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PSYCHIATRY & BEHAVIORAL SCIENCES NEWSLETTER

February 2015

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MESSAGE FROM THE CHAIR

Over the past few months, I have had the pleasure of welcoming nearly 100 applicants to our Psychology Internship program and to meet with more than 100 applicants invited to interview for our Psychiatry Residency program (selected from a total of over 1,200 applicants). Meeting with this wonderful group of smart, accomplished, and enthusiastic applicants gave me many opportunities to talk about the quality of our clinical and research programs and the dedication and excellence of our teaching faculty. These meetings left me excited and energized, realizing that the future of psychiatry is bright and that the next generation of mental health professionals is likely to see amazing changes in the way we understand the brain and behavior, in new treatments that result from this understanding, and in new ways for us to bring such treatments to the millions of individuals suffering from mental health and substance use disorders. One of our applicants sent me the following note: *"I was so excited after my interview day at UW because the program seems like a very well-balanced one and the residents were the most enthusiastic about their program out of all of the places I had the opportunity to visit."* Another applicant wrote: *"I was energized by the things the residents are able to do... . . . The options available to residents at UW is dazzling, from research to therapy to chief spots and "pathway" options, I was truly impressed with all facets of the program.... When someone asked them during lunch how they'd describe the usual resident, two words that came out were "supportive" and "normal". Their energy and personalities really resonated with me."* A BIG THANKS to our program directors and to all of our residents, faculty, and staff who participated in the interview process and who help make our department such a special place!



Jürgen Unützer, MD, MPH, MA
Professor and Chair

Meeting with our applicants also reminded me how challenging it is for us to try and paint a complete picture of the amazing work that our faculty and staff do every day. This newsletter is just one way for us to communicate with each other and I encourage you to take a few minutes to share what you do with the rest of us. Our [communications team](#) would love to hear from you.

This month, I have one other request for all of you. Please help me spread the word about our national search for a new [Department Director](#) and an [Associate Director for Sponsored Programs](#). These are crucial positions for our future and I would like to invite all of you to help us network and attract the best individuals we can.

Jürgen

IN THE NEWS

The Benefits of Telepsychiatry: An Interview with John Fortney, PhD

Telepsychiatry provides a way for patients who live in areas far from mental health professionals to receive needed therapy through remote video sessions. John Fortney, PhD, has become one of the nation's foremost experts in using telemedicine-based interventions to improve care for rural patients.



[The Benefits of Telepsychiatry: An Interview With John Fortney, PhD](#) – John Fortney, PhD, *Psychiatry Advisor*, January 9, 2015.

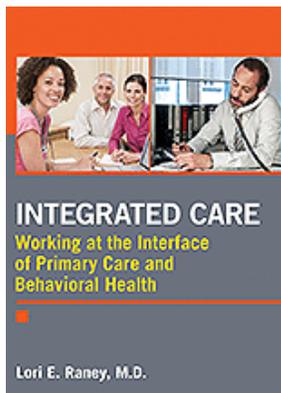
Foster Care Clinic Provides Support for Families



The UW Medicine Foster Care Clinic at Harborview Medical Center seeks to improve the physical and behavioral health of children and their relationships with foster parents by offering specialized care and comprehensive evaluations and consultations. The team consists of a pediatrician, nurse case manager and Department of Psychiatry and Behavioral Clinical Psychologist, Dr. Georganna Sedlar, and each has special expertise in the care of foster children.

The [team](#) works to build a supportive foundation for foster families, uses a team approach to working with foster children and their caregivers, and works to gain insight about life from a foster child's perspective.

