



UNIVERSITY of WASHINGTON

PSYCHIATRY & BEHAVIORAL SCIENCES

School of Medicine

Newsletter

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October 2015

Message from the Chair



Dear friends and colleagues.

This month, we congratulate our faculty who were [promoted](#), and welcome two outstanding [new faculty members](#) who bring us important expertise in applying evidence-based psychosocial interventions across a broad spectrum of behavioral health disorders. We have been fortunate over the past year to add an outstanding group of psychologists to our team and I know that our two latest hires will be quickly absorbed in the exciting work we do.

We are preparing for a new chapter in the evolution of UW Medicine as an Accountable Care Network. Starting this fall, we will be among more than 150,000 state employees who will become eligible to select the UW Medicine Accountable Care Network as the designated provider of health care for ourselves and our families. The movement towards Accountable Care in which UW Medicine contracts directly with employers to provide health care for defined populations with the goal to improve the patient care experience, the health of the population, and the cost-effectiveness of the care will bring new opportunities and challenges for our health care system. For those of us who work in behavioral health care, it brings opportunities to demonstrate that effective mental health care must be an important part of overall health care, and that if we provide effectively integrated behavioral health care, we can achieve the triple aim of health care reform.

Our researchers are being recognized throughout the UW community for their superb work. They are building partnerships and collaborations with new [federal funding](#), being recognized in the [UW Medicine New Investigator Lecture Series](#), developing innovative new relationships with IT and other industries, and pursuing exciting new conversations about collaborative research in such areas as dementia and depression, new technologies in mental health, maternal and child mental health, global mental health, traumatic brain injury, medical marijuana, and posttraumatic stress disorder. We continue to enjoy strong external collaborations and welcome two outstanding psychiatrists, [Joe Parks, MD](#) and [Alik Widge, MD, PhD](#) to our upcoming Grand Rounds.

We are also expanding our training programs. Last month, I wrote about a new training program in [Integrated Care Psychiatry](#) that is supported by funding from the Washington State Legislature and this month, we learned we will receive federal funding from the Center for Medicare and Medicaid Innovation (CMMI) to partner with the American Psychiatric Association in developing a similar

[program](#) on a national scale.

Finally, we are also expanding our space. Later this fall, the [AIMS Center](#) will move a portion of its operations to new rental space on Eastlake, joining our colleagues in the [Division of Public Behavioral Health and Justice Policy \(PBHJP\)](#). We are working hard to improve the administrative support infrastructure for the department and are making good progress in improving our financial stability. I want to give a big thanks to our Interim Department Director, **Marie Carter-Dubois** for her partnership in these efforts. We are looking ahead to a busy fall of ongoing growth and change, and while I am enthusiastic and confident about our future, I appreciate the pace of change over the past few months has been substantial. I want to thank you all for your good work and, as always, am happy to hear from you.

Jürgen

Faculty, Staff and Trainees

Welcome New Faculty Members!



Sarah Kopelovich, PhD joins the faculty of the Division of Public Behavioral Health and Justice Policy following a psychology postdoctoral fellowship in Severe Mental Illness (SMI) at Emory University School of Medicine, Department of Psychiatry and Behavioral Sciences. She received her doctorate in Clinical Forensic Psychology from City University of New York and a terminal Master's degree in Forensic Psychology from John Jay College of Criminal Justice of the City University of New York.

Sarah's clinical work and scholarship underscore a commitment to using clinical psychology as a tool to advance issues of social justice, primary of which is enhancing accessibility of evidence-based practices to individuals with SMI who have current or historical involvement with the criminal justice system.



Jennifer Vilatte, PhD received her doctorate in clinical psychology from the University of Nevada in 2013 and recently completed a postdoctoral fellowship in Improving Mental Health Care in Safety Net Medical Settings at Harborview. She joins the core faculty in the Behavioral Science and Technology (BeST)

program and will develop her grant and contract-funded research program aimed at optimizing behavioral health interventions and bringing evidence-based health practices to scale. Her current project partners with academic and industry technology developers to develop wearable behavioral health assessment and intervention technologies.

