



UNIVERSITY *of* WASHINGTON

PSYCHIATRY & BEHAVIORAL SCIENCES

School of Medicine

Newsletter

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September 2015

Message from the Chair



Dear friends and colleagues -- I hope you had a great summer and I welcome you back with a new and improved version of our department newsletter. I want to start with a big THANK YOU to our communications team who worked hard over the summer to develop the new format and to everyone featured in this newsletter for your good work!

It was great to see many of you at our annual promotions meeting in June and our annual picnic at Camp Long in August. With the new academic year, we welcome a number of [new faculty](#), and new families, to our community.

Earlier this year, our Diversity Committee, led by Drs. Snowden and Stephens, launched a very important survey to help us better understand opportunities we have to celebrate and support diversity in our department. Thanks to all of you who shared your experiences, thoughts, and suggestions. We will share important findings from this survey in this newsletter over the next few months.

One of the most important findings from our [diversity survey](#) relates to the importance of good mentorship. We have many opportunities to improve the way we on-board and mentor new faculty, and we also have opportunities to help support the important roles of mentors in our department. In this context, I have recently asked Dr. Deborah Cowley to assume an important new leadership role in the department. In addition to her role as Vice Chair for education, Deb will be serving as [Vice Chair for Faculty Development](#). After helping train many of our faculty in her role as residency director over the past two decades, Deb has embraced this role with great enthusiasm and energy. Earlier this year, she led the development of improved promotions criteria for faculty in our paid clinical and clinician teacher tracks. Deb has also helped make sure that starting this fall, all acting assistant professors and assistant professors will have a designated faculty mentor. I am delighted to have Deb as a partner in this new role, and I invite you to let Dr. Cowley and myself know if you can think of ways in which we can strengthen the mentorship efforts in our department.

We also have exciting news to share about new state funding for a state-wide [Integrated Psychiatry Training Program](#) (a total of \$ 8 Million over the next two biennia), new research programs, and several new grants, including [\\$12 Million from the Patient Centered Outcomes Research Institute](#).

These new programs come at a good time as we face a major workforce shortage in mental health. I recently had the opportunity to give the keynote address at the Annual Convention of the Washington State Chapter of NAMI. One of the core themes of this meeting was the desperate need for better access to mental health care, especially in the rural regions of our state. To share just a few numbers: a 2014 report from the WWAMI Center for Health Workforce Studies estimates that there are about 650 practicing psychiatrists in the State of Washington. Only 50 practice in Eastern WA and only 20 practice in the large regions of the state that are classified as rural. More than half of the counties in our state don't have a single practicing psychiatrist or psychologist, and fewer than one in three Washingtonians living with a mental disorder are seen by a psychiatrist or a psychologist in any given year. Mental Health America recently ranked Washington State # 48 / 51 in terms of access to effective mental health care. We experience workforce shortages at all levels, from primary care to specialty care settings to our State Mental Hospitals. Our correctional system struggles to serve the many people incarcerated because of mental health and substance use problems. We have tremendous opportunities to make a difference, and I encourage all of you to join me in working together to help us achieve our mission to improve access to effective mental health care for all Washingtonians by (1) providing the best care we can today, (2) discovering better treatments for tomorrow, and (3) training and inspiring the mental health workforce of the future.

Jürgen

Faculty, Staff and Trainees

Deb Cowley named Vice Chair for Faculty Development

In February, Deb Cowley, MD became Vice Chair of Education after many years of service as Residency Director. In addition to focusing her energy and enthusiasm on our education programs, Deb has also developed an outstanding junior faculty mentorship program and has recently been named Vice Chair for Faculty Development. Working with staff member Jane Corkery-Hahn, Deb has ensured that all junior faculty have been assigned a faculty mentor and begun the process of establishing an [Individual Development Plan](#) (internal document only). Please reach out to [Deb](#) or [Jane](#) with any questions or input.