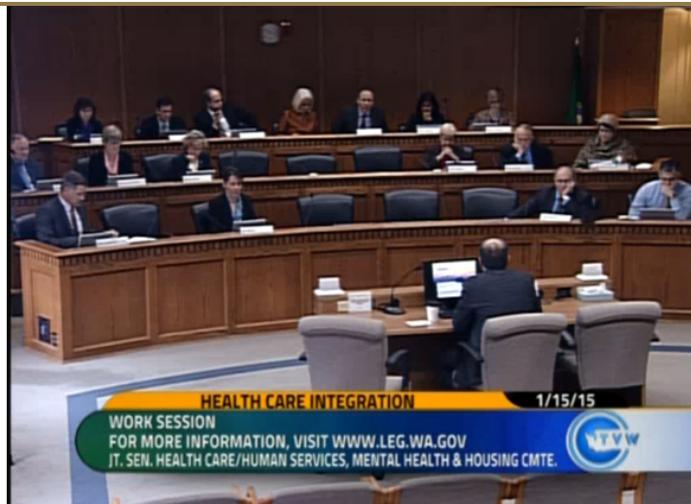
Faculty Contribute to a New Book on Integrated Care



[Integrated Care: Working at the Interface of Primary Care and Behavioral Health](#), edited by Lori Raney and published by American Psychiatric Publishing, contains contributions from many of our faculty including Lydia Chwastiak, Bob Hilt, Wayne Katon, Marcella Pascualy, Anna Ratzliff, and Jürgen Unützer. The book is a comprehensive resource on integrated care and psychiatry that provides a path to understanding and practicing psychiatry in an integrated care model.

Integrated Care Reaches the State Senate Floor

Jürgen Unützer, MD, MPH, MA, was recently asked to speak to the WA State Joint Senate Health Care & Human Services Mental Health Committee about integrated care. His presentation described the current problems facing the mental health community and offered advice and solutions on how to alleviate them while also achieving the Triple Aim of healthcare reform. He used programs such as [BHIP](#) and [MHIP](#) as examples of success while explaining how and why implementing Collaborative Care into primary care works as a possible solution. His presentation was well received as indicated by the follow-up question period. [Watch the Session](#).



FACULTY, STAFF AND ALUMNI

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.

Nicholas T. Weiss, MD



We are very pleased that Nicholas T. Weiss, MD is joining the department as Acting Assistant Professor effective March 1, 2015. Nick is currently a Clinical Instructor with us and previously served as an Assistant Professor from 2008-2011 at the University of California, San Francisco. Nick received his BA in History from Yale College in 1993 and his MD from Harvard Medical School in 2001.

In his new position, Nick will continue working on grant and contract-funded programs related to the evaluation and implementation of

evidence-based practices for high risk youth in connection with his work in the Department's Division of Public Health and Behavioral Health Justice Policy. He will provide clinical consultation and resident supervision at Echo Glen Children's Center and King County Adolescent Drug Court, provide supervision and consultation to King County Family Integrated Transitions Program, and work in the Psychiatric Emergency Services at Harborview Medical Center. As a member of the Division of Child and Adolescent Psychiatry, he will participate in the call rotation at Seattle Children's Hospital.

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 Performance Data

For the last two years, inpatient psychiatry units have been reporting data on several quality indicators established by the Centers for Medicare and Medicaid Services (CMS) and incorporated into the University Hospital Consortium (UHC) data reporting program. The indicators include: restraint and seclusion hours, percent of patients discharged on multiple antipsychotics and rates of documentation of appropriate justification for multiple antipsychotics, creation of a discharge continuing care plan that includes diagnoses, medications, and indications for the medications, and post discharge treatment monitoring and the percent of those discharge care plans that are transmitted to the outpatient care provider within five days of discharge. Ultimately, these indicators are expected to be incorporated into pay for performance reimbursement mechanisms CMS will use to provide incentives for improvement in these areas. The first public reporting of the data from CMS will take place this spring and includes data collected from 2013.

We are pleased to report that Harborview, University of Washington Medical Center, and Northwest Hospital psychiatry units performed very well in comparison to state and national averages for the majority of indicators (see table below). Mark Snowden, MD, will be convening a meeting of the leadership from each inpatient unit to facilitate sharing successful strategies being used and problem solve the more challenging areas. Since CMS introduced the indicators and we began focusing our QI efforts to improve our performance, our 2014 numbers already show substantial improvement in some key areas.

