

Garvey Institute 1st Annual Meeting

Breakout Session on COGNITIVE AGING

1/28/2021

Facilitator: Thomas J Grabowski MD
Director, UW Medicine Memory and Brain Wellness Center
Director, UW Alzheimer's Disease Research Center

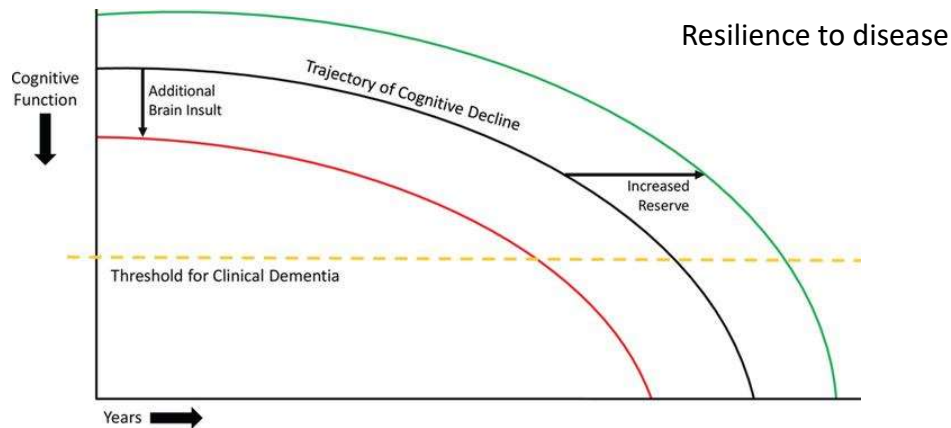
UW Medicine
DEPARTMENT OF PSYCHIATRY
AND BEHAVIORAL SCIENCES

Garvey Institute for Brain Health Solutions

Mission/vision of the Garvey Institute:

- Lifespan scope
 - Prevention of neuropsychiatric disease
 - Translation, scalability for population impact
-
- Focus areas
 - **Cognitive aging and brain health**
 - Addictions
 - Trauma, physical and emotional
 - Technology

Trajectories of cognitive aging vary in relationship to modifiable lifestyle factors and health habits.



Krivanek et al J Alz D 2021

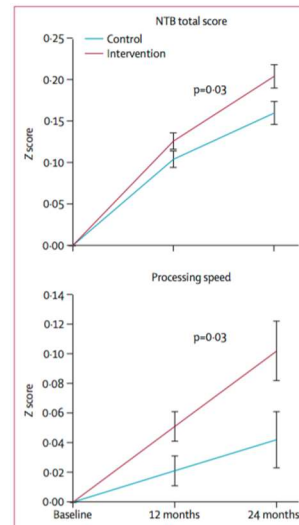
Maintaining brain health and mitigating decline

	Institute of Medicine [2]	Alzheimer's Association [3]	Lancet Commissions [4]	American Heart Association [5]	National Academies [6]	World Health Organization [7]
Physical activity	✓	✓	✓	✓	✓	✓
Cognitive stimulation/education	✓	✓	✓		✓	✓
Social engagement	✓	✓	✓			
Heart healthy diet	✓	✓		✓		✓
Treat cardiovascular risk factors (hypertension)	✓	✓	✓	✓	✓	✓
Treat cardiovascular risk factors (diabetes mellitus)	✓	✓	✓	✓		✓
Treat cardiovascular risk factors (hyperlipidemia)				✓		✓
Maintain a healthy weight/counter metabolic syndrome		✓	✓	✓		✓
Stop or reduce smoking	✓	✓	✓	✓		✓
Manage stress and depression	✓	✓	✓			
Maintain adequate sleep	✓	✓				
Manage hearing and visual impairments			✓			
Avoid medications with anticholinergic properties	✓					
Limit alcohol use	✓		✓			✓
Protect the brain from physical and toxic injuries		✓	✓			

Krivanek et al J Alz D 2021

Finnish Geriatric Intervention Study to Prevent Cognitive Impairment and Disability (FINGER)

- 1260 at risk Finnish seniors
CAIDE > 6
- Interventions:
 - diet,
 - exercise,
 - cognitive training,
 - vascular risk monitoring



