mentor, friend, colleague, and leader for many of us. He leaves us a wonderful legacy and opportunities to improve health care at the interface of psychiatry and medicine that we are just beginning to explore. We plan to honor Wayne with a reception on the afternoon of Sunday, May 3, and I will let you know when we have more information about this event. We will further honor Wayne's work by dedicating a conference room on the 16th floor (BB 1615) in his name where Dr. Katon ran a monthly meeting for his mentees for over 20 years, and by establishing [The Wayne Katon Memorial Fund](#) to support the



Jürgen Unützer, MD, MPH, MA
Professor and Chair

professional development of physician scientists in our department.

This month's newsletter highlights some of the ongoing successes of our faculty. It introduces exciting new programs such as the BeST (Behavioral Science and Technology) Program which will explore the use of technology to improve the reach and the effectiveness of treatments for mental disorders, a new group for faculty interested in Practice Improvement and Populations Health, and a new Workforce Development initiative to help translate the findings of our research programs. Wayne Katon was a pioneer when he developed Collaborative Care more than 20 years ago. We hope that some of our new programs will be inspired by his work and similarly chart a bright new future for psychiatry and behavioral sciences.

Please enjoy this newsletter and thank you for your outstanding contributions!

Jürgen

IN THE NEWS

[Should Marijuana Be Used To Treat PTSD?](#) – Doug Zatzick, MD, KUOW, February 20, 2015

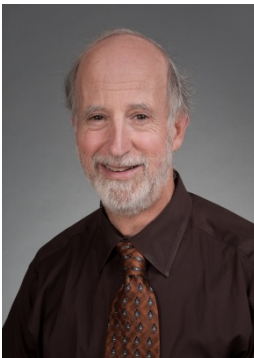
[Wayne Katon, Who Expanded Care for Mental Health, Dies](#) - Bobbi Nodell, HSNewsBeat, March 3, 2015

[Director's Blog: Collaborative Care](#) – National Institute of Mental Health (NIH), Thomas Insel, March 3, 2015

[Dr Wayne Katon, Pioneer for Collaborative Care in Mental Health, Dies at 64](#) – American Journal of Managed Care (AJMC), March 4, 2015

FACULTY, STAFF AND ALUMNI

Wayne Katon, MD – 1950-2015



Dear friends and colleagues,

It is with great sadness that I have to inform you about the passing of Dr. Wayne Katon. Wayne was a Professor and Vice Chair in our department. He was a truly great human being, a Mensch, a dear friend, a generous mentor, and a wonderful colleague to so many of us. He was also one of the most accomplished physician scientists we have ever known. Born and raised in Brooklyn, NY, Wayne came to the Pacific Northwest for medical school and joined our department as a resident in 1976. After completing his psychiatry residency at UW, he joined our faculty in 1979, eventually establishing the department's Division of Health Services and Psychiatric Epidemiology. In this role, he spent 35 years making superb contributions as a clinician, teacher, and researcher. Several generations of medical students, residents, and

junior faculty benefited from Wayne's superb teaching and mentorship. His research brought tremendous honor and recognition to the UW and it revolutionized care for patients around the world. Please [read more](#) about Wayne's contributions to the Department of Psychiatry & Behavioral Sciences and to our field.

If you would like to make a contribution to honor Wayne, please consider contributing to a [new fund](#) we have established in Wayne's name to support the training of the next generation of physician scientists in our department. This was Wayne's passion and we hope to honor him by establishing this fund.

Best,

Jürgen

[The Wayne Katon Memorial Fund](#)

UW Medicine Advancement

Box 358045, Seattle, WA 98195-8045

206-543-5686; 866-633-2586 (toll free)

Department Spotlight

We're pleased to launch a new monthly feature that will showcase the diversity and breadth of our department. Every month we'll profile the work of a trainee, faculty member, clinical faculty member, alumni, or donor to paint the picture of what we do and where we are heading. We kick-off this series with a profile of Roger Vilardaga, PhD, winner of the UW Innovation Research Award.



