

PSYCHIATRY & BEHAVIORAL SCIENCES NEWSLETTER

May 2015



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MESSAGE FROM THE CHAIR

On May 3, a beautiful and sunny spring day, more than 200 of us gathered at the Mountaineers Club in Magnuson Park to celebrate Wayne Katon. We took a moment to remember a friend and colleague who spent 35 years in our midst. Wayne's wife, Bobbi presented the department with a beautiful piece of artwork that we will hang in our departmental conference room (BB 1615) to help us remember Wayne. I want to thank all of you for helping keep Wayne's memory alive, and I can think of no better way to do this than to take our inspiration from Wayne's dedication and commitment to training the next generation of clinicians and scientists in our department.

Spring is a time of renewal and new beginnings. This month, we celebrate the arrival of Patricia Areean who will help us develop a new program in [Targeted Treatment development](#). We are launching a new [Division of Population Health](#) which will bring together staff and investigators from the Divisions of Integrated Care and Public Health and the Division of Psychiatric Health Services and Epidemiology. Our neuroscientists are getting started on an ambitious new program of research supported by a new P50



Jürgen Unützer, MD, MPH, MA
Professor and Chair

Conte Center grant. We are also launching new clinical programs, expanding the number of inpatient beds at Harborview Medical Center, and initiating a new Hospital Telepsychiatry Consultation Service.

Finally, please mark your calendars for two important all-faculty events this summer. On June 15, we will meet in Hogness Auditorium for our [annual faculty and promotions meeting](#). This will be an opportunity for all of us to meet in person, to review the state of our department, to welcome new faculty and to celebrate those who were promoted last year. We will also vote on new [promotions criteria](#) and on this year's candidates for promotion. On August 16, we will hold our first annual all-department [summer picnic](#). I look forward to seeing you all at these two events.

Jürgen

IN THE NEWS

Media Picks Up Katon, Davydow JAMA Psychiatry Paper

A *JAMA Psychiatry* paper authored by Wayne Katon and Dimitry Davydow enjoyed quite a bit of press this month. The researchers looked at the consequences of having diabetes, depression or both by conducting a cohort study of 2.4 million adults over the age of 50 in Denmark, and following them for a total of 13.8 million person-years. They found that while individuals with diabetes or depression were at risk for developing dementia, the risk was greater for those with depression compared to those with diabetes. Depression increased the risk of dementia by 83 % while diabetes increased the risk by 25 %. Both diabetes and depression had a much higher incidence of dementia than those with either condition alone. They concluded that further investigation should clarify the pathophysiologic mechanisms linking depression, diabetes, and adverse outcomes such as dementia in order to develop effective interventions and prevention strategies. Numerous media outlets featured this important study including the [Pittsburgh Post-Gazette](#), [The Times of London](#), [Web MD](#), and CBS Radio News.

[UW helps improve depression and anxiety care in the rural West](#). The AIMS Center's Social Innovation Fund: Healthy Futures initiative was featured in a story about improving mental health care in rural areas. *Newsbeat Health and Science News*. April 30, 2015.

[Promising Forecast for Autism Spectrum Disorders](#). Bryan King commented on a *JAMA* research paper providing additional evidence on the lack of association between the MMR childhood vaccine and autism. *JAMA*, April 21, 2015.

[Podcast: Talking neglect with at-risk experts Eric and Casey Trupin](#). Eric Trupin and his son Casey talked about how neglect affects children, families and society at large. *Crosscut*. April 7, 2015.

[Telemedicine Expands to Provide Care for Rural Veterans With PTSD](#). John Fortney, PhD was interviewed about his study comparing a telemedicine-based Collaborative Care model for PTSD to usual care. *U.S. Medicine*. April, 2015.

[Hot Topic Module: Traumatic Brain Injury and Depression](#). Jesse Fann, MD and Charles Bombardier, PhD (Department of Rehabilitation Medicine) collaborated on the development of a large educational module on TBI and Depression for the Model Systems Knowledge Translation Center (MSKTC) funded by

the National Institute on Disability and Rehabilitation Research.

FACULTY, STAFF, TRAINEES AND ALUMNI

Proposed Changes to Faculty Pathways – Review by May 25

The Department has recently reviewed and drafted revisions to the [Clinician-Teacher](#) and [Salaried Clinical Faculty](#) appointment and promotion pathways. This review was undertaken to ensure that our clinician-teachers and our salaried clinical faculty have clear promotion criteria.

The draft documents are provided for your review, along with a [one-page comparison sheet](#). Drs Jürgen Unützer and Deb Cowley ask you to review these proposed changes and send any comments to Deb Cowley at dcowley@uw.edu by May 25, 2015.

We will vote on these updated criteria at the All Faculty Meeting on June 15, 2015.