Ngandu et al 2015

Agenda

- Review Garvey mission and cognitive aging focus
- Review cognitive aging portfolio to date
- Discussion
 - Exercise Rx (Sports Medicine Institute)
 - Ideas about what else the Garvey Institute could do in this space

Cognitive aging portfolio to date

- **Improving the health and effectiveness of caregivers of people with Lewy Body Dementias**
- **Remote assessment of cognitive aging and mental health in older African Americans during COVID-19**

- **Using deep learning to diagnose Alzheimer's disease and predict its progression**
- **Using neurocomputational modeling to track memory decline**
- **Improving patient-focused, population-informed care in clinical neurosciences**

- **Synthesizing positron emission tomography (PET) data from MRI using deep learning**
- **Validating a non-invasive method to measure water transport in brain health and disease**

Themes

- 6 departments, 4 colleges
- Themes
 - Mental health of dementia caregivers and isolated PWML
 - Electronic/remote cognitive assessment
 - Machine learning and other computational techniques for discovery
 - Imaging for improved diagnostics

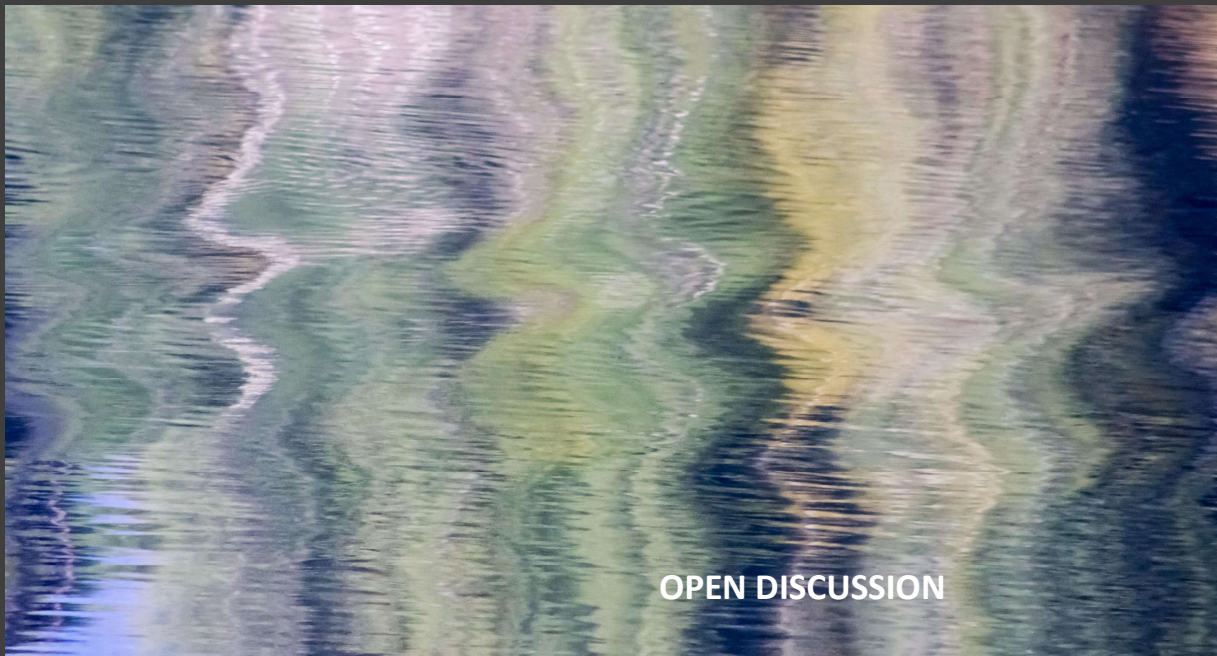
One idea: Exercise Rx
an initiative of the Sports Medicine Institute

Agenda

- Review Garvey mission and cognitive aging focus
- Review cognitive aging portfolio to date
- Discussion
 - Exercise Rx (Sports Medicine Institute)
 - What else can the Garvey Institute do in this space at UW?

What else could be done?