Roger Vilardaga, PhD

The IT-rich environment of Seattle is proving to be a great home for Roger Vilardaga, PhD, given his interest in using technology to inform behavioral science research. Vilardaga, a Clinical Psychologist, believes the increase of technology in our day-to-day lives provides a unique and novel opportunity to inform behavioral science while at the same time making it more relevant and effective.

"Using devices like smart phones to study behavior is almost like the discovery of the telescope in astronomy or the microscope in biology," said Vilardaga. "Smart phones are a new analyzing tool we can use to measure people in their natural environment. Behavioral science has made great progress in our understanding about how certain habits and behaviors are formed, but we never had ecologically valid measures. Technology has changed that."

Vilardaga moved to Seattle after receiving his psychology degree in Barcelona, Spain and finishing a graduate program at the University of Nevada under Steven C. Hayes, PhD. Hayes developed Acceptance and Commitment Therapy (ACT), a form of cognitive behavioral therapy Vilardaga was drawn to. He wanted to understand how awareness of

one's internal sensations and surroundings results in a healing effect. As a post doc at the UW, Vilardaga studied under Rick Ries, MD, and Mike McDonnell, PhD, where he began to combine his interest in helping people develop their self-awareness with a desire to influence a large number of people through technology.

Vilardaga's current projects include a [NIH K award](#) to design a smoking cessation app and he recently won a [UW Innovation Research Award](#) as part of a team that will develop a framework and set of methods and tools to help empower people and their providers to use computing and mobile health systems to improve their health.

"The goal is to help patients design their own experiments," said Vilardaga. "We want to integrate expert provider knowledge with patient-generated data from technology like smartphones. People are interested in their own data, and we want to develop more rigorous methods to help people 'know themselves' and act on what they find."

The project will guide people to ask the right questions, collect the right data, form meaningful hypotheses, systematically test those hypotheses, and draw conclusions about their health. In addition to Vilardaga, the multidisciplinary team includes researchers from Medicine, Human-Centered Design & Engineering, and Computer Science & Engineering.

Vilardaga hopes to continue testing the clinical aspect of smart phones and apps and to investigate them at a clinical and process level to test why and how they work. In the long run, he wants to see clinicians using and integrating data generated from patient apps into their evidence-based practice.

"There are hundreds of health apps out there that are not based on science," said Vilardaga. "With my work I want to contribute to see that changed one day."

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.

Associate Director for Sponsored Projects

We are also searching for an [Associate Director for Sponsored Projects](#). This new position will focus on the strategic development of our portfolio of sponsored projects (grants, contracts, and gifts), on developing new programs in translational research, and on improving our department's administrative support for research. Ideal candidates will have extensive experience with the development and

management of complex, multidisciplinary translational research programs. Interested candidates are welcome to apply directly to [UW Hires](#) or to have an informal conversation with me (unutzer@uw.edu) or with Marie Carter-Dubois (mhcarter@uw.edu), our interim department director, to learn more about this new position.

Office Of Faculty Development

The Office of Faculty Development provides and coordinates resources for faculty in various stages of their academic careers. Refer to the latest [newsletter](#) containing information on upcoming events and workshops.

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

Inpatient Psychiatry Unit Leadership

Dr. Mark Snowden convened a meeting of the inpatient psychiatry unit leadership across UWMC, HMC, and NW hospital. The group reviewed processes and performance on the CMS required inpatient psychiatry quality indicators and shared areas of success and problem solved challenging areas. It is of note that NW hospital has been able to significantly reduce its use of restraint hours through increased structured activity and supervision of elderly patients, environmental changes in the types of safety devices used, and appropriate use of psychotropic medications. UWMC has experienced significant improvements in its ability to create and transmit discharge continuing care plans through standardization of how residents document indications for discharge medications and by having a point of transmittal audit to assure the necessary indications are present before the care plan is sent. Harborview is working to implement processes for meeting the requirements for the most recently established quality indicator involving screening and intervention for tobacco use within three days of admission. Psychiatric nurses are screening during their intake process and the team is exploring a combination of individual counseling at the time of screening and the introduction of tobacco cessation activity into existing group sessions that are offered on the unit.

