Message from the Chair

“Collaboration and Partnership is in our DNA”

Dear friends and colleagues – I recently had an opportunity to reflect on the wonderful partnerships and collaborations we have developed throughout our community in Seattle, in King County, and beyond. Here at UW, we are working closely with the UW Schools of Medicine, Social Work, Nursing, Public Health, and Education as we pursue our vision of a future where mental health is an important part of all health and where mental health care becomes an integral part of all health care.

We have a long tradition of caring for many of the county’s most severely mentally ill patients in the psychiatric intensive care units at Harborview Medical Center, at the Harborview Mental Health Center and at a number of downtown programs serving individuals with severe and persistent mental illness. More recently, we have partnered with King County and others on initiatives to improve care for high users of hospital and emergency services, on crisis diversion efforts as alternatives to psychiatric hospitalization, and on the development of a highly popular Peer Bridger Program that helps our patients transition from inpatient care to community-based services.

Over the past five years, we have created new partnerships that serve high-risk mothers, veterans, family members of veterans and uninsured patients with mental illness in more than a dozen community health clinics throughout King County. We have supported a mobile team that cares for homeless individuals with severe mental illness in South King County. We have trained dozens of psychiatrists, primary care providers, and social workers who are participating in these programs. We continue to support these teams through weekly consultation from experienced faculty psychiatrists and psychologists. These new programs have helped us reach more people in need, but they have also helped us provide important support to social workers and other master’s prepared mental health care providers who are working in stressful jobs with a very high risk of burn-out.

Reaching beyond King County, we have partnered with the Community Health Plan of Washington to expand our primary care consultation services to more than 150 clinics state-wide. Over the past five years, this Mental Health Integration Program has served more than 50,000 individuals with severe depression, posttraumatic stress disorder, bipolar disorder, and other serious mental disorders. We are
now building on these partnerships to test new approaches to caring for patients with serious mental disorders such as bipolar disorder and posttraumatic stress disorder in rural and remote clinics in Washington and beyond.

We have also partnered with community mental health centers in Seattle and South King County to improve medical care for those living with severe mental illnesses. We have helped these organizations win federal grants to create new primary care services and we have supported them throughout the life of these grants. Looking ahead, we hope to partner with the State of Washington and with the Washington Community Mental Health Council to help strengthen our community mental health centers in their capacity to provide whole-person care that will reduce the high rates of mortality in individuals living with severe and persistent mental illnesses.

Building on our successful Partnership Access Line (PAL), we have recently initiated a tele-psychiatry consultation program that will serve community hospitals with limited access to psychiatry and we were able to garner philanthropic support for a new consultation program in perinatal psychiatry that will ultimately serve health care providers caring for high risk mothers throughout our state.

Here at UW, we are strengthening our partnership with the School of Social Work to train social workers in evidence-based collaborative care for mental health and substance use problems and we have started a new partnership with the School of Education and invested department resources in a new center on school based mental health called the SMART Center. This program has shared fellows and faculty who work together to improve mental health care in Seattle and King County Schools.

These are just a few examples of the many ways in which our faculty and staff collaborate with colleagues across UW and with health and social service programs throughout our state. I am convinced that investments in these kinds of partnerships are our best chance to achieve our goals to (1) improve access to effective mental health care today, (2) train, inspire, and support the next generation of mental health care workers, and (3) discover better treatments for tomorrow. I want to say a big thanks to all of you and to our partners and collaborators here at UW and throughout the state as we pursue this dream.

Jürgen

**Faculty, Staff and Trainees**

**Wayne Smith Retires From 40-year Career**

Wayne Smith is a wise and masterful teacher, clinician and researcher who is retiring from our faculty after a career that spanned over four decades. He began his career at UW as a clinical psychology intern and subsequently participated in clinical research in Dialectical Behavior Therapy (DBT). He played a major role for many years in both clinical supervision and care at Harborview’s DBT program. His expertise in DBT paired with his research skills made him a valued research and clinical consultant to many interdisciplinary projects within our Department as well as other Medical School

**Meeting & Events**

**Non-injection Drug Use and HIV Infection: New Directions for Behavioral Science**

Nov 17 | Alder Hall, Room 106 | 11 AM-12 PM

Talk by UCLA professor Steve Shoptaw, PhD, Departments of Family Medicine and Psychiatry & Biobehavioral Sciences and co-director of the UCLA Center for HIV Identification, Prevention and Treatment Services. **NOTE:**
departments that valued his expertise.