Department Spotlight

The Seattle area is quickly becoming home for Vivek Datta, MD, MPH, who moved from Boston after graduating with his MPH from Harvard, by way of London. A recent winner of the International Medical Graduate Award and selected as one of five 2015 BRAIN scholars, Dr. Datta utilizes his time planning the opening of a new neuropsychiatry clinic, acting as the Education Chief Resident, facilitating weekly case formulation seminars, teaching, and writing his first book, *“The Psychopathology of American Life: How We All Became Mentally Ill.”*



Vivek Datta

In July 2015, Dr. Datta, together with Mitch Levy, MD, will be launching a neuropsychiatry consultation service located at the Roosevelt Psychiatry Outpatient Clinic. The clinic will focus on providing neuropsychiatric consultation for patients with cognitive, emotional and behavioral complications of neurological illness as well as unexplained neurological symptoms.

As Education Chief Resident, Dr. Datta has worked to radically overhaul the didactics series for psychiatry interns, enhance the interactivity of the educational experience, emphasize evidence-based mental health in the curriculum and increase the relevance of teaching to beginning residents.

Vivek also spends time each week with several residents working through discussions and challenging case files on the topic of case formulation. Working with Francis Lu, MD, of UC Davis, he seeks to improve exposure to cultural formulation and help residents understand the interface of culture and psychiatry.

For the short-term, Vivek is looking at interplay between neuropsychiatry and the law. This includes being an advocate for the mentally ill in correctional settings, exploring the social implications of clinical neuroscience for criminal responsibility, and exploring how our concepts of mental illness influence perceptions of responsibility and treatment. As for the long haul, Dr. Datta is excited to train the next generation of psychiatrists combined with clinical work, writing (he is a regular contributing blogger to

[Mad In America](#)), policy and advocacy work at the interface of psychiatry and law.

Aside from his demanding professional life, Vivek also enjoys baking and cooking, mixology, theatre, film, and exploring as many countries and cities as possible, his most eventful place so far being Papua New Guinea.

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 superb candidates. A position description is posted on [UW Hires](#). 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.

CLINICAL PROGRAMS

New Model Improves Medical Care for Homeless and Mentally Ill

In 2011, Harborview Medical Center, in partnership with the Downtown Emergency Services Center (DESC), developed a new model for improving access to medical care for the chronically homeless mental health population. The goal was to improve primary care outcomes for people living with serious mental illness, such as schizophrenia or bipolar mood disorders, who have substantially higher rates of all major cardiovascular risk factors compared with the general population.

The hospital established a health care home at Harborview's Community Mental Health Center and at DESC's licensed community mental health program. Primary care and wellness services were delivered onsite for clients receiving mental health case management services and who had no regular source of primary care. An RN care manager worked with the primary care provider ARNP and the mental health program case managers to engage and enroll patients and pro-actively track health outcomes .

Nearly 800 patients were served over the four years of the program. Compared to status on baseline entry, 50% of clients with hypertension, 28% with elevated Hemoglobin A1C levels, 8% with tobacco use, and 9% with elevated body mass indices improved to the point that they no longer met criteria for the respective risk factor. The program received the 2015 National Association of Public Health Hospital's Gage Award as a "Remarkable Program" in the population health category. Harborview Medical Center will continue offering primary care services within the mental health center.

RESEARCH

Pat Areán to lead new Targeted Treatment Research Program

Patricia Areán, PhD, who officially joined our Department as a Professor of Psychiatry on April 15, is heading up a new research initiative, the Targeted Treatment Development Program. The program will combine theory and experts from diverse scientific fields to offer a fully translational, collaborative approach to behavioral interventions including research, development, implementation, training, and evaluation.

“Our goal is to develop personalized and targeted interventions that can be implemented in real-world, community settings,” said Pat. “The number of psychotherapy sessions required for effective treatment is typically between six and nine, yet most people only go to one or two. We want to make behavioral interventions more powerful and readily available to the millions of individuals who would benefit most.”

Contact Pat at parean@uw.edu for more information.

Division of Population Health Launches in July 2015

Although our newest division officially launches July 1, it’s being built on a long history of innovation and success. The Division of Population Health is a merger of two existing divisions, the Division of Health Services and Psychiatric Epidemiology – founded by Wayne Katon in the late 1980s and the the Division of Integrated Care and Public Health. The mission of the new division is to improve behavioral health services across the entire health care delivery system, from primary care to behavioral health homes to emergency rooms. Researchers will investigate where behavioral health services are needed, examine the quality of behavioral health services currently available, , and test and implement novel approaches to close the gaps between the two.