Dr. Snowden is planning similar gatherings of the inpatient consultation/liason services and outpatient clinic leadership in the future to help standardize our care process and share successful strategies for the ongoing challenges we face in the ever-changing healthcare setting.

If you have any questions please contact [Mark Snowden](#).

Congratulations to Harborview's Psychiatry Service

Congratulations to Harborview's Psychiatry service on achieving a score of 98% in the state's Division of Behavioral Health and Recovery's Licensing and Certification survey held February 23-26. The survey team was overwhelmingly impressed with the care provided.

RESEARCH

Department Embraces Mental Health and Technology

With smartphones, wearable computing, and the “internet of things,” the simple act of living our lives generates a tremendous amount of data – data that carries information about our physical, social, and emotional well-being and that could be used to improve the health and mental health of our patients. The Department is launching a new Behavioral Science and Technology (BeST) Program to develop and implement solutions to the challenges of mental health treatment through innovative technological applications. The BeST Program will leverage existing intervention expertise within PBSCI in areas such as Addiction, PTSD, Depression, and Collaborative Care and build from current, innovative projects using technology to support, enhance, and build capacity for high-quality clinical intervention.

A key focus for BeST will be interdisciplinary team science that integrates UW colleagues from Engineering, Computer Science, and Bioinformatics as well as technology industry colleagues. Dave Atkins, PhD, will serve as Director of this new initiative. Dr. Atkins is a clinical psychologist by training with expertise in applied methodology and statistics. His interdisciplinary research team applies tools and methodologies from engineering and computer science to understanding and evaluating behavioral interventions. Dr. Atkins collaborates closely with engineers, computer scientists, and data scientists, effectively using his background in both clinical intervention and applied methodology to work with colleagues from a variety of backgrounds.

Short-term goals for the BeST Program include:

- Identify core faculty within PBSCI and interdisciplinary partners in technical fields at UW
- Identify key clinical problems where technology can make a meaningful difference to serve as focal points for collaborative research
- Pursue foundational grants to support interdisciplinary research on these problems
- Pursue industry partners so that commercial interests can be informed by clinical needs and enable research with broad dissemination potential
- Build strategic alliances with other UW institutes and centers with shared interests (e.g., ITHS, eSciences Institute, WWAMI Practice-Research Network)
- Develop basic infrastructure for BeST that would support these aims

Please contact [Dr. Atkins](#) if you're interested in becoming involved with the BeST Program or for more information.

Published and Recently Accepted Papers

Dorsey, S., Berliner, L., Lyon, A.R., Pullmann, M. D., & Murray, L.K. (in press) [A statewide common elements initiative for children's mental health](#). *Journal of Behavioral Health Services and Research*. 2014 Aug 1. [Epub ahead of print].

Lyon A.R., Wasse J.K., Ludwig K., Zachry M., Bruns E., Unützer J., McCauley E. [The Contextualized Technology Adaptation Process \(CTAP\): Optimizing Health Information Technology to Improve Mental Health Systems](#). Administration and Policy in Mental Health and Mental Health Services Research, February 2015.

Lyon, A.R., Maras, M.A., Pate, C.M., Igusa, T., Vander Stoep, A. [Modeling the Impact of School-Based Universal Depression Screening on Additional Service Capacity Needs: A System Dynamics Approach](#). *Administration and Policy in Mental Health and Mental Health Services Research*, January 2015.

Lyon, A.R., Dorsey, S., Pullmann, M., Silbaugh-Cowdin, J., & Berliner, L. [Clinician use of standardized assessments following a common elements psychotherapy training and consultation program](#). *Administration and Policy in Mental Health and Mental Health Services Research*. 2015 Jan;42(1):47-60.

Hart T, Brockway JA, Fann JR, Maiuro RD, Vaccaro MJ. [Anger Self-Management in chronic traumatic brain injury: protocol for a psycho-educational treatment with a structurally equivalent control and an evaluation of treatment enactment](#). *Contemporary Clinical Trials* 2015 Jan;40:180-92.