- Other themes
 - Prevention
 - Large-scale studies
 - Trajectories/longitudinal studies
 - Resilience
 - Biological basis of treatment effects



Garvey Institute for Brain Health Solutions 1st Annual Meeting

Brain Health Training Programs

Facilitators:

Michael Persenaire, MD and Anna Ratzliff, MD, PhD



Ultimate Goal

"to improve the health for the millions of people at risk for and affected by mental health, substance use, and other brain health disorders"

Instrumental Goals

(what can we do in the area of education to achieve this goal?)

- > Improve the quality of clinicians in the neurosciences trained at UW.
- > Create training programs that inspire and attract the best...
 - Trainees
 - Educators
 - Scientists



Modifications to current training programs: Psychiatry and Neurology

- > Organization?
- > Content?
- > Successful models to learn from?
- > Quality of educators?



Innovation in training programs.

- > Brain health track?
- > Fellowship training programs?
 - UW Behavioral neurology and neuropsychiatry expected to begin 2023.



Funding for these ideas?

- > Curriculum development
- > Fellowship programs

W

Clinical Trials Support Services

BECKY SLADEK, MS, AND ANDIE UOMOTO, MPA
GARVEY INSTITUTE FOR BRAIN HEALTH SOLUTIONS 1ST ANNUAL MEETING
JANUARY 28 2022

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Topics

- Overview and summary of work done thus far
- Discussion of support services
- Presentation on how EPIC EHR tools can support clinical trials

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Brief history

- 2018. Clinical Trials Workgroup Survey, Doyanne Darnell, Mark Sullivan. Key findings:
 - Difficult to conduct clinical trials research with UW Medicine clinics
 - Would make grants more competitive/result in more grants written
 - Ideal to share the load among faculty (when space goes unused, the cost is shared)

- June 2021: Clinical Trials Workgroup. Consensus:
 - Do an assessment of what is needed (space and shared services)

- September 2021: Hired Andie Uomoto, Garvey Institute Project Manager.
 - Drafted landscape analysis of clinical trials spaces at UW Medicine

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Garvey Institute Innovations Clinic

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- Draft is available
- ‘Listening tour’
- Focuses on space

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Garvey Institute Innovation Clinic: Space overview



Physical space to conduct clinical trials
across one or more locations

Themes

- Located in close proximity to patient population
- Welcoming and inviting setting
- Facilities to accommodate a range of study protocols
- Dedicated and flexible space

Potential partnerships

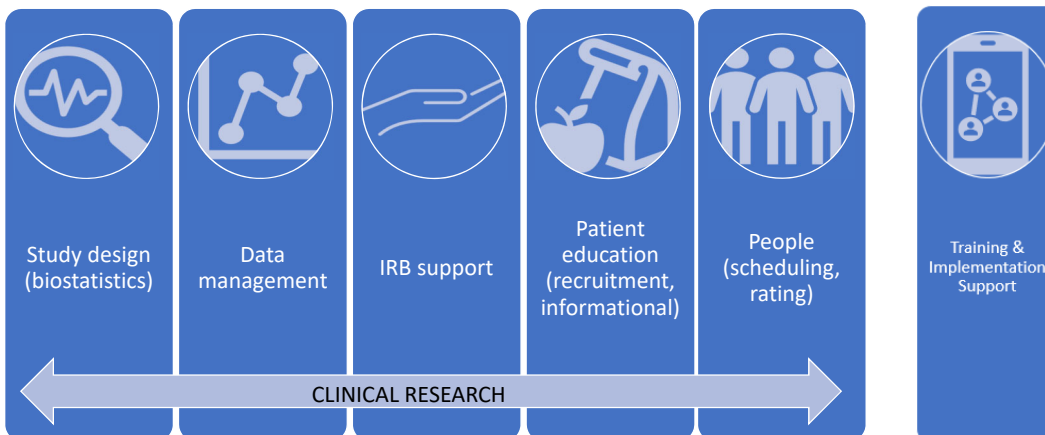
- Behavioral Health Institute
- UWMC-Roosevelt Outpatient Clinic
- UWMC-NW Neuromodulation Clinic
- Other SOM departments
- ADRC

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Garvey Institute Innovation Clinic: Potential Shared Services



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Garvey Institute Innovation Clinic: Timeline of Support



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Garvey Institute Innovation Clinic: Discussion

Institute of Translational Health Sciences	Garvey Institute Innovation Clinic
Clinical Trials Consulting	?
Biostatistics	?
Research Coordination Support	?
Recruitment Resources	?
Data and Safety Monitoring	?
Regulatory Monitoring	?

