

NIMH NATIONAL RESEARCH SERVICE AWARD PSYCHIATRY PRIMARY CARE FELLOWSHIP

This two-year National Research Service Award fellowship for research training for M.D.s in the interface of psychiatry and primary care is sponsored by the Departments of Psychiatry and Family Medicine at the University of Washington. Dr. Wayne Katon is Director of this fellowship which has been funded by NIMH for two decades. The fellowship is designed to provide methodologic skills acquisition in health services research with highly experienced investigators. Research emphasis includes the following areas: somatization, epidemiology of psychiatric disorders in primary care, comorbidity of psychiatric and medical disorders, the effect of psychiatric disorders on health services utilization and medical costs, and interventions to improve quality of mental health care and clinical outcomes of patients within primary care or specialty medical systems. Fellows will usually be enrolled in the Masters of Public Health program in the UW School of Public Health, majoring in either Health Services or Epidemiology, or receive other training in qualitative and quantitative research methods at the University of Washington.

GERIATRIC MENTAL HEALTH SERVICES FELLOWSHIP

This NIMH-funded (T-32) two-year postdoctoral research training program is designed for psychiatrists, psychologists, nurses, social workers, physicians and social/behavioral scientists who are committed to becoming independently supported geriatric mental health services researchers. The fellowship provides rich opportunities for trainees to learn about mental health services for older adults and health services research methods in diverse community and health care settings.

The program is part of a three-site research training cooperative that brings together expert faculty from Dartmouth (Steve Bartels MD) Cornell (Martha Bruce PhD) and the University of Washington (Jürgen Unützer MD, MPH).

At the University of Washington, fellows will spend two years

- working with expert faculty mentors in mental health services research, participating in ongoing research and developing their own research projects/grant proposals
- participating in seminars, research presentations, and conferences for postdoctoral fellows and junior faculty in mental health services research
- participating in web-based seminars and other training activities sponsored by the partnering programs at Dartmouth and Cornell
- taking formal course work leading to an MPH degree in health services research or other appropriate research methods training.

The following faculty are potential clinical and research mentors for residents in the Psychiatry in the Medical Setting track:

Wayne Katon, MD, is Director of the Division of Health Services and Psychiatric Epidemiology and Director of the NIMH NRSA Primary Care Psychiatry Fellowship. He and his research group are considered one of the preeminent research groups in the United States in studying interventions to improve the care of mental illness in the primary care system. They have developed interventions that integrate a range of mental health professionals and other allied health professional such as nurses into primary care that have been shown in randomized trials to be cost effective compared to usual primary care in improving adherence to antidepressant medications, satisfaction with care and improving outcomes of patients with depression and panic disorder. Dr. Katon's research group has been widely involved in disseminating this collaborative care model to multiple health care systems in the United States, Canada, Australia and Europe. He is Editor-in-Chief of *General Hospital Psychiatry*, a journal dedicated to improving knowledge in the interface of medicine and psychiatry. Dr. Katon has received two awards for excellence in teaching Psychiatry to primary care physicians and continues to spend one day a week teaching and consulting on patients at Providence Family Practice Residency clinic in Seattle.

Dr. Katon's research collaborations include close ties to the Center for Health Studies at Group Health Cooperative, an HMO with approximately 500,000 enrolled patients. This unique research affiliation allows fellows contact with six clinical research faculty who are active supervisors in the NRSA fellowship including Greg Simon, MD, MPH, an internist and psychiatrist and graduate of the Robert Wood Johnson Fellowship; Michael Von Korff,

ScD, an internationally renowned psychiatric and primary care epidemiologist; Elizabeth Lin, MD, MPH, a family physician and graduate of the Robert Wood Johnson Fellowship; Ed Wagner, MD, MPH, internationally known for his research in improving care of the elderly and patients with diabetes in primary care systems and developer of the Chronic Care Model; David Grossman, MD, who is nationally renowned for his injury and violence prevention work in youth; and Paula Lozano, MD, MPH, a pediatrician and Robert Wood Johnson scholar internationally renowned for her research on improving care of asthma. Several of our prior NIMH funded Primary Care Psychiatry fellows have worked extensively in research with these faculty members and the large Group Health population.