Meeting & Events

UW MEDICINE NEW INVESTIGATOR LECTURE SERIES

The [New Investigator Lectures](#) provide a forum for the UW School of Medicine to learn about exceptional junior faculty members' current scientific research. Two of our faculty members are presenting this Fall.

Larry Zweifel: [Complexity and Diversity in Dopamine Systems of the Brain: Implications for Health and Disease](#).

Wednesday, October 14.

Susan Collins: [Meeting People Where They're At: Community-based Harm Reduction Treatment for Alcohol Use Disorders](#). Wednesday, November 4.

GRAND ROUNDS

October 30: Joe Parks, MD
Population Health Management for Behavioral Health Organizations

Jennifer is also an Acceptance and Commitment Therapy (ACT) treatment developer and international trainer. Her book, *Mastering the Clinical Conversation: Language as Intervention*, is a guide to using the scientific principles that underlie ACT in all types of clinical practice (Guilford Press, November 2015). Jennifer recently received her Medical Education Research Certificate and will coordinate the CBT module for the second-year psychiatry resident didactic series.

Moving on Up

Over the past several months, a number of our fellows and acting faculty members have become bona fide faculty members. Congratulations!

Molly Adrian, PhD, Assistant Professor
Christine Curry, MD, Assistant Professor
Doyanne Darnell, PhD, Acting Assistant Professor
Mylieng Duong, MD, Acting Assistant Professor
Aaron Green, Clinical Assistant Professor
Theresa Hoeft, Acting Assistant Professor
Mendy Minjarez, Assistant Professor
Sunila Nair, Assistant Professor
Jennifer Villatte, Assistant Professor

New Tools Support Faculty

The department has developed two great online tools to support faculty. The [Annual Review Tool](#), to launch later this month, will replace our Department's existing yearly review process and provide substantial customization and automation. It begins and feeds an online faculty profile/portfolio, complies with the faculty code, and for junior faculty, provides a place to gather the yearly documentation needed to build a successful promotion package. The department is also releasing a [New Faculty Appointment Tool](#) for Service Chiefs that will facilitate the new faculty member appointment process as well as provide an on-boarding checklist for incoming faculty.

Research

[Study Tracks How Behavioral Therapies Change Brain Function](#)

Professor **Mark Snowden** is a co-investigator on a National Institute of Health (NIH) funded, three-year, \$2.5 million study. The researchers will investigate how behavioral therapies affect patients' adherence to medications and lifestyle recommendations during treatment for co-existing obesity and depression. The team will study how the brain responds to two integrated care behavioral therapies using brain scans, mobile technology and virtual reality

[Dr. Parks](#) is a leader in integrated care who has led a statewide transformation of the health care delivery system in Missouri over the last 10 years. Read his *Psychiatric News* column: [Old Ways Need to Change When Integrating Care in Huge Systems](#).

Nov 6: Alik Widge, MD, PhD

Closing the Loop in Psychiatric Deep Brain Stimulation: Model-Based and Model-Free Approaches

[Dr. Widge](#) is an Instructor in the Department of Psychiatry at Harvard and Massachusetts General Hospital. He is a dually trained psychiatrist-engineer who uses his training to develop new device-based treatments for severe mental illness.

[Joint Opioid/Buprenorphine Course](#)

Oct 23 | Swedish MC | 1-4:30 PM

WSMA, in partnership with the American Society of Addiction Medicine, presents a joint full-day meeting on Opioid REMS and Buprenorphine.

Honors & Awards

[Ray Hsiao named President of State Medical Association](#)

Ray Hsiao was elected president of the Washington State Medical Association (WSMA) at the association's annual meeting in September. Dr. Hsiao serves as an associate professor, director of the [Child and Adolescent Psychiatry Residency](#)

experiments. Jun Ma, Co-Director of the Center for Research on Health and Aging at the University of Illinois – Chicago Institute for Health Research and Policy, is the Principal Investigator.