- Have you used shared services like those offered through ITHS?
- If not, why not? If yes, how did it go?

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Garvey Institute Innovation Clinic: Discussion

- What shared support services could the Garvey Institute provide that are not offered elsewhere?
- What would it take for you to 'opt-in' to shared services model?
- What do you need to do brain health research well?

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Supporting Research Within the EHR

SEAN MOONEY, CRIO
MELISSA "Mel" HABRAT, DRIT

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Epic Research Program *Hybrid Funded Services*

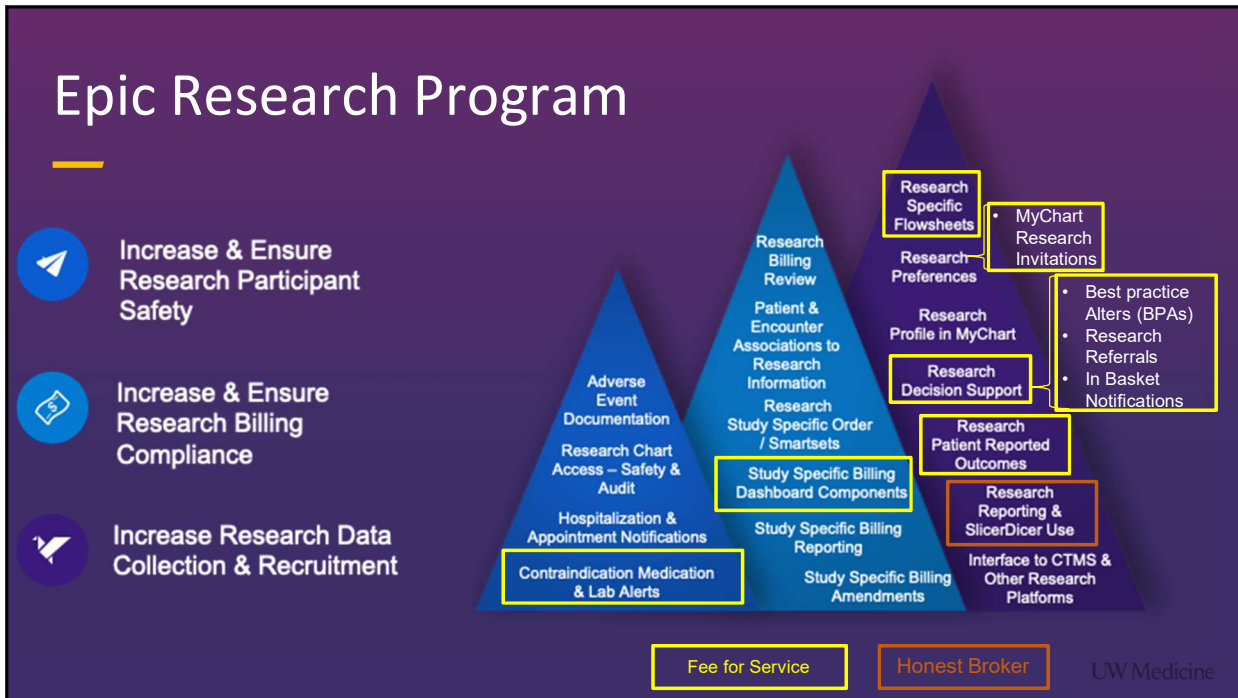
General Research

Institutionally supported effort to build out functionality in the Epic EHR that can be used by all research studies

Study Specific

Investigator/Study funded items built into the Epic EHR that are used to support study specific activities

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Research Billing Compliance

LIVE

ONCORE → **EPIC**

LIVE

LIVE (oncology)
Future (non-oncology)

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Participant Safety

Break-the-Glass

This patient record has been deemed confidential and restricted. ACCESS THIS RECORD ONLY AS A JOB REQUIREMENT (in accordance with HIPAA). Accessing this record BY YOU will result in automatic notification of the appropriate security officers. Inappropriate access is grounds for disciplinary action, up to and including termination. To access this record, enter a reason for your access along with your password.