Hospital Based Inpatient Psychiatric Services-Quality Indicators					
	Restraint Hrs/1000 inpt hours	Seclusion Hrs/1000 inpt hours	% pts Discharged on Multiple Antipsychotics	Discharge Care Plan Creation (%)	Discharge Care Plan Transmittal (%)
HMC	8.74	16.34	6.8	84.58	82.59
UWMC	1.17	0	5.3	62.68	55.63
NWH	4.44	0	3.6	86.84	66.84

WA State	2.31	1.98	11.0	63.37	51.27
National	0.66	0.30	9.42	77.19	69.92

Geographic Restriction Reduced

For the next three calendar years (2015-2017), certain faculty in our paid clinical faculty pathway will be eligible for a variance in the 30 mile geographic restriction under the UW Physicians Noncompetition Policy. This variance reduces the geographic restriction to from 30 miles to 10 miles from the individual's primary site of practice. Faculty eligible for this variance include:

- Those who are in regular faculty appointments and agree to voluntarily transition to a full-time clinical faculty appointment (.5 FTE or greater)
- Those who are currently in a full-time clinical faculty appointment (.5 FTE or greater) and are currently under a noncompetition restriction
- Those who are recruited to the Department under a full-time clinical faculty appointment (.5 FTE or greater) during this three year period

After December 31, 2017 individuals who received the variance will continue to be limited to the reduced 10 mile geographic restriction. Individuals joining the department or otherwise becoming subject to the noncompetition restriction (i.e., moving from acting status to non-acting status) will be subject to the 30 mile geographic restriction.

If you have questions about this variance, please contact Maureen Johnson, mej924@uw.edu / 206-685-5269, our academic HR manager.

RESEARCH

Meet the School of Medicine Shared Services

The ABC Shared Services in the School of Medicine (SOM) is dedicated to providing expertise related to [Pre Award submissions](#) and [Visa applications](#) for 11 participating departments. ABC has hired talented grant specialists with up to 20 years of pre-award experience. It is designed to make submissions easier for faculty by using online processes to streamline incoming requests, offer expert guidance, timely response and quality submissions. ABC is currently processing up to 35 proposals a month which is a 65% growth over last year and continues to expand in order to take on additional work to support investigators in our department and other departments participating in the program.

ABC Shared Services is dedicated to making ongoing process improvement based on your feedback. We want to hear from you. Please don't hesitate to contact us for any questions, concerns or requests. Also, for more information take a look at our internal [website](#) (if needed please refer to the [login instructions](#).)

- Gretchen Davis, Manager - W: 206.221.5146, E: gsd@uw.edu
- Shelley Prosisie, Administrator - W: 206.685.7845, C: 206.218.8967, E: sprosisie@uw.edu
- ABC Main Desk: 206.685.2508
- General feedback: abcinput@uw.edu



New Site Supports Study Recruitment

[Research Participant Link](#) is a new health sciences research study recruitment website that offers researchers a centralized, coordinated resource to connect with potential study participants.

The registration process to post new research studies is free, open to any researcher with a UW NetID, and takes less than 10 minutes to complete. You will be asked to enter:

- Study information
- Study team contacts
- Institutional Review Board approval dates
- Enrollment projections
- Basic demographics

The research team is contacted directly by potential participants who visit the [Research Participant Link](#). Visit www.participateinresearch.org to learn more or to post a study.

Published and Recently Accepted Papers

Paul Bolton, Judith K Bass, Goran Abdulla Sabir Zangana, Talar Kamal, Sarah McIvor Murray, Debra Kaysen, Carl W Lejuez, Kristen Lindgren, Sherry Pagoto, Laura K Murray, Stephanie Skavenski Van Wyk, Ahmed Mohammed Amin Ahmed, Nazar M Mohammad Amin and Michael Rosenblum (in press). [A randomized controlled trial of mental health interventions for survivors of systematic violence in Kurdistan, Northern Iraq](#). *BMC Psychiatry* 2014, 14:1693

Bruns, E. J., Pullmann, M. D., Sather, A., Brinson, R. D., & Ramey, M. (2014). [Effectiveness of wraparound versus case management for children and adolescents: Results of a randomized study](#). *Administration And Policy In Mental Health And Mental Health Services Research*, (online first): doi: 10.1007/s10488-014-0571-3.