[New QUERI Center at VA Puget Sound](#)

A new Quality Enhancement Research Initiative (QUERI) Center at VA Puget Sound will implement and evaluate promising clinical practices that incorporate virtual care technologies in order to improve access to high quality care for rural Veterans. Principal Investigator **John Fortney**, Director of the Division of Population Health, and investigators at the VA Health Services Research & Development Centers of Innovation in Seattle and Iowa City partnered with the VA Office of Rural Health, Telehealth Services and Connected Health Office to create the new Center.

Data Integration

Data integration research in primary care is important to creating inroads and opportunities for behavioral health research. **Kari Stephens** runs a regional data sharing network called Data QUEST that services the Practice and Research Network (WPRN), a WWAMI region network of 50 primary care clinics serving mostly rural communities involved in numerous research projects.

The Data QUEST team has had several infusions of new grants awarded this fall including participation in two large pragmatic PCORI funded trials focused on behavioral health topics in primary care. One [study](#), led by **John Fortney**, is looking at how best to treat PTSD and bi-polar disorder in rural areas. The second is led by a [University of Vermont research team](#) to study whether patients with both medical and behavioral problems do better when their primary care physicians work in combination with behavioral health professionals including psychologists and social workers.

Analyst Spotlight Series: Michael Pullmann

Several faculty members in our department have unique analytic skills that strengthen our department as a whole. One example is Research Assistant Professor [Michael Pullmann](#). Dr. Pullmann's projects often involve large multi-system datasets from child- and family-serving systems such mental health, education, juvenile justice, and child welfare. Using longitudinal analyses, he is able to identify patterns and change over time that help him uncover answers to complicated questions about care integration. In one of his current projects, he is collaborating with Seattle Public Schools and faculty in the UW College of Education to analyze datasets from schools and other systems to uncover why black youth in Seattle Public Schools are five times more likely to be suspended from school than white youth, and to test the effectiveness of a system-level intervention to reduce this disproportionality.

[Program](#), and co-director of the adolescent substance abuse program at Seattle Children's.

Faculty Promotions

We are pleased to announce the following faculty promotions effective July 1, 2015. Congratulations to all!

- Marc Avery, MD, Clinical Professor
- Brent Collett, PhD, Associate Professor
- Theresa Grant, PhD, Professor
- Eric Hawkins, PhD, Associate Professor
- Ray Hsaio, MD, Associate Professor
- Suzanne Kerns, PhD, Associate Professor
- Jason Kilmer, PhD, Associate Professor
- Anna Ratzliff, MD, PhD, Associate Professor

Kari Stephens Appointed Data Science Fellow

To support the University of Washington's efforts in data science, the eScience Institute has established an honorary program to provide recognition to a select group of researchers who are making pivotal contributions to campus-wide data science efforts and to UW's external reputation for leadership in this field. **Kari Stephens** was among roughly forty individuals to be extended a Data Science Fellow invitation.

In the News

[How to Handle Post-Traumatic Stress](#). **Doug Zatzick** talks to KING5.

Education

Medical Student Education Update: Curriculum Renewal

The medical student curriculum has a whole new look for the entering class of 2015. The [new curriculum](#) aligns with new national standards of medical education brought about by broader shifts in the healthcare landscape. Some of the basic sciences will transition to the clinical years allowing for relevant information to be built upon in the clinical setting, and themes such as evidence-based medicine, diversity, ethics and professionalism will be woven throughout the curriculum.