You need to Break-the-Glass for the following reasons:
"This patient is marked as restricted"

Future

Patient name: Eliott, Bill
Reason: Emergency
Further explanation: Patient is
User: HAL
Password: *****

In Basket

- PT Questionnaire (1124)
- MYC RESEARCH MESSAGE (8)
- PT CRM Rq
- PT Unread Msg Alerts (6)
- Research ADT Event Notification

LIVE

Research ADT Event Notification 0 unread, 1 total

Status	Type	Sent Date	Patient
Read	Potential Adverse Eve...	07/14/2015	ZzTest, Patient [001813995]

Critical Alert (1)

Please note that this patient is part of a study that a medication you are prescribing is a contraindication for the study. If possible, please refrain from ordering the selected medication and please contact either Kristina Huebner at 2-1231 or Melissa Michel at 2-1901 with questions or for more information. A comprehensive list of contraindicated medications can be located in the study description to the study, listed in the Research tab of the patient's Epic chart.

Remove the following orders?

Remove	Keep	St. John's wort 300 mg capsule Take by mouth. Normal. 8 4 No coverage found, Pharmacy - In formulary
--------	------	---

The following actions have been applied:

- Send: This Advisory has been sent via In Basket

Acknowledge Reason

Remove medication Keep medication

LIVE

Study Details

Study Type: Study Code: NCT#
Interventional 102 00704495

Description: Interventional study to assess the efficacy of inhaled corticosteroid use in asthmatic children under 18 years old

Location: Mt. Sinai Hospital
Type of Event: Monia Basara, MD
Principal Investigator

ROI Special Attention
Contact study team

Links
Clinical Trial Info

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Documentation

- Adverse Events
- Tasks
- Case Report

Future

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Data Collection Tools

Personal Physical

General Exam: Mark All Normal Clear Mark Unread Normal

- HEENT: normal, abnormal
- Heart: normal, abnormal
- Lymph Nodes: normal, abnormal
- Breasts: normal, abnormal
- Neurological: normal, abnormal
- Abdomen: normal, abnormal
- Extremities: normal, abnormal

PERC SCREENING

Load Patient Data

Geneva (Revised) Score

This patient is considered **LOW RISK** (Score 0-3, <15% incidence)

PERC Score

Page 1 of 10
Result Score = 100
92% Opt an Rx Rate for 94%
94% of Venous Thromboembolism

PERC Score

Service: Date: 2/21/2011 Time: 01:48 PM

LIVE

Study Team/ Investigator Entered Data

Vital Signs

Vital	2280	2241	2281	2240	0700
Temp	37.5	37.5	37.5	37.5	37.5
HR	72	72	72	72	72
BP	110/70	110/70	110/70	110/70	110/70
SpO2	98	98	98	98	98
RR	16	16	16	16	16
Pain	0	0	0	0	0
Sat	98	98	98	98	98
HR	72	72	72	72	72
BP	110/70	110/70	110/70	110/70	110/70
SpO2	98	98	98	98	98
RR	16	16	16	16	16
Pain	0	0	0	0	0
Sat	98	98	98	98	98

Vital Signs (last 2 days)

Time	Temp	HR	BP	SpO2	RR	Pain	Sat
01/27/2011 07:00	37.5	72	110/70	98	16	0	98
01/27/2011 08:00	37.5	72	110/70	98	16	0	98
01/27/2011 09:00	37.5	72	110/70	98	16	0	98
01/27/2011 10:00	37.5	72	110/70	98	16	0	98
01/27/2011 11:00	37.5	72	110/70	98	16	0	98
01/27/2011 12:00	37.5	72	110/70	98	16	0	98
01/27/2011 13:00	37.5	72	110/70	98	16	0	98
01/27/2011 14:00	37.5	72	110/70	98	16	0	98
01/27/2011 15:00	37.5	72	110/70	98	16	0	98
01/27/2011 16:00	37.5	72	110/70	98	16	0	98
01/27/2011 17:00	37.5	72	110/70	98	16	0	98
01/27/2011 18:00	37.5	72	110/70	98	16	0	98
01/27/2011 19:00	37.5	72	110/70	98	16	0	98
01/27/2011 20:00	37.5	72	110/70	98	16	0	98
01/27/2011 21:00	37.5	72	110/70	98	16	0	98
01/27/2011 22:00	37.5	72	110/70	98	16	0	98
01/27/2011 23:00	37.5	72	110/70	98	16	0	98

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Data Collection Tools

LIVE

Participant Entered

Suggestion (1)

The KOOS questionnaire is available for assignment to this patient.