Bruns, E. J., Walker, J. S., Bernstein, A., Daleiden, E., Pullmann, M. D., & Chorpita, B. F. (2014). [Family voice with informed choice: Coordinating wraparound with research-based treatment for children and adolescents](#). *Journal of Clinical Child and Adolescent Psychology*, 43(2), 256-269.

Bruns, E.J. & Pullmann, M.D. (2014). [Children's mental health: Let's build bridges, not admire the divides](#). *Journal of the American Academy of Child and Adolescent Psychiatry*, 53 (10), 1131-1133.

Jesse R. Fann, MD, MPH, et al. [Venlafaxine Extended-Release for Depression Following Spinal Cord Injury: A Randomized Clinical Trial](#). *JAMA Psychiatry*. Published online January 21, 2015.

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

Department Launches New Diversity Visiting Medical Student Subinternship Program

The Department is starting a [funded program](#) designed to give fourth-year medical students, from backgrounds historically underrepresented in psychiatry, the opportunity to do a four-week visiting student rotation on an adult inpatient psychiatry rotation at Harborview or a child and adolescent psychiatry rotation at Seattle Children's Hospital. The program is open to medical students who have demonstrated academic excellence, strong leadership and extracurricular experience, a commitment to working with disadvantaged, underserved populations, and who come from backgrounds underrepresented in psychiatry. This includes African Americans, Hispanic Americans, Native Americans, and Asian/Pacific Islanders. Each student selected for the program will receive a \$3,000 stipend to cover travel and housing costs. Initial funding for this program has been provided by a gift from the Department Chair, Jürgen Unützer. For more information about the program and application procedures, visit the [department website](#). To make a contribution to this program, please contact Jim Boyle, Senior Director for Philanthropy, at 206.543.7252/boyleje@uw.edu.

Child and Adolescent Psychiatry, Psychosomatic Medicine Match Results

Match results for Child and Adolescent Psychiatry and Psychosomatic Medicine fellowship programs were released nationally on January 7. Our programs did extremely well in the Fellowship Match!

Our Child and Adolescent Psychiatry program is a two-year fellowship with five trainees per year, directed by Ray Hsiao, MD, and based at Seattle Children's Hospital. The program aspires to train tomorrow's leaders in provision of the most effective care, in development of optimal health care delivery, and in research. The program promotes training that adheres to the best evidence-based practices delivered in a compassionate and humanistic manner, and provides clinical experience, telemedicine, and consultation to primary care providers across our region.

The [five people](#) who will enter the program in July, 2015, and their current Psychiatry residency programs, are:

Rashad Hardaway, MD
Abigail Hawkins, MD

Harvard Longwood/Brigham and Women's Hospital
New York University

Morgan Liddell, MD	Loma Linda University
Constance Mash, MD	University of Washington
Annabelle Simpson, MD	Medical University of South Carolina

The University of Washington Psychosomatic Medicine program is a one-year post-residency fellowship for three trainees per year, directed by Marcella Pascualy, MD. The program's mission is to provide excellent, multidisciplinary subspecialty training in Consultation-Liaison Psychiatry by integrating broad inpatient and outpatient clinical experiences at three primary sites (UWMC, Harborview, and Seattle VA) with comprehensive didactic training, close clinical supervision, and scholarly time which allows a fellow to pursue research and educational activities in a specialized area of interest.

The [three people](#) who will enter this program in July, and their current Psychiatry residency programs, are:

Bridgid Crowley, MD	University of Washington
Katie Norfleet, MD, MPH	University of Washington
Nathan Harper, MD	University of North Carolina

Congratulations to both programs on a highly successful Match! We look forward to working with these very talented fellows.

Department Faculty to Participate in UW Medicine Mini-Med School



Heidi Combs, MD, Jürgen Unützer, MD, MPH, MA, and Susan Reed, MD, MPH, MS, are presenting in this year's UW Medicine Mini-Medical School, a series of lectures open to the general public and designed to showcase the medical science, patient care and leading-edge research underway at the UW. They'll be talking about the new and positive approaches that are changing the treatment and stigma surrounding mental health patients in "[Depression and Anxiety – What your neighbors \(and society\) are not talking about.](#)" The series is free, and [registration](#) is now open. Please share with your neighbors and friends.