New Faculty Member Peter Clasen, PhD

Dr. Clasen joined the department as of September 1, 2015 as Acting Assistant Professor. A clinical psychologist, Peter will collaborate with David Atkins, PhD and Pat Areán, PhD in the development of two new research programs, the Behavioral Sciences and Technology (BeST Center) and the [Targeted Interventions for Mental Health](#) program. Peter will also provide outpatient clinical services at the Roosevelt Clinic. He recently finished a T32 postdoctoral research fellowship at Stanford University, and received his PhD at the University of Texas at Austin. Joining Peter in Seattle are his wife and two young daughters.

Meetings & Events

[How Marijuana Impacts Kids' Brains: A Talk by Dr. Staci Gruber](#)

(submitted by A. Saxton)
Sept 10 | Town Hall | 7:00

VA Puget Sound's 19th Annual Risse Memorial Lecture:

Motivational Interviewing

Sept 18 | American Lake Division of VA Puget Sound Health Care System | 8:30 --3:30

For more information contact

[Kristen Perry](#)

[Grand Rounds: The use of Danish nationwide registers in studies of mental health problems and comorbid physical conditions](#)

Sept 25 | 12:00

[Population Health Research Meeting: Pragmatic Measures of Psychotherapy](#)

Sept 28 | BB1640 | 3:30 – 5:00

New Faculty Member Mark Newman, MD

Mark Newman joined the department as of September 1, 2015 as Acting Assistant Professor. Mark will provide integrated psychiatric services at the UWMC Neighborhood Clinics, expanding the [Behavioral Health Integration Program \(BHIP\)](#) as well as providing consultations at the SCCA and telepsychiatry consultations at Capital Medical Center. Mark joins us after completing his medical training at the University of Florida College of Medicine, and a fellowship in psychosomatic medicine at the Feinberg School of Medicine at Northwestern University.

Diane Powers Appointed Associate Director for Research

After an extensive search, Diane Powers, MA has been asked to step into a new role as Associate Director for Research for our department. In this new role, she will collaborate with the Department's research faculty to develop and implement a comprehensive strategic plan that will significantly grow our sponsored projects portfolio and support this area of our mission with effective and efficient administrative systems. Diane has twenty-five years of experience managing a wide range of public health and health services projects and programs and has been with the Department as part of the AIMS Center since 2004.

Diversity Committee Update

At its August meeting, the Diversity Committee began an in-depth analysis of the quantitative results from the spring climate survey. Of note, while approximately 80% of faculty respondents (N=136 total) expressed being satisfied or greatly satisfied with their jobs, 48% reported burnout scale scores ≥ 50 on the 0 (no burnout) to 100 point scale used. Consistent with national academic medicine trends, these two areas are not dichotomous ends of a single continuum but instead represent different domains and will be addressed separately. A committee subgroup will examine the survey's qualitative data to ensure our recommendations to improve the climate reflect those of the entire faculty.

Survey results also revealed a need to improve our mentoring practices. Thus, Deb Cowley, MD, Maureen Johnson, and Jane Corkery-Hahn have revised our mentoring approach, moving towards individual mentors instead of committees and establishing mentors upon entry into the Department rather than at the transition from acting to regular faculty status. The committee thanks those who completed the survey and remains committed to making constructive changes in response to faculty input.

Research

Pat Areán, PhD will be leading a discussion about the new NIMH initiative intended to support the development of strategies and tools to measure the quality of psychotherapy that is delivered in real-world practice settings.

Integrated Care Journal Club

Oct 5 | BB1640 | 4:30-6:30

For more information contact

[Amy Bauer](#)

Mid-Career Development: You Got Promoted to Associate Professor – Now What?

Oct 6 | [Register](#) by Sept 30

Alumni Reception

Oct 10 | 12:00-2:00

Join us for an alumni lunch following the Washington State Psychiatric Association's Fall UW Series on Sleep Disorders at Swedish – Cherry Hill. Register [online](#) by September 18.