After a 1-2 week clinical immersion experience, students start an 18-month Foundations Phase, previously called Basic Sciences. Only one hour/day will be traditional lecture format and the rest of the sessions will be active learning. Students will spend one day a week in a clinical setting. With less time spent covering basic sciences, students will now start their clinical clerkships in the Spring of their second year as part of the Patient Care Phase. Clerkship lengths remain the same, so the Psychiatry Clerkship will remain 6 weeks long. The final phase (Exploration and Focus) starts in the spring of the 3rd year. Students complete remaining required clerkships, take clinical electives, prepare for boards and interview for residency. One of the great things about this new curriculum is students can take electives much earlier allowing for undecided students to have exposure to various specialties which will help with career clarification.

This is a very exciting time for the School of Medicine! If you have any questions about the new curriculum please feel free to contact **Heidi Combs** at hcombs@uw.edu

New Integrated Care Training Program in Partnership with APA

Associate Professor **Anna Ratzliff** will direct a new national training program in Integrated Care Psychiatry in partnership with the American Psychiatric Association. Funded by a \$2.9 million grant from the Center for Medicare and Medicaid Innovation (CMMI), the effort has set an ambitious goal of training 3,500 psychiatrists (10% of the membership of the APA) in evidence-based integrated and consultative care over the next four years. This new effort will complement a similar [training program](#) recently funded by the Washington State Legislature.

Nominations for Outstanding Junior Clinician Teacher Faculty Award due October 31!

Four years ago, our department established an annual award for an

[Promoting First Relationships to Help with Postnatal Maternal Depression and Newborn Development](#). **Susan Spieker** on how Promoting First Relationships can help mothers with depression create a healthy mother-infant relationship.

[Center to Increase Health Workforce Geriatrics Expertise](#).

Michael Vitiello co-directs Northwest Geriatrics Workforce Enhancement Center.

Good to Know

Junior Faculty Training Program

The [ITHS KL2 Multidisciplinary Clinical Research Career Development Program](#) is now accepting applications for their newest cohort. Applications accepted until **October 15**.

Graduate Discovery Fellowship Program

Competitive fellowships enable current graduate students to enhance their PhD training through a creative external experience that will enrich and broaden their career opportunities and vision of science. Applications due **November 2**. For more information and/or an RFA, contact Sheila Lukehart at lukehart@uw.edu or 206 897-5362.

Clinical Trials Recruitment Tool ParticipateInResearch.org is a new, permanent and centralized location where researchers can connect directly with potential study participants for free.

outstanding clinician teacher faculty member at the instructor or assistant professor level. It is given for outstanding teaching, curriculum development, educational research and scholarship, and/or educational administration. Although outstanding teaching is a major part of this award, it is intended to recognize a wide array of contributions and achievements of clinician teacher faculty. The first four recipients of this award were Suzanne Murray (2011), Heidi Combs (2012), Ray Hsiao (2013), and Anna Ratzliff (2014).

The Clinician Teacher Faculty Pathway Steering Committee (Deb Cowley, Joan Romano, Chris Varley, Marcella Pascualy, Jagoda Pasic, Suzanne Murray, Heidi Combs, Ray Hsiao, Elizabeth McCauley, Anna Ratzliff) will select a recipient based on nomination letters and nominees' CV and teaching evaluations.

Please send nominations to **Deb Cowley** by [e-mail](#), mail (Box 356560), or FAX (206-685-8952). Nominations are due **October 31**.

Clinical Programs

PAL Addresses Child Psychiatrist Shortages, Builds Provider Skills

Since 2008, the State of Washington has supported a small amount of UW child psychiatrist time to be made freely available to all of the state's primary care practitioners. Labeled the "Partnership Access Line (PAL)," it is essentially a curbside consultation service with lots of extra bells and whistles. From 8AM to 5PM, Monday through Friday, providers can call a toll free number and immediately reach a child psychiatrist to discuss diagnosis and treatment planning for any of their clients, followed by a faxed written summary of recommendations on the next business day. The program further provides primary care with assistance in locating treatment resources for their families, provides consult appointments in person or via televideo for Medicaid clients, provides four outreach education conferences each year, and gives providers a simplified guide to mental health services available for free in hard copy or online at <http://www.palforkids.org/>.