Knee Injury and Osteoarthritis Outcome Score (KOOS) Questionnaire Series

Acknowledge Reason

Attached to a message from Laura R received 1/26/2022

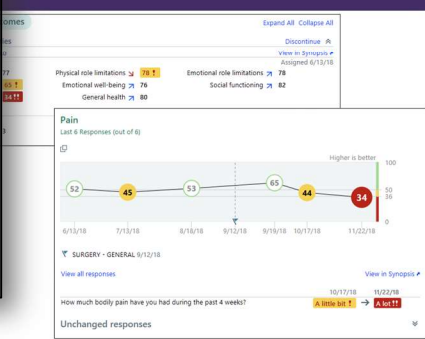
*Indicates a required field.

Instructions

This survey asks for your view about your knee. This information will help us keep track of how well you are able to perform different activities. Answer every question by selecting the appropriate option, only one option for each question. If you are unsure about how to answer a question, please give the best answer you can so that you answer all the questions.

The following questions concern your level of function in performing usual daily activities and higher level activities. For each of the following activities, please indicate the degree of difficulty you have experienced in the last week due to your knee problem.

	None	Mild	Moderate	Severe	Extreme
* Rising from bed	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
* Putting on socks/stockings	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
* Rising from sitting	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
* Bending to floor	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
* Twisting/pivoting on your injured knee	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
* Kneeling	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
* Squatting	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



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Automated Data Abstraction

LIVE

Chart Review

Epic



Form 1

Survey response is editable

Response was completed on 10/26/2021 10:03pm. You have permission to edit this survey response from its original values. In order to begin editing the response, you must click the Edit Response button above. View all comments to this response.

Record ID: 35

What's your favorite way to communicate with colleagues you don't particularly like?

None someone famous in IT that I

Other than your computer/laptop, thing you have on your desk while

What if your favorite excuse to get away is allowed?

What beverage do you consume m

What part of your job as an IT proi

On average how many hours do you work outside of the 8-hour work day?

What is essential for you to have during a Zoom/Video Conference call?

None something that non-IT people talk about, but always get wrong

Name something you always have to keep plugged in

Form Status: Complete

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Reporting (recruitment, feasibility, etc.)

LIVE

Number of Patients by Legal Sex
Last 2 years

Legal Sex	Count
Female	3,830
Male	3,993
Unknown	10
None of the above	1

Population
Base: All Patients
Diagnosis: Encounter for examination for normal comparison and control in clinical research program (ICD-10-CM Z00.6)

Slices
Update top slices?
Top 3 Slices by Legal Sex

Measures
Number of Patients

Dates
Start Date: Jan 27, 2020
End Date: Jan 26, 2022
Slice By: None

Visual Options
Bar Color: Top 3 Slices by Legal...
Y-Axis Range: Automatic

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Reporting -Leaf Not in Epic, but pulls Epic data

LIVE

Unsaved Query
181 patients

Save Query

Limit to

Patients Who -
In Past 12 Months -
At Least 2x +

Visited HMC emergency department

In the Same Encounter

And -
Anytime -
At Least 1x +

Had Diagnosis of Major depressive disorder, recurrent (ICD10:F33.0-F33.9) from any source whether primary or secondary diagnosis

or

Had Diagnosis of Major depressive disorder, single episode (ICD10:F32.0-F32.9) from any source whether primary or secondary diagnosis

And -
In Past 12 Months -
At Least 1x -

Had BMI measured >= 35 kg/m2

In the Same Encounter

Current Age By Gender

Females

Males

Timeline of 1 Year increments Before and After index event

Had Diagnosis of Diseases of the digestive system (ICD10:K00-K95.89)

59/181 patients (32.6%)

Had Diagnosis of Diseases of the ear and mastoid process (ICD10:H60.00-H95.89)

de-identified patients with 1,506 rows of data

What is de-identification?