Dr. Smith’s contributions to our Department’s capacity to implement exemplary clinical care to individuals whose mental health challenges have ranged from those with severe depression to individuals who experience significant substance use to adolescents and their families who have been ensnared in the juvenile justice system. He has championed the use of empirically supported cognitively behavioral treatments for both adults and adolescents. During the last ten years, Wayne has been the lead training coordinator for the Family Integrated Transitions (FiT) program in the Division of Public Behavioral Health and Justice Policy. His contributions to training and program development have been essential to this program achieving national recognition for improving the lives of youth with serious psychiatric disorders who are involved in the juvenile justice system. We wish Wayne a terrific journey as he moves into the next phase of his life.

New! Faculty Mentorship Webpage
Our new faculty mentorship webpage contains useful resources for mentoring activities in our department. One of the first documents posted is the Individual Development Plan (IDP). The IDP is intended to help faculty mentors and junior faculty members (mentees) structure and make the most of mentorship meetings. If you have any questions about the IDP, please contact Deb Cowley, our Department’s Vice Chair for Education and Faculty Development.

First Ever Alumni Event
The Department held its first ever alumni event on October 10 following the Washington State Psychiatric Association meeting at Swedish Cherry Hill. Over sixty alumni attended the event including NAME, who graduated from our residency program in 19XX. Attendees had a chance to mingle, share stories about their current work, and hear about the Department’s activities from Chair Jürgen Unützer. Former Chair Jack Carr and Vice Chair for Education and Faculty Development Deb Cowley also spoke. Due to the success of the event, the second annual alumni event is being planned for 2016!

Department Diversity Committee Update
The Diversity Committee continues to discuss and analyze the results of the spring 2015 department climate survey. A subgroup has been formed to perform a detailed qualitative analysis of the responses to open-ended questions and comments that faculty provided. Additionally, more detailed quantitative analyses of the responses regarding burnout ratings have been conducted. Preliminary results indicate no significant differences in burnout scores across the different sites (Harborview, UW, VA, and Dr. Shoptaw will be giving a talk earlier on Nov 17 at 8 AM titled “Methamphetamine Use: Mental Health and HIV” as part of the AIDS Clinical Conference series held at Harborview. Submitted by Dennis Donovan.

Grand Rounds: Eric Carlson
December 11 | 12:00

Honors & Awards
Amritha Bhat Receives 2015 William Webb Fellowship
The Academy of Psychosomatic Medicine (APM) selected Amritha Bhat, MD as the recipient of a 2015 William Webb Fellowship, a nationally competitive program. This fellowship fosters the career development and leadership potential of outstanding trainees with an interest in consultation-liaison psychiatry. As a Webb Fellow, Dr. Bhat will serve on pivotal task forces and working groups as part of the APM leadership team. Congratulations, Amritha!

Celebrating Service
Our Department is fortunate to have an amazing collection of faculty and staff committed to our mission of research, education, and patient care. We previously highlighted the service of faculty and staff at UWMC. This month, we highlight faculty and staff members at Harborview Medical Center who have made significant service milestones. Below is a list of those who have achieved 10 years or more of service to the University of Washington. Thank
Children's) and no significant differences between men and women. There are statistical trend level differences in burnout ratings when comparing faculty identifying themselves as under-represented minority to non-under-represented minority (mean (sd) 54.6 (29.7) and 43.2 (25.0) respectively).

The committee discussed strategies to address the issues regarding faculty burnout across the department and suggested that sites and work areas engage in listening and learning sessions to identify from faculty members themselves what approaches to address burnout would be most helpful. In response to this, the November faculty meeting at Harborview will be an open forum to discuss burnout and we hope other sites will consider similar efforts.

Analyst Spotlight Series: Joan Russo
Several faculty members in our department have unique analytic skills that strengthen our department as a whole. This month we highlight Statistician, Associate Professor Joan Russo, PhD.

Dr. Russo works simultaneously with many faculty members writing grant proposals, analyzing their research data, and transforming the results into a narrative for publication. For over two decades, Joan provided statistical and analytic support to Wayne Katon. More recently, she has worked with Doug Zatzick on the Trauma Survivors Outcomes and Support Studies (TSOS). The TSOS studies seek more efficient ways to find patients who are at risk for PTSD, alcohol use, suicide, or depression development. For this endeavor, Dr. Russo created a ten-factor-risk-index database that, based on answers given to specific questions, can calculate, with excellent accuracy, a patient’s potential development of these psychological disorders. Her index database lives outside of its grant, as it is being used by other researchers in their work, and is part of the National Trauma Center dissemination and implementation efforts.