Jürgen Unützer, MD, MPH is Professor and Vice Chair of Psychiatry, Chief of Psychiatric Services at the University of Washington Medical Center (UWMC) and co-director of the NIMH funded Geriatric Mental Health Services Fellowship. He completed the UW NIMH Psychiatry-Primary Care Fellowship in 1996 and has completed over a decade of research testing models to improve depressive and functional outcomes of depressed elderly in primary care and community-based settings. In 2006, he received the Distinguished Investigator Award from the American Association of Geriatric Psychiatry for his work to improve depression care for older adults. Dr. Unützer was Principal Investigator of the IMPACT trial, which demonstrated the effectiveness of the IMPACT model of collaborative care in 1801 patients randomized from 8 health care systems in 5 states. He currently directs the IMPACT Dissemination Center funded by John A. Hartford Foundation, which is helping multiple health care systems in the U.S. integrate collaborative care models into primary care systems (<http://impact-uw.org>). He is also principal investigator of a large study of disease management efforts for elderly with depression and chronic medical illness under Fee for Service Medicare. Dr. Unützer has mentored medical students, residents, and fellows at UCLA, the University of Washington, and several other major universities.

Mark Sullivan, MD, PhD has also worked in the Division of Health Services and Psychiatric Epidemiology for nearly 20 years, initially studying the role of psychiatric disorders in patients with medically unexplained symptoms such as tinnitus, chronic back pain, and dizziness. This included an NIA/NIMH funded study investigating treatment of chronic severe tinnitus with the antidepressant nortriptyline. In recent years he has studied the role of psychiatric comorbidity in the health status and health care utilization of patients with heart disease, diabetes, and chronic pain. His heart disease projects have included prospective cohort studies of patients with coronary disease and heart failure, a prospective study of the relationship between myocardial ischemia and angina, and a qualitative study of shared decision-making in patients with advanced heart failure. These studies have demonstrated the adverse impact of major depression in patients with chronic medical illness in terms of decreasing habituation to chronic aversive symptoms such as pain and in causing additive functional disability. He has been funded by several federal grants including the above mentioned National Institute of Aging Grant to study the effect of Treating Major Depression in Patients with Chronic Tinnitus and Hearing Impairment and an NIMH K-Award entitled "Health Status and Service Use in Coronary Disease." He has also received two grants from the American Heart Association, and a grant from the National Institute of Nursing Research. He is currently involved with the ACCORD (Action to Control Cardiovascular Risk in Diabetics) a randomized trial of intensive glucose management in 10,251 diabetic patients. He serves a chair of the health-related quality of life and cost-effectiveness committee and as regional principal investigator on the ACCORD-MIND study of cognitive outcomes.

Dr. Sullivan is also involved with two NIDA-funded studies of Risks for Use and Abuse of Opioid Therapy in Contrasting Chronic Pain Populations which will analyze claims data from multiple health care systems. He has developed a web-based training concerning opioid therapy for chronic pain that is undergoing nationwide dissemination and testing. He has a Ph.D. in Philosophy and a long-term interest in biomedical ethics, theory of knowledge in medicine and health policy. His current projects in this area include ethics of pain relief, patient agency in chronic disease, and clinical ethics consultation. He works clinically on the medical ethics consultation team at the University of Washington Medical School Hospital.

Jesse Fann, MD, MPH completed the UW NIMH Psychiatry-Primary Care Fellowship in July 1995 and has worked in the Division of Health Services and Psychiatric Epidemiology for over a decade. He is an Associate Professor in Psychiatry and Adjunct Associate Professor in Rehabilitation Medicine and Epidemiology (School of Public Health). He works clinically as the Director of the Seattle Cancer Care Alliance's psychiatric consultation service and is an Affiliate Investigator at Fred Hutchinson Cancer Research Center. He has received several National Institutes of Health, Department of Education, and Center for Disease Control awards to study the epidemiology and

treatment of depression in patients with traumatic brain injury and spinal cord injury and has served as a member of the NIH Traumatic Brain Injury Clinical Trials Network. His research on the psychiatric sequelae of TBI earned him the Dlin/Fischer Award for Significant Achievement in Clinical Research from the Academy of Psychosomatic Medicine. He has also received an American Cancer Society grant to study predictors and outcomes of delirium in patients receiving hematopoietic stem cell transplantation and served on the American Psychiatric Association's DSM-IV-TR Work Group on Delirium, Dementia, Amnesic and Other Cognitive Disorders and Mental Disorders Due to a General Medical Condition. He is involved with the National Cancer Institute's Southwest Oncology Group (SWOG) research consortium to develop a multi-site trial to treat depression in cancer patients and has been co-investigator on several studies to improve detection and treatment of depression in patients and caregivers of patients with cancer.