	Age	Ethnicity	Gender	Language	Labs: PLT - Platelet Count Trend	Labs: PLT - Platelet Count Mean	Labs: PLT - Platelet Count Median
View details (51 rows)	41	Not Hispanic or Latino	F	English	239	239.8	237.5
View details (87 rows)	39	Not Hispanic or Latino	F	English	254	338.8	335.5
View details (34 rows)	58	Not Hispanic or Latino	M	English	148	156.3	151.0

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Participant Recruitment

LIVE

BestPractice Advisories

Research (1)

- Candidate for EXAMPLE Research Study
 - Description for Example Research Study
 - Instructions:
 - Verify Patient is interested in research study

Research Recruitment

This patient's enrollment status has changed as the result of a recruitment workflow. Please follow up with the appropriate recruitment steps.

via at 1/26/2022 10:20 AM

Candidate for EXAMPLE Research Study Active

Description for Example Research Study

Instructions: - Verify Patient is interested in research study

Date	User	Actions Taken	Triggers	Comment
01/26/22 10:20	Davis, Patrick [EUID5066163]	Send In Basket Message	General BPA section + Research study: Example RSH	None

Patient's Other Study Associations

Research Study	Enrollment Status
Example RSH	On Study
Smoke Testing - Spring2022_PKGA	On Study

3 types of BPAs Available

1. Silent
2. Inline
3. Pop-up

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Participant Recruitment

FUTURE

MyChart Epic Medical Center

Bridget Health Visits Messaging Billing Resources Profile

Research Preference Profile

Would you consider participating in research studies as a healthy volunteer?
 Many studies also need healthy volunteers for comparison purposes, so you don't necessarily have to have a condition to help researchers.

Yes No

Which areas of research would you be interested in?
 Select all that apply.

Allergies & Immune System
 Blood, Heart, & Circulation
 Bones, Joints, & Muscles
 Brain & Nervous System
 Child Health
 Diabetes
 Digestive System & Liver
 Drug/Alcohol/Substance Dependence
 Ears, Nose, & Throat
 Endocrine System
 Eyes & Vision
 Food, Nutrition, & Weight
 Genetics
 Immune System
 Infectious Diseases
 Kidney & Urinary System
 Lungs & Breathing
 Mental/Behavioral Health
 Mouth & Teeth
 Newborn
 Pain Management
 Pregnancy & Neonatal
 Reproductive & Sexual Health
 Skin, Hair, & Nails
 Sleep Disorders
 Transplant
 Wellness
 Women's Health

CONTINUE CANCEL

Research Studies

Available Studies

Based on your medical record, you have been identified as potentially eligible for these studies. Click "I'm Interested" to notify the research team that you may want to participate in the study.

Hypertension and Sickle Cell Anemia Study I'm Interested No, Thank You

Principal Investigator: George Brown

Description: Pulmonary hypertension at rest is a risk factor for death in patients with sickle-cell anemia (SCA). Exercise echocardiography can detect latent pulmonary hypertension.

We are investigating the occurrence of exercise-induced pulmonary hypertension in patients with SCA and normal pulmonary pressure at rest, and its relationship with clinical and echocardiographic variables.

Study Coordinator: John D.

Sleep Apnea Study Interested

Obstructive sleep apnea syndrome (OSA) is a common sleep disorder that is associated with serious medic... [details](#)

Active Studies

Knee Strength Training Study Enrolled

The purpose of this study is to evaluate the effects of knee pain on the muscle strength gain after 8 weeks... [details](#)

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CTMS and Epic

- Clinical Trials Management System program office based at the Fred Hutch serves both non-oncology and oncology and is funded by UW, SCCA and FH
- UW Medicine ITS Research IT manages CTMS application
- CTMS application interfaces with Epic
- Research IT Epic Research and School of Medicine Clinical Trials Office maintains integrity and continuity between Epic and CTMS through QC and automated interfaces

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How to get support/Services - researchit@uw.edu

- REDCap
 - ◆ lths_redcap_admin@uw.edu
- Data Request
 - ◆ lths-bmi-consult@uw.edu
- Secure Computing Environment
 - ◆ rithelp@uw.edu
- Leaf Access Request
 - ◆ leafsupport@uw.edu
- Epic Research Builds
 - ◆ researchit@uw.edu (*intake form will be in the RAPiD Portal soon*)

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Questions?