Dr. Russo is currently analyzing data for grants affiliated with the AIMS Center, John Fortney’s PCORI grant, and Nancy Grote’s Mom Care Grant in the School of Social Work. She is also submitting grants with Lydia Chwastiak and Amy Bauer. Along with all her grant work, Dr. Russo has provided outstanding methodological training and support to department residents, fellows, and junior faculty for more than two decades.

LEAN Training
Department administrative staff participated in a three-part process improvement training over the last few months with an eye toward you!

Richard Ries, MD (40 Years!)
Katherine Comtois, PhD (20 yrs)
Jagoda Pasic, MD, PhD (15 years)
Douglas Zatzick, MD (15 years)
Susan Bentley, DO (10 years)
Whitney Carlson, MD (10 years)
Heidi Combs, MD (10 years)

Vivek Datta Receives 2015 Rappeport Fellowship
Resident Vivek Datta, MD, MPH has recently been awarded the Rappeport Fellowship presented to outstanding residents with a particular interest in the relationship between psychiatry and the law. The fellowship seeks to award those who will make a significant contribution to this field. Congratulations Vivek!

Andrea Niles Wins Joseph Becker Research Award
This year’s recipient of the Joseph Becker Research Award is Andrea Niles, MA, an Adult Track resident in the Psychology Internship Program. The award stimulates quality research by rewarding a psychology resident for independence, creativity and intellectual depth in a research effort. Andrea’s research examines how PTSD confers greater risk for poor physical health among sexual minority women.

In the News
Small Towns Face Rising Suicide Rates. Kathleen Myers is quoted in The News York Times about telemental health services being one answer to increasing access to mental health specialists in
improving the efficiency of department functions. Led by Jennifer Sprecher from the Institute of Translational Health Sciences, the group explored how to identify and get rid of inefficiencies, how to improve workflows among team members, and how to determine and act upon measures of success such as reducing processing time, reducing errors or improving responsiveness. Administrative leadership is committed to quality improvement and will continue to look for opportunities to streamline operations and celebrate success.

2016/2017 Promotions
If you are considering going up for promotion in 2016 please contact Jane Corkery Hahn, jchahn@uw.edu.

2015 Election HSA Ballot - PLEASE VOTE!
Please vote for our Health Sciences Administration (HSA) elected representative to the Health and Safety Committee. There are six candidates, each with a short personal statement so you can get to know them better. Select one person who can be from any organizational unit in the HAS voting group. The ballot is open Tuesday, November 3 to Wednesday, November 18. Thank you for being involved!

Research

ABC Shared Services Making Huge Strides
The School of Medicine (SOM) ABC Shared Services has had tremendous success partnering with our department and 10 other departments within the SOM. Since July 2014, ABC has processed 656 grants contributing to the depth and breadth of experience for the group and individual ABC grant managers. Thanks to partnership and feedback from our faculty and staff, ABC has seen improved quality and services. Some recent accomplishments include:

- **Improved customer satisfaction.** Customer satisfaction surveys are sent to all PIs who have submitted a grant to the ABC for processing, and the results are encouraging. The survey is an opportunity for PIs to suggest improvements on their experience. If you receive a survey, please send in your feedback!
- **Dedicated staffing for grant support.**
- **Development of a Faculty Oversight Committee.** This committee is made of 10 faculty throughout the SoM including three faculty from our department (Mary Larimer, John Neumaier, and Doug Zatzick). The committee works in an advisory capacity.

Fear Itself: A Mental Illness Caused by Trauma May Be One of the First to be Understood in Physical Terms
Debra Kaysen talks to The Economist about PTSD’s similar characteristics throughout the world and how she has adapted treatment to work in poorer countries and difficult settings.

UW Psychiatry to Expand Mental Health Services Across State
HSNewsBeat reports on our new Integrated Care Training Program, directed by Anna Ratzliff.

Washington State Ranks No. 47 for Mental Health Care, but UW has a Plan to Improve Things
The Puget Sound Business Journal writes about the Department’s plan to improve the state’s mental health care system through the Integrated Care Training Program.

Recovery From Head Trauma’s Psychological After-Effects
Jesse Fann, a specialist in the psychological treatment of trauma and cancer patients, talks about the development of depression, anxiety, and mood swings after a traumatic brain injury.

Artificial Intelligence in Behavioral and Mental Health Care
Affiliate Associate Professor David Luxton has authored a new book that looks at how advances in artificial intelligence can improve patient care and research based practices.
• **Improved tracking and monitoring** with customized tools for measuring and tracking every step of the grant process.