Honors & Awards

Jesse Fann was recently recognized as one of the best cancer doctors in the United States by [Newsweek](#), and only one of 17 within the Psychiatry specialty. Congratulations!

[Seattle Magazine's Top Doctors](#)

Kudos to **Bryan King, MD, Hower Kwon, MD, and Daniel Krashin, MD** who were among the best physicians in the Puget Sound region as chosen by their peers.

Celebrating Service

Our Department is fortunate to have an amazing collection of faculty and staff members who are committed to our mission of

Residency Research Program Expands

The Department's research training efforts recently received a major boost from an R25 grant awarded by the National Institute of Mental Health. The five-year grant will support the UW Psychiatry Resident Research Program (PRRP) and will help double the number of residents in the research training track from two per year to four per year. Up to four individuals can match directly into the PRRP and the slots revert to the Seattle Residency Track if they go unfilled. The UW PRRP will offer a wide range of research opportunities including Neuroscience, Health Services, and Addiction Psychiatry. In addition to a primary mentor, participants will receive scientific and career guidance from a mentoring committee. The goals of the UW PRRP are to attract a diverse group of participating residents, enhance their research experiences, and ultimately launch more psychiatrists into research careers. A big THANKS to **John Neumaier, MD, PhD**, the Principal Investigator of this new grant.

Department Awarded \$12 Million PCORI Grant

Our Department received \$12 million from the Patient Centered Outcomes Research Institute (PCORI) to test a telepsychiatry extension of the Collaborative Care model for patients with PTSD or bipolar disorder in rural primary care clinics. This is the largest award to our department in a long time and it will become the largest treatment trial for patients with bipolar disorder and posttraumatic stress disorder to date. **John Fortney, PhD** is the Principal Investigator with **Jürgen Unützer, MD, MPH** serving as Co-Principal Investigator. This is a very nice step towards our goal of growing the size and impact of our federally funded research portfolio and it fits well with the WWAMI mission of increasing access to effective mental health care. [Newsbeat](#) article.

Study Team Looks at Traumatic Events

The Trauma Survivors Outcomes and Support (TSOS) study team assesses the impact of traumatic life events on injured patients at the Harborview Level I Trauma Center, as well as across emergency departments and trauma centers nationally. Currently funded by NIH and the Patient Centered Outcomes Research Institute (PCORI), the team conducts comparative effectiveness trials investigating interventions targeting the full spectrum of mental health and substance related problems/disorders, as well as patient-centered concerns after injury. Led by **Doug Zatzick, MD**, the study team is working to influence national trauma center policy in order to implement mandates and clinical best practice guidelines for alcohol use disorders, PTSD, and patient-centered care across U.S. systems. Other members include **Joan Russo, PhD**, **Doyanne Darnell, PhD**, and **Dennis Donovan, PhD**, and in trauma surgery Ron Maier, MD, Erik Van Eaton, MD, and Gregory Jurkovich, MD.

research, education, and patient care. In the past few months, several faculty and staff members have celebrated significant service milestones. We include a sample list below of those who have achieved 10 years or more of service to the University of Washington. Thank you!

Judy Turner, MD, PhD (35 years!)

Mark Sullivan, MD, PhD (30 years)
Susan Martin – administrative assistant (30 years)
Jesse Fann, MD, MPH (20 years)
Ruth Kohen, MD (20 years)
Mitch Levy, MD (15 years)
Sue Kerns, PhD (10 years)
Bryan King, MD (10 years)
Amanda Kerbrat – research coordinator (10 years)
Theresa Walter – research coordinator/supervisor lead (10 years)
Zoran Brkanac, MD (10 years)
Eric Bruns, PhD (10 years)

2015 Graduation Awards

Congratulations to all of the [trainees and faculty members](#) who won awards at the Department's Graduation Ceremony on June 27!