The need for a service like this reflects workforce shortages in our field, because the wait for a child psychiatrist can be terrifically long (in some communities it may take 9-12 months) or it may not be available at all. This often leaves primary care as the sole potential mental health prescriber for a child, and thus the need for some of us in the mental health field to help them with that role. The team has a working principal of using the "teachable moment" -- when a provider is looking for help with a particular child, we instruct around care not just for that child, but also what they might need to know to help the next child in a similar situation. We all learn best

Influenza Prevention

It is the [UW Medicine expectation](#) that 100% of UW Medicine faculty will receive the influenza vaccine unless there is a medical reason not to be vaccinated. Please do your part to keep yourself and your colleagues healthy!

Communication

Media Relations

The UW Medicine media relations team would like to be notified of all interview requests. If a reporter calls you, please notify their office at 206-543-3620, or email **Rebecca Sladek**, department communications manager, at rsladek@uw.edu and she'll loop them in.

Sharing Your News

Please keep sending in news about your research, clinical or teaching work. There are many channels in place for us to disseminate news to various audiences, including our department, UW Medicine, UW and local and national media. Please send items to pbsci@uw.edu or rsladek@uw.edu. Thank you for your help!

Development

Philanthropic support from individuals who share our passion for improving the lives of those with mental illness helps us achieve our priorities and supports the next

from our own patients.

This has paid dividends in terms of increasing the level of sophistication of community providers, and helping them to deliver some limited intervention services rather than saying a family's only option is to wait for the specialist. For instance, when the service started it was rare to hear from providers who were familiar with using symptom rating scales. Now we regularly hear from providers who call and say the SCARED score was X and the PHQ-9 score was Y, and then ask us a fairly sophisticated treatment or diagnostic question. Psychosocial treatment rather than medication treatment is our most common recommendation, the outcome of ~85% of consults.

Because promotion of best practice care is the team's overarching goal, in a separate service line the PAL providers also provide clinical doc-to-doc consults to support the state's system of mandatory psychotropic medication reviews. A complex set of age, dose, and combination medication guidelines approved by the state Drug Utilization Review Board trigger these reviews. While the mandatory nature of that system sets up interactive tensions, by focusing on collaborating around the best interests of the child, prescribers generally report these clinical discussions are positive for their patient's care.

generation of clinicians and scientists. Recently, an anonymous family foundation donated \$200K to support two new projects: the development and launching of a Perinatal Phone Service, and a Cognitive Behavioral Therapy Psychosis (CBTp) Program. Another success was a \$25K gift from Akili Interactive to support Targeted Treatment Development work under **Pat Areán**. These gifts are just a few of the many examples of how private philanthropy can help fund projects in the department.

If you would like to learn more about working with the advancement staff to develop a partnership between your projects and supporters, please contact **Cassidy Gammill** at cgammill@uw.edu or at 206.221.0635.

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!*

Fortney JC, Curran GM, Hunt JB, Cheney AM, Lu L, Valenstein M, Eisenberg D. "Prevalence of Probable Mental Disorders and Help Seeking Behaviors Among Veteran and Non-veteran Community College Students." *General Hospital Psychiatry*. In Press.

McGough PM., Bauer AM., Collins L, and Dugdale DC. "[Integrating Behavioral Health into Primary Care](#)." *Population Health Management*. Online Ahead of Print: September 8, 2015.

Kimmel RJ, Roy-Byrne P, Cowley DS. "Pharmacological Treatments for Panic Disorder, Generalized Anxiety Disorder, Specific Phobia, and Social Anxiety Disorder." In: Nathan PE and Gorman JM. [A Guide to Treatments that Work](#) (4th ed.). Oxford University Press. 2015.

Levine HS, Gage BC. "[Commentary: Involuntary Antipsychotics in Prison—Extending Harper, Contracting Care?](#)" *J Am Acad Psychiatry Law*. 2015 Jun;43(2):165-70.

THIS NEWSLETTER WAS SENT BY:

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