Paul Ciechanowski, MD, MPH is board certified in Family Medicine and Psychiatry and joined our Division after completing the UW NIMH Psychiatry-Primary Care Fellowship fellowship in July 2000. He has completed studies on the impact of depression in patients with diabetes on symptom burden, functioning, adherence to medication, diet and exercise and medical costs. He has also published studies on the effects of maladaptive attachment on the physician-patient relationship and adherence to diabetic regimens. He was awarded an NIDDK K-Award in 2002 to continue his research on improving adherence to medical regimens in patients with diabetes. Dr. Ciechanowski was a co-investigator of a CDC grant that tested a new model to improve outcomes in frail elderly with depression and is currently a principal investigator on a second grant from CDC that will test this same model of care in patients with depression and epilepsy.

Elizabeth McCauley, MD, MPH is a developmental and child clinical psychologist who has built a research program designed to characterize the development, course and management of clinical depression in youth. Dr. McCauley's initial descriptive studies stimulated development and testing of preventive and intervention approaches designed to reduce risk for, and long-term sequelae of, depression in adolescence. With the support of the NIMH, Dr. McCauley and her colleagues are currently actively engaged in a series of investigations exploring familial patterns of the transmission of depression and the developmental pathways of youth with depressive disorders and co-occurring conduct problems, assessing the role of depression and anxiety in adolescents with asthma, testing the efficacy of a school-based preventive intervention for youth at risk of depression, and adapting and testing behavioral activation as a therapy for depressed adolescents.

Ann Vander Stoep, PhD is a child psychiatric epidemiologist with a joint appointment as Associate Professor in the Departments of Psychiatry and Behavioral Sciences and Epidemiology. Her research interests include: developmental epidemiology of adolescent depression, mental health status of children in the juvenile justice system, transition to adulthood for adolescents with psychiatric disorders, development of children's mental health interventions, and participatory action research. In partnership with Dr. Elizabeth McCauley, Dr. Vander Stoep has launched the NIMH-funded Developmental Pathways Research Program, a collaborative effort with the Seattle Public School System whose goals are to understand the etiology of childhood depression and to develop effective strategies for identifying and preventing emotional distress and depression. Dr. Vander Stoep teaches Psychiatric Epidemiology and Epidemiological/Biostatistical Methods in the School of Public Health and provides research mentorship to epidemiology graduate students and junior scientists in the Division of Child and Adolescent Psychiatry.

Douglas Zatzick, MD is currently Associate Professor in the Department of Psychiatry and Behavioral Science at the University of Washington School of Medicine and a member of the Core Research Faculty at the Harborview Injury Prevention and Research Center. Dr. Zatzick received his B.A. in anthropology from The University of California at Berkeley in 1984. He completed his psychiatric residency and Robert Wood Johnson Clinical Scholars Fellowship at the University of California, San Francisco. Dr. Zatzick's research on clinical epidemiological and intervention studies of trauma exposed youth, and adults who treated in general medical and other non-specialty mental health settings. Dr. Zatzick's intervention studies target posttraumatic symptom reduction (ie., posttraumatic stress disorder, depression) and the modification of high risk behaviors that risk recurrent injury such as alcohol and drug abuse/dependence. Dr. Zatzick has previously received funding from NIMH, AHRQ and the CDC to conduct investigations of injured trauma survivors. Dr. Zatzick is currently the principal investigator on an NIMH R01 investigation that is delivering early combined interventions targeting PTSD and alcohol use to injured trauma survivors treated in acute care medical settings. Dr. Zatzick is also actively involved in the interdisciplinary

dissemination of evidence-based motivational interviewing interventions for alcohol use disorders at level I trauma centers nationwide.