- Contact information:
 - General Research IT questions: ResearchIT@uw.edu
 - Sean Mooney: SDMooney@uw.edu
 - Mark Todd: Marktodd@uw.edu
 - Mel Habrat: MLHabrat@uw.edu

Trauma and Brain Health

MICHELE BEDARD-GILLIGAN, PHD, AND KRISTEN LINDGREN, PHD
 GARVEY INSTITUTE FOR BRAIN HEALTH SOLUTIONS 1ST ANNUAL MEETING
 JANUARY 28 2022

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Overview of Garvey-funded projects related to trauma

- **Does the microbiome play a role in adverse outcomes following mild traumatic brain injury and PTSD?**
 - [Rebecca Hendrickson, MD, PhD](#) (Department of Psychiatry and Behavioral Sciences, School of Medicine; VA Puget Sound Healthcare System)
 - [Kathleen Pagulayan, PhD](#) (Department of Psychiatry and Behavioral Sciences, School of Medicine; VA Puget Sound Healthcare System)
 - [Abigail Schindler, PhD](#) (Department of Psychiatry and Behavioral Sciences, School of Medicine; VA Puget Sound Healthcare System)
- **Harnessing the ECHO Model to help Washingtonians with traumatic brain injury**
 - [Jennifer Erickson, DO, FAPA](#) (Department of Psychiatry and Behavioral Sciences, UW School of Medicine)
- **Improving access to cognitive rehabilitation treatment following mild traumatic brain injury**
 - [Kathleen Pagulayan, PhD](#) (Department of Psychiatry and Behavioral Sciences, School of Medicine; VA Puget Sound Healthcare System)
- **Improving resilience and recovery from traumatic events using the ECHO model**
 - [Michele Bedard-Gilligan, PhD](#) (Department of Psychiatry and Behavioral Sciences, School of Medicine)
 - [Kristen Lindgren, PhD](#) (Department of Psychiatry and Behavioral Sciences, School of Medicine)
- **Noninvasive tracking of intracranial pressure to improve care of traumatic brain injury**
 - [Robert Bonow, MD](#) (Department of Neurological Surgery, School of Medicine)
- **Understanding opioid prescription and use following traumatic brain injury**
 - [Amy Starosta, PhD](#) (Department of Rehabilitation Medicine, School of Medicine)

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Future Potential

- What other work could we do?
- What collaborations could we build?

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Addiction Medicine

SUSAN FERGUSON, PHD AND CHRISTINE LEE, PHD
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Goals for Breakout Session

- Discussion for advancing work in addiction medicine
- Summary of concrete suggestions, actionable recommendations

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Overview of Garvey-funded projects

- Improving opioid use disorder treatment using contingency management via mHealth
 - Mark Duncan*, Kevin Hallgren*, Matt Iles-Shih*, Andrew Saxon
 - Department of Psychiatry and Behavioral Sciences
- Innovative training for suicide prevention in addiction treatment settings
 - Richard Ries*, Alan Gojdics, Adam Livengood, Diane Powers
 - Department of Psychiatry and Behavioral Sciences
- Understanding opioid prescription and use following traumatic brain injury
 - Amy Starosta*, Jeanne Hoffman, Kari Stephens
 - Depts of Rehabilitation Medicine, Family Medicine and Biomedical Informatics and Medical Education

*denotes Project Lead(s)

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Research Directions

- What other work could we do/what are the 'gaps' in our research portfolio?
- Where do you see the future of addiction research heading?
- What collaborations could we build?
- What should our key investments be?

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Enhance training

- How can we strengthen training- what are the current gaps?
- What are barriers to including trainees in your research?
- How can we increase cross-disciplinary training opportunities?
- What are some ways to increase the pipeline?

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