Bell KR, Brockway JA, Fann JR, Cole WR, St. De Lore J, Bush N, Lang AJ, Hart T, Warren M, Dikmen N, Temkin N, Jain S, Raman R, Stein MB. [Concussion treatment after combat trauma: development of a telephone based, problem solving intervention for service members](#). *Contemporary Clinical Trials* 2015 Jan;40:54-62.

Fann JR, Bombardier CH, Vannoy S, Dyer J, Ludman E, Dikmen S, Marshall K, Barber J, Temkin N. [Telephone and in-person cognitive behavioral therapy for major depression after traumatic brain injury: a randomized controlled trial](#). *Journal of Neurotrauma* 2015 Jan 1;32(1):45-57.

Kerns, S., Pullmann, M. D., Putnam, B., Payton, L., Buher, A., Holland, S., Berliner, L., Silverman, E., Fourre, L., Shogren, D., & Trupin, E. W. [Child welfare and mental health: Facilitators and barriers of connecting children and youth in out-of-home care with effective mental health treatment](#). *Children and Youth Services Review*. Volume 46, November 2014, Pages 315–324.

Dorsey, S., Pullmann, M. D., Berliner, L., Koschmann, E., McKay, M., & Deblinger, E. [Engaging foster parents in treatment: A randomized trial of supplementing trauma-focused cognitive behavioral therapy with evidence-based engagement strategies](#). *Child Abuse and Neglect*, 2014 Sep;38(9):1508-20.

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

Addiction and Geriatric Psychiatry Fellows Selected for 2015-16

The [Addiction and Geriatric Psychiatry fellowships](#) are ACGME-accredited, PGY-5, psychiatric subspecialty programs. The Addiction Psychiatry program, directed by Andrew Saxon, MD, trains psychiatrists to be experts in the care of patients with substance-related and addictive disorders, which includes nearly 50% of all psychiatric patients. The Geriatric Psychiatry program is directed by Stephen Thielke, MD, MPH, and trains psychiatrists to be experts in the assessment and care of geriatric patients. We look forward to having these fellows start in July.

Addiction Psychiatry Fellows

Jonathan Adelstein (New York University)
Michael Huynh (University of West Virginia)

Geriatric Psychiatry Fellows

Will Bryson (University of Washington)
Kathy Chen (University of Washington)

Psychiatry Residency Chief Residents Announced

The 2015-2016 Psychiatry Chief Residents have been selected. We look forward to working with this talented group of incoming chief residents.

- Julia Edwards (Harborview Inpatient/PES)
- Matthew Iles-Shih (Harborview Outpatient/Consults)
- Kelly Bettega (UWMC)
- Jacob Markovitz (UPOC)
- Sarah Pullen (VA)
- Lauren Augello (Recruitment)
- Vivek Datta (Education)
- Sara Haack (Call)

Psychology Internship Match Results

We have again recruited a wonderful class of new residents for the 2015-16 [Psychology Internship](#). Our new residents in each track are:

Child Track

- Anne Arnett (University of Denver)
- Nancy Lau (Harvard University)
- Tyler Sasser (Pennsylvania State University)
- Sarah Wu (University of Colorado-Boulder)

Adult Track

- Jennifer Cadigan (University of Missouri-Columbia)
- Andrea Niles (University of California – Los Angeles)
- Mandy Owens (University of New Mexico)

Behavioral Medicine/Neuropsychology Track

- Rachel Aaron (Vanderbilt University)
- Anne Arewasikporn (Arizona State University-Tempe)
- Ann Clawson (Brigham Young University)

- Larissa Del Piero (University of Southern California)
- Israel Jared (University of Missouri-St. Louis)
- Monica Lindgren (Ohio State University)
- Michael Williams (Wayne State University)

Thank you to our Chair, Dr. Jürgen Unützer, and to Dr. Peter Esselman, Chair of Rehabilitation Medicine; to our track coordinators Drs. Gretchen Gudmundsen (Child), Jessica Cronce (Adult) and Chuck Bombardier (Behavioral Medicine/Neuropsychology); to our Program Coordinator Sally Burgdorff and Educational Suite Staff including Athena Wong, Charisa Lantin, Patrick Peterson, and Liz Tyson; and to all of the faculty, fellows and residents who helped in all aspects of the application process, Open House and meetings with applicants. Our success is a testament to the quality of our faculty and training. Your efforts, collegiality and generosity make this internship the type of program that can attract such wonderful trainees.