Pat Areán will serve as Chair of the National Advisory Mental Health Council Workgroup on Behavioral and Social Science Research. This group focuses on behavioral and social science research in the 21st century, with an emphasis on the opportunities and challenges of using new information technologies to study behaviors.

In the News

Education

Welcome to Tom Soeprono

Tom Soeprono, MD joins our Education team as the UWMC faculty site coordinator for the medical student clerkship and as our UWMC Associate Residency Director. Dr. Soeprono is a graduate of our Psychiatry Residency and Psychosomatic Medicine Fellowship Program. He is particularly interested in developing innovative, point-of-care teaching methods for educating students and residents on busy consultation-liaison psychiatry services.

Psychiatry Residency Idaho Track Program Director Transition

The director of the Psychiatry Residency's Idaho Advanced Clinician Track for 8 years, **Jeralyn Jones, MD**, will step down as of September 30. Under her leadership, this regional track has expanded in size and gained in national stature. She has successfully garnered state funding for the program, recruited excellent residents, and been an outstanding and dedicated teacher and supervisor. Dr. Jones won the 2013 Ada County Physician of the Year Award in recognition of her leadership of this program. **Kirsten Williams, MD**, a graduate of our Idaho Track, will serve as Interim Director beginning October 1 while we contact national search for a new Director. The [Idaho Track](#) aims to educate psychiatrists to practice in the state of Idaho and to collaborate with and provide consultation for primary care providers. Please contact [Deb Cowley](#) if you are interested in learning more about this position.

New Integrated Care Training Program

The University of Washington was recently awarded \$8 million in state funds over the next two biennia for a new integrated evidence-based psychiatry training program to improve access to mental health care in Washington State. As part of this program, our department will offer up to five positions per year for [Integrated Care Fellows](#). These fellows will learn to provide integrated care through delivery of consultation to primary care and other non-mental health settings, provision of telepsychiatry, and leadership to improve systems of care. The one-year fellowship will include a combination of clinical experiences, training in integrated care implementation, and integrated care scholarship. **Anna Ratzliff, MD, PhD** will lead this new initiative.

Clinical Programs

Survey Describes Scope of Behavioral Health Services

Our Department has been conducting an inventory of behavioral

[UW professor Marsha Linehan to receive National Alliance on Mental Health award](#)

[UW Leads \\$11M Clinical Trial, Largest Ever, on Psychiatric Disorders in Rural America](#)

[How Seattle is upending everything we think about how cops do their job](#)

[Can science save abused, neglected kids – and money, too?](#)

[Young, Depressed, and Diabetic?](#)

[Diverse features found for autism-linked chromosome changes](#)

[Study picks up autism broadcast in tiny antennae on cells](#)

Good to Know

Benefits annual enrollment happens in November with new offerings for PEBB health plans, including choosing UW Medicine as your health provider. All benefits eligible faculty and staff will receive more information in the weeks to come. See more information on [UW benefits](#).

Flu season is around the corner! Find resources and a flu shot schedule [here](#). And a [reminder](#) of when to call in sick, especially when children are home sick from school.

[Carelink](#), the UW's employee assistance plan, is a very useful benefit provided to all UW faculty

health outpatient services across UW medicine in conjunction with the UW Performance Improvement/LEAN team, led by Arkan Kayihan. Referred to as the “consolidation and expansion” project, driving factors include a past need to 1) consider consolidation of our two separate psychiatry resident clinic programs (HMC and UWMC) into a single site, and 2) explore expansion of services to meet the growing demand for outpatient services as UW medicine expands its Accountable Care Network (ACN) commitments.

The analyses showed that hospital based-inpatient, consultation/liaison services, and ED services are our clinical services priorities (approx. 80%). For outpatient services, consultation and Collaborative Care are the predominant modality as expanding our integrated care approach to all UW Medicine Neighborhood Clinics has been a top priority. Valley Medical Center’s existing outpatient clinic provided valuable data as it currently provides over twice the volume of outpatient services as HMC and UWMC combined and has a more robust staffing model.