Peter Roy-Byrne, MD is a Professor of Psychiatry and Chief of Psychiatry at Harborview Medical Center. He has focused his research efforts on dissemination of evidence based treatments for anxiety disorders in the primary care setting. He recently coordinated the NIMH-funded Collaborative Care for Anxiety and Panic (CCAP) multi-site effort that established the clinical and cost-effectiveness of a combined cognitive-behavioral therapy and pharmacotherapy intervention to identify and treat panic disorder in the primary care setting. His five year NIMH-funded K award focuses on developing interventions for disadvantaged anxious and depressed patients seen in low-income/public sector primary care settings. Currently, he is coordinating a large multi-site effort to test the effectiveness of an NIMH funded multimodal preference-based stepped-care intervention, CALM, for the treatment of multiple anxiety disorders along with their related comorbidities in the primary care setting

Mark Snowden, MD, MPH is an Associate Professor in the University of Washington School of Medicine, Department of Psychiatry and Behavioral Sciences. He received his Doctor of Medicine Degree from the University of Washington where he also completed psychiatric residency training and the geriatric psychiatry fellowship. He worked as Robert Wood Johnson Clinical Scholar from 1994 -1996 during which time he received the Master of Public Health Degree from the UW School of Public Health. He is medical director for geriatric psychiatry services at Harborview Medical Center in Seattle and in this capacity provides and supervises geriatric psychiatry services to several community- based nursing homes and clinics, as well as inpatient treatment and consultations at Harborview Medical Center. His research focuses on delivery of mental health services to nursing home residents, particularly the development of evidence based treatments for residents with depression and those with behavioral symptoms of dementia. He also studies community based treatments for depression and in this line of investigation has led several CDC funded expert panels in the review of the literature and in formulating recommendations for the dissemination of evidence based practices for depression and other mental health conditions.

Karina Uldahl, MD, MPH is an Associate Professor of Psychiatry and Behavioral Sciences whose academic interests include health services research in people living with HIV/AIDS (PLWHA), focusing on service utilization, adherence and co-morbid conditions such as homelessness, incarceration, substance use and hepatitis C. She has also been the principal investigator on training grants, working to improve the understanding of mental illness among PLWHA, families of PLWHA and providers serving that population, both in academic and community-based settings.

Richard Reis, MD, is a Professor of Psychiatry and Behavioral Sciences. His research has focused on the relationship between mental illness and substance abuse and why persons with chronic, severe mental illness are at such high risk to use street drugs. He has also focused on how can we most successfully treat addictions in populations that are also being treated for behavioral health problems. Dr. Richard Ries and his research team have investigated and established evidence based treatment practices for dually diagnosed patients in both inpatient and outpatient settings. His research group has shown that protective payeeships, twelve step programs, and motivational interviewing are effective in improving substance abuse and mental health outcomes in mental health settings. Positive results from these practices have been duplicated by other research teams, are influencing national policy, and are being employed in mental health centers and private practices around the country. Dr. Ries and his research colleagues are active in persuading state addictions and mental health divisions, completely separate in many states, to work together, because mental illness and substance abuse often go hand in hand and must be treated together if they are to be treated effectively. In cooperation with colleagues at Washington State University and the Washington Institute for Mental Illness: Research and Training (WIMIRT), Dr. Ries has planned research to test the effectiveness of very simple, economical incentives for sobriety that can be easily adopted by community mental health centers. Dr. Ries and his colleagues also continue to mine the rich Harborview patient database for insights into the relationship between mental illness and substance abuse, most recently drawing attention to the startling association between addiction and suicide. Suicide has long been considered a psychiatric problem and is unaddressed in most addiction treatment, yet addiction increases the odds of suicide by four-fold. Dr. Ries is also co-PI with Dr. Marsha Linehan (UWMC) in a project studying addiction treatment for patients with borderline personality disorder, who frequently have high rates of suicide and repeated suicide attempts.

Katherine Anne Comtois, PhD, Dr. Kate Comtois is Associate Professor of Psychiatry and Behavioral Sciences and Adjunct Associate Professor in the Department of Psychology at the University of Washington (UW). The principal focus of her work is health services for suicidal individuals. Dr. Comtois conducts treatment development research adapting evidence based practice for community settings. She has just been funded by the American Foundation for Suicide Prevention to conduct a treatment development study of the Collaborative Assessment and Management of Suicide (CAMS) model for next-day-appointments following an ER or medical admission for suicide attempts. She has completed an NIMH K01 Mentored Independent Investigator Award and is a collaborating investigator with Marsha Linehan, Ph.D. on her investigator initiated research awards from NIMH and NIDA evaluating the efficacy of Dialectical Behavior Therapy for the treatment of borderline personality disorder. Dr. Comtois' program of research also includes the clinical epidemiology of medical and behavioral health care services prior to and following a suicide attempt as well as co-occurring disorders screening studies in adolescents and adults.