Department Explores Workforce Development

As a follow-up to a survey on workforce development activities happening in the department, we hosted a Workforce Development Retreat. Invitees for this initial meeting were identified through responses to the survey indicating a high degree of involvement in workforce training activities. This retreat was well attended with an inclusive group of faculty interested in and providing education to learners in the workforce (in contrast to teaching UW fellows, residents or medical students). Many faculty members are already engaged in this work, and the focus of this meeting was to explore opportunities to bring together faculty in the department to support each other and continue to develop this type of work. This group will now be meeting quarterly and plans are in place to generate an inventory of current training in this area to be able to better promote and showcase this important work. For more information, please contact Anna Ratzliff, annar22@uw.edu.

HONORS AND AWARDS

Roger Vilardaga, PhD on Innovation Research Award Team



Roger Vilardaga, Acting Assistant Professor of Psychiatry and Behavioral Sciences, was part of a team of six researchers who received the [2015 UW Innovation Award](#). The team is building tools for use on a mobile device that let patients easily enter data about their habits and behaviors related to a particular health problem.

PROGRAM OPERATIONS

Zoom to Replace Adobe Connect

The Department is discontinuing its general use Adobe Connect account effective Friday, March 13, 2015. Adobe Connect is not HIPAA compliant and the department has transitioned to a new, HIPAA compliant telemedicine software known as Zoom. If you currently use Adobe Connect and need use of the Zoom account, please contact mcsos@uw.edu and your local IT support Josh Webb, jwebb01@uw.edu, or Brandon Doughty, doughty@uw.edu. If you have any questions, contact IT Manager Rosemary Whitright at rwhit@uw.edu

EVENTS AND OPPORTUNITIES

Annual Faculty and Promotions Meeting

Monday, June 15 | 10:00 AM – 2:00 PM

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.

Genomic Medicine: Application to Neuropsychiatric Disorders

Friday, March 20 | 12:00 – 1:00 PM

Grand rounds presented by Dr. Debby Tsuang, MD, on Genomic Medicine: Application to Neuropsychiatric Disorders.

Location: Harborview Medical Center, Research & Training Building, Room 109. Live Streaming at UWMC, Room BB1640. For more details on [Grand Rounds](#) visit our website.

New Group for Researchers Interested in Practice Improvement and Population Health

Monday, March 23 | 3:30 to 5:00 PM

Mental health investigators interested in Practice Improvement and Population Health are welcome to join a monthly meeting designed to explore ideas, provide feedback on preliminary research, discuss grant proposals, and make connections. The meeting is an expansion of the former Research Networking Group hosted by the Division of Integrated Care and Public Health and hopes to discuss 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. The next meeting will be Monday, March 23 with presenter Eric Hawkins, PhD, talking about Evaluating a Mobile Application for Management of Unhealthy Alcohol Use: A Feasibility Study.

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](#).

National Science Foundation Day

Wednesday, April 1 | 7:30 AM – 6:00 PM
UW Bothell campus

The National Science Foundation (NSF) and the University of Washington Bothell are holding NSF Day to provide basic insight and instruction on how to compete for NSF funding for science, engineering and education research. The [workshop](#) will give an overview on proposal writing, NSF's merit review process, and funding opportunities that cross disciplinary boundaries. NSF representatives will be on hand to answer questions and to host discipline specific breakout sessions to personally engage in discussions with attendees.

UW Psychiatry Reception at APA Meeting in Toronto

Monday, May 18 | 6:30 PM – 8:30 PM
Intercontinental Toronto Centre

Mingle with fellow colleagues and visit with old friends at our first UW Psychiatry APA Reception. Complimentary hors d'oeuvres and drinks provided. Please [RSVP](#).

CREDITS

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Section Editors:

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

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

Header Photograph provided by: UW Marketing and Communications

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.

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