The division will be structured around three areas, mirroring the tripartite mission of the Department: Research and Evaluation, headed by John Fortney; Training and Translation, headed by Anna Ratzliff; and Clinical Consultation, headed by Marc Avery. It will support both the T32 Primary Care Psychiatry Fellowship and the T32 Geriatric Mental Health Services Fellowship, as well as the publication of General Hospital Psychiatry. Jürgen Unützer will serve as Director. For more information, view our [Division of Population Health org chart](#), and look for our new web presence in July.

Published and Recently Accepted Papers

W. Bentham, A. Ratzliff, D. Harrison, Y. Chan, S. Vannoy, J. Unützer. [The experience of primary care providers with an integrated mental health care program in safety-net clinics](#). Family and Community Health, April/June 2015.

W. Katon; H. Pedersen; A. Ribe; M. Fenger-Grøn; D. Davydow; F. Waldorff; M. Vestergaard. [Effect of Depression and Diabetes Mellitus on the Risk for Dementia: A National Population-Based Cohort Study](#). JAMA Psychiatry, April 15, 2015.

A. Lyon, M. Pullmann, S. Walker, G. D’Angelo. (in press). [Community-Sourced Intervention Programs: Review of Submissions in Response to a Statewide Call for "Promising Practices."](#) Administration and Policy in Mental Health and Mental Health Services Research. April, 2015.

Amy Bauer, MD, MS; Tessa Rue, PhD, Gina Keppel, MPH, Allison Cole, MD, MS, Laura-Mae Baldwin, MD, MPH, and Wayne Katon, MD. Primary Care Patients’ Comfort Using Mobile Devices to Share Health Information. Poster presentation at the 2015 Translational Science meeting in Washington, DC.

T. Hudson; John Fortney; J. Pyne; L. Lu; D. Mittal. [Reduction of Patient-Reported Antidepressant Side Effects, by Type of Collaborative Care](#). Psychiatric Services, Vol 66: 3, March 1, 2015.

K. Grubbs.; A. Cheney; John Fortney; C. Edlund; X. Han; P. Dubbert; C. Sherbourne; M. Craske; M. Stein; P. Roy-Byrne; J. Sulliva.. [The Role of Gender in Moderating Treatment Outcome in Collaborative Care for Anxiety](#). Psychiatric Services, Vol 66: 3, March 1, 2015.

EDUCATION

Seeking Nominations for Gary J. Tucker Career Teaching Award - Due May 8!

The Gary J. Tucker Career Teaching Award recognizes exceptional career achievement in teaching and education within the Department of Psychiatry and Behavioral Sciences. The award was established in recognition of [Gary J. Tucker, MD](#), Chair of our Department from 1985 through 1997. It honors his significant contributions to our academic programs, his leadership and dedication as a teacher, clinician, and scholar, his love of teaching, and his ability to inspire and encourage trainees.

The award is given to a member of the academic or clinical faculty who has demonstrated, throughout his or her career, outstanding skills as a teacher and dedication to education. To date, five members of our faculty have received this award: Jack Carr PhD, Johan Verhulst MD, Chris Varley MD, Joan Romano PhD, and Deb Cowley MD.

If you would like to nominate someone for this award, please send his/her name and a paragraph about why you are nominating him/her to Deb Cowley, at dcowley@uw.edu, by Friday, May 8.

Department Workforce Development Update

In a previous [newsletter](#), we reported on a Workforce Development Retreat for faculty that discussed opportunities for training practicing clinicians outside of our Department. Participants formed two workgroups at the retreat, one focused on gathering information about current workforce efforts in the Department and the other focused on how we communicate about our efforts, both internally and externally. As part of the initial communication efforts, the group is working on a mission statement and are eager for input, thoughts and critiques of the draft below:

The Department of Psychiatry and Behavioral Sciences is a 'go to' place for guaranteed high quality, reliable and innovative workforce training in behavioral health. This is achieved through bringing together faculty in the department to support each other, the efficient use of shared teaching technology and promoting shared interest in educational scholarship.

If you have feedback on the mission statement or are interested in joining the Workforce Development effort, please contact Anna Ratzliff (annar22@uw.edu). The next full group meeting will take place on May 27, 2015.

HONORS AND AWARDS

Wayne Katon to Receive the APA's Distinguished Service Award Posthumously

In December, 2014, Wayne was notified by Paul Summergrad, MD, President of the American Psychiatric Association, that he was to be honored with the APA's Distinguished Service Award for contributing exceptional meritorious service to the field of psychiatry. Jürgen Unützer will be accepting the award on his behalf at the Convocation of Distinguished Fellows during the APA Annual Meeting in Toronto on Monday, May 18 at 5:30 PM.