• **Assistance with Visa requests for foreign visitors and VA contracts.** ABC has taken on the coordination of Visa requests and VA contracts for the SoM.

• **Piloting payroll** for Psychiatry and Behavioral Sciences payroll services. Marivic Ramirez and Colleen March from Psychiatry and Behavioral Sciences joined the ABC Team. They are working closely with key stakeholders within the department to ensure a seamless payroll process is in place as ABC moves towards the new HR/P Modernization project.

The ABC has many resources available to faculty:

• **Check my status** – view the status of your submitted grant.

• **Metrics** – see how the department is doing overall.

• **Proposal timeline** – provides information on the general timeline for proposals.

• **Governance and Interactive Feedback Structure** – understand how ABC collaborates and partners with key people and departments within the SOM.

• **Intake Form** – use this to submit a grant to the ABC.

**Coming Soon!**

• Developing a partnership with the new Associate Director for Research, **Diane Powers**. A great opportunity to ensure quality and consistency for all Psychiatry and Behavioral Sciences grants.

• Reporting to include actual submitted vs. awarded grant data.

The ABC welcomes your feedback. If you have comments or suggestions please reach out to the ABC Administrator, **Shelley Prosise** or contact **Marie Carter-Dubois**, Interim Director of Psychiatry and Behavioral Sciences.

Thank you for your continued support!

**Amazon Catalyst Seeks to Fund Bold, Disruptive Projects**

**Amazon Catalyst** at the University of Washington provides students, faculty, and staff of all trades, fields, and disciplines with funding and mentorship to help them grow early-stage ideas into successful endeavors. This new initiative will provide funding and mentorship for bold, globally impactful, disruptive projects with an eye toward nurturing and expanding the entrepreneurial ecosystem for all people in greater Seattle.

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**Good to Know**

**Review and Update your ESS Account**

Please take a moment to log onto `myuw.edu` and click on ‘Employee Self-Service-ESS’ on the right hand side to review your information in the ADDRESS section. Review all of your information, paying attention to the UW Box number, home mailing address, and emergency contact information for accuracy, and update if needed. With tax season ahead of us, and campus mail often arriving late or not at all, this one-minute proactive task will help ensure that you receive needed information. Thank you!

**University of Washington Combined Fund Drive: October 22 - December 4**

The University of Washington Combined Fund Drive (UWCFD) is a program that allows faculty members and retirees to support the charities of their choice in the most optimal way possible. Donating through the UWCFD not only streamlines and makes the administrative process easier; it also reduces administrative costs for the nonprofit, allowing more of the money to be allocated towards their cause. Please visit the UWCFD website and the Top 10 Reasons to Participate for further information.

**Distinguished Staff Awards**

Nominations are being accepted for the University’s annual
Residency Recruitment
As the November 1 application deadline approaches, our Psychiatry Residency Program has a record number of applicants! As of October 29, there are 1261 applicants, including 742 US students (130 of whom are osteopathic students). The number of US students is up 30% from last year! Our Psychology Internship program’s application deadline is October 30 and our fellowship programs are also actively recruiting. Thank you so much to all of you who are reviewing applications and meeting with applicants for information sessions, tours, dinners, and lunches! We could not attract such wonderful and talented trainees without your help and active participation!

Search For A New Idaho Track Director
In collaboration with the Boise VA, we are conducting a national search for a new Director for the Idaho Advanced Clinician Track of our Psychiatry Residency Program. The new Idaho Track Director will be based at the Boise VA and will spend 0.6 FTE running this educational program and 0.4 FTE in clinical work. He or she will work closely with Suzanne Murray, our Psychiatry Residency Director, and will be an Associate Residency Director in the University of Washington Psychiatry Residency Program. If you would like more information about this position, please contact Deb Cowley or Alan Hines (Chief of Psychiatry at the Boise VA).

Integrated Care Training Program
This month, the department’s Integrated Care Training Program, under the direction of Anna Ratzliff, completed recruitment of a group of core faculty members who will work together over the next eight months to create a year-long curriculum for the new UW Integrated Care Fellowship. Content will include adapting core clinical skills for mental health in primary care settings, telepsychiatry best practices, and strategies for implementation of integrated care.

Psychology Internship Program’s New Web Site
The Psychology Internship Program has re-designed their web site. Please visit the updated site, which now includes resident and faculty profiles.