COMMUNITY SUPPORT

Philanthropic support from individuals and private family foundations provides important flexible funding for groundbreaking research, innovative training and education, and expanded clinical care in the Department of Psychiatry and Behavioral Sciences. Gifts of every size make a difference.

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

EVENTS AND OPPORTUNITIES

Save the Date! Annual Faculty and Promotions Meeting

Monday, June 15 | 10:00 AM – 2:00 PM

Our entire faculty will gather for this annual meeting. We will review the state of the department, introduce new faculty, staff, and departmental initiatives and vote on promotions. All faculty are invited to attend and all voting faculty are expected to attend to participate in discussion and voting 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.

Update on the PTSD Treatment: The State of the Evidence

Psychiatry Grand Rounds

February 20, 2015 | 12:00-1:00 PM

Paula P. Schnurr, PhD, Acting Executive Director, National Center for PTSD Research Professor, Department of Psychiatry, Geisel School of Medicine at Dartmouth

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

Washington Global Health Alliance Discovery Series: “Scaling Up Mental Health Services in Challenging Environments: Liberia, A Case Study”

For more information on this event click [here](#):

Date: Monday, February 23, 2015

Time: Lecture: 5:00 – 6:00 PM | Networking Reception: 6:00 – 7:00 PM

Location: William H. Foegen Genome Sciences, Foegen Auditorium (Room S-060)

Speaker: Thomas Bornemann, EdD, Director, Mental Health Program, The Carter Center

Suicide Prevention Grant

The Substance Abuse and Mental Health Services Administration (SAMHSA), Center for Mental Health Services is accepting applications for a fiscal year 2015 [Suicide Prevention Resource Center grant](#). The purpose of this program is to build national capacity for preventing suicide by providing technical assistance, training, and resources to assist states, tribes, organizations, SAMHSA Garrett Lee Smith and

other SAMHSA grantees, and individuals to develop suicide prevention strategies with the overall goal of reducing suicides and suicidal behaviors in the nation. The anticipated award amount is up to \$5,634,000 per year for up to five years. Application due date is Monday, March 2, 2015.

UW Psychiatry Reception at APA Meeting

Mingle with fellow colleagues, visit with old friends, and learn about the department's exciting programs from our new Chair, Jürgen Unützer.

Date: Monday, May 18, 2015

Time: 6:30 PM-8:30 PM

Place: Intercontinental Toronto Centre

Complimentary hors d'oeuvres and drinks provided. Please [RSVP](#).

Present at a Science Café!

Interested in getting your science out there? Being an ambassador for the field of psychiatry? Practicing your public speaking? [Science Cafés](#) bring scientists face-to-face with the general public in the comfortable, lively atmosphere of a neighborhood café or pub. Run by the Pacific Science Center, the evening begins with a brief presentation by a scientist which kicks off an extended discussion between the scientist and audience. Previous cafés have covered climate science, evolution and religion, robotics, and health care, to name a few, and many of the [presenters](#) are from the UW. If you're interested in presenting, please contact [Rebecca Sladek](#) or science.cafe@pacsci.org.

COMMUNICATIONS

Calling all Communicators!

If your position has a communications component to it – website design and maintenance, writing or editing newsletters or publications, social media, etc. – you may be interested in the new School of Medicine (SOM) Communications Group. The group consists of communicators throughout the SOM who meet monthly to discuss topics relevant to our field and unique to being part of UW Medicine. For more information about the SOM Communications Group or to just introduce yourself as a fellow communicator, please contact [Rebecca Sladek](#).

GENERAL RESOURCES

Credits:

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

Section Editors:

-
- Faculty, Staff and Alumni: Maureen Johnson
 - Education: Deb Cowley
 - Clinical Programs: Mark Snowden
 - Communications: [Rebecca Sladek](#) and [Rosemary Whitright](#)

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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