Wayne Katon

Jürgen Unützer Appointed to CMHS National Advisory Council

Jürgen was recently appointed by Sylvia Burwell, the Secretary of Health and Human Service, to a 4-year term on the Substance Abuse and Mental Health Services Administration's (SAMHSA) Center for Mental Health Services (CMHS) National Advisory Council. The Council advises, consults with, and makes recommendations to the Secretary of the Department of Health and Human Services (HHS); the Administrator, Substance Abuse and Mental Health Services Administration; and the CMHS Director concerning matters relating to the activities carried out by and through the Center and the policies respecting such activities.



Jürgen Unützer

Katherine Comtois, PhD, MPH awarded the Brickell Memorial Award

[Dr. Katherine Comtois](#) was recently awarded the Brickell Memorial Award by Columbia University for her contributions to adolescent suicide prevention. Each Brickell Memorial Awardee is asked to present their work to the Columbia University Psychiatry Department at the Roddy D. Brickell Memorial Grand Rounds. Her presentation highlighted the need for improved health services for the treatment and prevention of suicide.

Dr. Comtois is the Clinical Director of the [Mental Health Services Research Team](#) at Harborview Medical Center. Her research largely focuses on evaluating care provided to patients prior to or following suicidal behavior, as well as the dissemination of evidence-based practices for suicide prevention and treatment in large health systems. In addition to her research, she is the Clinical Director of [Harborview's Psychotherapy Clinic](#), which includes the Dialectical Behavioral Therapy (DBT) program. This comprehensive program treats patients with suicidality, anxiety, and depression using DBT and other evidence-based psychotherapies. Dr. Comtois is also a DBT trainer and facilitates [workshops, seminars, and trainings](#) for Department residents, faculty, fellows and clinical staff.



Kate Comtois

COMMUNITY OUTREACH



Jesse Fann Brings Expertise to the Community: Jesse Fann, MD participated in a Reddit 'Ask Me Anything' session on [Depression after Traumatic Brain Injury](#). Efforts like this promote mental health awareness and the good work in our Department, which can help raise money to fund more good work. Thank you to Dr. Fann for reaching out to the community!

Walk for Mental Health Awareness: UW Medicine is sponsoring a team for the upcoming NAMIWalks on Saturday, June 6. The walk is an active display of support for people affected by mental illness organized by the National Alliance for the Mentally Ill. It would be great to have a strong showing from our Department – please join our team! [UW Medicine Supports NAMI](#).

PROGRAM OPERATIONS

Get Notified of Your UW Voicemail Messages by Email

To make it easier to access your UW voicemail messages, you can now arrange to be notified by email when a new voicemail message is received. You can even listen to the message if you opt to include a copy of the voicemail as a sound (.wav) attachment. It is quick and easy to set up your notification using the Web PhoneManager; just [follow the instructions](#). UW-IT recently upgraded the UW voicemail system to enable this requested feature.

EVENTS AND OPPORTUNITIES

Integrated Care Pathway Journal Club: Catherine Howe MD, PhD

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

Join us for the final Integrated Care Pathway Journal Club of the 2014-2015 academic year! These meetings are held quarterly 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.

Our guest in May is Catherine Howe, Assistant Professor in the Department of Psychiatry and Behavioral Sciences. We'll be discussing her and Mark Sullivan's paper, [The missing 'P' in pain management: how the current opioid epidemic highlights the need for psychiatric services in chronic pain care](#). Gen Hosp Psychiatry. 2014 Jan-Feb;36(1):99-104.

Population Health Research Meeting: Bianca Frogner, PhD

Monday, May 18 | 3:30 to 5:00 PM | UWMC BB1640

The Center for Health Workforce Studies (CHWS) in the Department of Family Medicine was awarded a \$1.3M grant from the Health Resources and Services Administration to produce about four studies per year for the next three years on the allied health workforce. In the first year of funding, researchers in CHWS will produce a report on the workforce needed to deliver effective behavioral health in primary care settings. **Bianca Frogner, PhD**, Director of CHWS, is seeking feedback regarding the current direction of this work, and wishes to identify future research topics and collaborative opportunities regarding the behavioral health workforce.

Mental health investigators interested in Population Health are welcome to join this monthly meeting where we 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. 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 Alliance for the Mentally Ill (NAMI) Walk:

Saturday, June 6 | Kirkland, WA

The upcoming National Alliance for the Mentally Ill (NAMI) Walk being held in Kirkland, WA. Find details on how to join and/or contribute to the [UW Medicine sponsored team](#).

Annual Faculty and Promotions Meeting

Monday, June 15 | 10:00 AM – 2:00 PM | [Hogness Auditorium](#), UW Medical Center, A-402

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.

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 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

The Department of Psychology distributes a weekly newsletter that has many relevant events, meetings, and grant opportunities. To receive the newsletter, please email Editor Kim Arbios at psynews@u.washington.edu.

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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

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