The project then examined anticipated demand for outpatient behavioral health services that will come from existing primary care clinic patients needing services outside the scope of the integrated care model, as well as volumes from the Boeing Accountable Care Network contract and recently established State Health Care Authority CAN contract. We anticipate volumes will rise from approximately 7,000 annual visits across UWMC and HMC to 20,000. To accommodate this need, projections were made for additional staffing and space needs, with an estimation that we will need to expand clinical staffing by several positions, primarily in the area of adding LICSWs and psychiatric nurse practitioners to the psychiatry and psychology staffing we currently have.

With the analyses completed, the UW medicine strategic planning committee is being asked to provide some guidance on whether the consolidated single clinic approach will best meet the needs of the network and if so, where it would be best located.

and staff that includes help finding childcare, eldercare, financial and legal counseling, and counseling services. The UW’s organization code for employee login is “UW.”

Communications

New Department Fact Sheet

Our Department has a new [Fact Sheet](#) that gives an overview of our Research, Education and Clinical programs. Please use this in your communications and let [Becky Sladek](#) know if you’d like professionally printed copies for your office or to distribute.

Psychology Newsletter

The Department of Psychology Newsletter often includes items of interest to our faculty. Please email editor Kim Arbios at psynews@uw.edu to be put on the distribution list.

Published and Recently Accepted Papers

Figlewicz DP. Modulation of Food Reward by Endocrine and Environmental Factors: Update and Perspective. *Psychosom Med.* 2015 Jul-Aug;77(6):664-70.

Cowley DS. Teaching integrated care. *Academic Psychiatry* 2015; 39:422-424.

Reardon CL, Bentman A, Cowley DS, Dunaway K, Forstein M, Girgis C, Han J, Hung E, Jones J, Keeble T, McCarron RM, Varley CK. General and child and adolescent psychiatry resident training in integrated care: a survey of program directors. *Academic Psychiatry* 2015; 39:442-447.

Ratzliff A, Norfleet K, Chan YF, Raney L, Unutzer J. Perceived educational needs of the integrated care psychiatric consultant. *Academic Psychiatry* 2015; 39:448-456.

McCarron RM, Bourgeois JA, Chwastiak LA, Folsom D, Hales RE, Han J, Rado J, Rivelli S, Scher L, Yu A. Integrated medicine and psychiatry curriculum for psychiatry residency training: a model designed to meet growing mental health workforce needs. *Academic Psychiatry* 2015; 39:361-365.

D'Angelo, G., Pullmann, M. D., Lyon, A. R. (2015). Community engagement strategies for implementation of a policy supporting evidence-based practices: A case study of Washington State. *Administration and Policy in Mental Health and Mental Health Services Research*.

Lyon, A. R., Pullmann, M. D., Walker, S. C., & D'Angelo, G. (2015). 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*.

Sedlar, G., Bruns, E. J., Walker, S. C., Kerns, S. E. U., Negrete, A., Trupin, E. (2015). Measuring fidelity to multiple evidence based practices in a statewide service improvement initiative. *Administration and Policy in Mental Health and Mental Health Services Research*.

Sedlar, G., Bruns, E. J., Walker, S. C., Kerns, S. E. U., Negrete, A. (2015). [Developing a Quality Assurance System for Multiple Evidence Based Practices in a Statewide Service Improvement Initiative](#). *Administration and Policy in Mental Health and Mental Health Services Research*, v. 42 (4).

Trupin, E. W. & Kerns, S.C. (2015). Introduction to the Special Issue: Legislation Related to Children's Evidence-Based Practice. *Administration and Policy in Mental Health and Mental Health Services Research*.

Walker, S. C., Lyon, A. R., Aos, S., & Trupin, E. W. (2015). The consistencies and vagaries of the Washington State inventory of evidence-based practice: The definition of 'evidence based' in a policy context. *Administration and Policy in Mental Health and Mental Health Services Research*.

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