Clinical Programs

PBHJP Part of Historic Funding for Child and Adolescent Behavioral Health Training and Technical Assistance Program
The Division of Public Behavioral Health and Justice Policy (PBHJP) will direct the care coordination, workforce development, and

Distinguished Staff Awards
until November 20. The awards are meant to celebrate staff who are passionate and committed to their work and the University’s culture. Please nominate any staffer who stands out as exceptional!

Nominations Sought for UW Lecture Series
The Graduate School Public Lecture Committee is accepting nominations for the Walker Ames Series Program, Jessie and John Danz Lecture Series and Mary Ann and John D. Mangels Lecture Series. The deadline for all nominations is January 28. Nomination instructions can be found by visiting the Graduate School’s Lecture Series website. If you have questions please contact Yvette Moy at 206.372.8609 or yvettef@uw.edu

Distinguished Teaching Awards
Nominations are being accepted for the University’s annual Distinguished Teaching Awards until November 23. The award categories include the Distinguished Teaching Awards, the Distinguished Teaching Award for Innovation with Technology, and the Excellence in Teaching Awards for graduate students.

The Withing Project
For those interested in any aspect of palliative care and psychiatry, this theatrical collage about quantum consciousness at The Jones Playhouse is worth a look. Submitted by Lorin Boynton.

Pilot Research Awards in
The new Center will be operated by the National Technical Assistance Network for Children’s Behavioral Health (TA Network), a partnership of 14 universities and organizations across the country that is coordinated by the Institute for Innovation & Implementation at the University of Maryland School of Social Work. The TA Network includes the foremost leaders and designers of children’s systems with years of experience developing, guiding and implementing reform.

The $33 million contract represents the largest federal investment in training and technical assistance for children and youth with behavioral health needs in our nation’s history. PBHJP will receive approximately $350,000 annually for the duration of the five-year contract. Eric Bruns, who has been part of the TA Network since its founding, will serve as the UW principal investigator.

**BHIP Forges Ahead**
Department leadership met with leaders within the University of Washington Physicians Neighborhood (UWPN) clinics to discuss the continued evolution of the Behavioral Health Integration Program (BHIP). Department faculty members serve each of the UWPN clinics by providing supervision of depression care managers in the clinics and by providing direct consultation services for patients with behavioral health needs outside the scope of the care manager’s role. These services are very well received and continue to demonstrate significant improvements in depression and anxiety outcomes. The meeting participants are working to better clarify the appropriate resources within the clinics, department, and community for meeting the behavioral health needs of the clinic patients. This includes identifying the appropriate procedures for referring UWPN patients to the community mental health center at Harborview and the Outpatient Psychiatry Clinic at UWMC-Roosevelt.

**Department Active at UW Medicine Sleep Center**
Professor Barbara McCann, PhD spends one day a week in the UW Medicine Sleep Center at Harborview treating patients with insomnia, sleep phase disorders, difficulties with continuous positive airway pressure (CPAP) use, and related problems with getting adequate restorative sleep. Sleep has been a longstanding interest of Dr. McCann’s, harkening back to her graduate student days at Rutgers University where she was a "polysomnography jockey" monitoring the nighttime physiology and behaviors of chronic snorers, and as a result taking a personal foray into the Alzheimer’s Research
The UW Alzheimer’s Disease Research Center is awarding up to three one-year pilot funding awards of $30k each to projects relating to precision medicine for the molecular and clinical complexity of Alzheimer’s Disease. Applicants must be a UW Senior Fellow or Faculty member with a rank no higher than an Assistant Professor. Applications are due December 1, 2015. [View the RFA](#).

**Communications**

**Department Banner**
We now have a vertical, standing [Department banner](#) that is available for your event! Please contact [Rebecca Sladek](#) for more information.

**New on our Website!**
We have a new section on our website called [Join a Research Study](#) for recruiting study participants. If you are trying to recruit volunteers for a research study and want to be added to the website, please send an email to [pbsci@uw.edu](mailto:pbsci@uw.edu).
world of sleep deprivation. By day, she worked with mentor Ray Rosen on treating individuals with insomnia.

**Changing your clinical work?**
If you are making changes in the amount of time, full time equivalent (FTE) funding amount, or location of your clinical work, it is necessary for you to inform your service chief of the change so that appropriate adjustments can be made in the payroll distribution system and productivity reporting systems.

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**Published and Recently Accepted Papers**

*Please note: We would like to capture more of the publications our faculty produce every month, recognizing the below is just a sample of the great work being done. Please let us know when your papers are published by sending email to pbsci@uw.edu.*


