

A microscopic view of brain cells, showing various types of neurons and their intricate network of dendrites and axons. The image is rendered in shades of purple and blue, with a semi-transparent white overlay on the left side where the text is located.

# GARVEY INSTITUTE FOR BRAIN HEALTH SOLUTIONS 3<sup>rd</sup> Annual Meeting

JANUARY 31, 2024

CONFIDENTIAL – DO NOT DISTRIBUTE

Garvey Institute for  
Brain Health Solutions

UW Medicine

# Housekeeping

- No food or drink in Orin Smith Auditorium
- Meeting is being recorded. Slides and materials will be made available online.
- Parking will be validated – get your coupon from the check-in desk



1. Insert the parking ticket you received when you first arrived
2. Scan the QR code on your parking coupon
3. Garage arm will lift, exit garage
4. If the arm fails to lift, please use the call button located on the machine

# Agenda



- 9:30 – 10:00 Introductions and Overview
- 10:00 – 10:35 Clinician Scientist Training Program
- 10:35 – 11:05 Neuromodulation and Interventional Psychiatry
- 11:05 – 11:20 Break
- 11:20 – 12:00 Supporting Families and Caregivers
- 12:00 – 12:10 Closing Comments
- 12:10 – 1:00 Lunch
- 1:00 – 2:30 Workshop: Developing Research Centers for Novel Therapeutics

# Garvey Institute for Brain Health Solutions

Foundational gift, Fall 2019

Put together the best minds in the Pacific Northwest to do three things:

- Improve the lives of individuals and families living with brain health and mental health problems today
- Discover better treatments for tomorrow
- Inspire and support the next generation of scientists and health care professionals caring for our families





# Mission & Vision

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## Garvey Institute for Brain Health Solutions

Treating and preventing disabling brain disorders from birth through old age

The mission of the GIBHS is to **improve the health for millions of people at risk for and affected by mental health, substance use, and other brain health disorders.**

**We see a future where** we can **prevent** disabling brain disorders through effective interventions from birth through old age and where those affected by mental health and substance use disorders receive effective **treatment**, enabling all of us to live healthy and productive lives.

# Thanks to our Community Advisory Board



Craig Cole



Rita Egrari



Joe Whittinghill



Ken Worzel

# Institute Staff



Jürgen Unützer



Becky Sladek



Andie Uomoto



Mary Pyper



Kyreston Jones



Mike Walker

# Faculty Advisors

## Addictions

- Seema Clifasefi, PhD
- Susan Ferguson, PhD
- Ray Hsiao, MD
- Mary Larimer, PhD
- Michael McDonell, PhD
- Joe Merrill, MD
- John Neumaier, MD, PhD
- Myra Parker, JD, MPH, PhD
- Richard Ries, MD
- Andrew Saxon, MD
- Mark Sullivan, MD, PhD

## Brain health and cognitive aging

- Barak Gaster, MD, FACP
- Tom Grabowski, MD
- Jeff Iliff, PhD
- Thabele (Bay) Leslie-Mazwi, MD
- John Neumaier, MD, PhD
- Elaine Peskind, MD
- Patrick Raue, PhD
- Michael Schrift, DO
- Mark Snowden, MD, MPH
- Michael V. Vitiello, PhD

## Trauma

- Michele Bedard-Gilligan, PhD
- Jesse Fann, MD, MPH
- John Fortney, PhD
- Jeanne Hoffman, PhD
- Kristen Lindgren, PhD

## Technology and Brain Health

- Trevor Cohen, MBChB, PhD, FACMI
- Anind Dey, PhD, MS
- Amelia Dubovsky, MD
- David Dunner, MD
- Charles Engel, MD, MPH
- Brad Felker, MD
- Kevin Hallgren, PhD
- Ryan Kimmel, MD
- Sarah Kopelovich, PhD
- John Neumaier, MD, PhD
- Michael Schrift, DO
- Jaime Snyder, PhD
- William Solan, MD

## Adolescent and young adult mental health

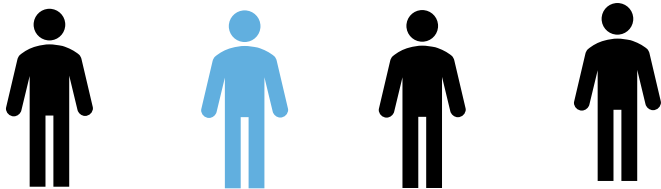
- Jason Kilmer, PhD
- Elizabeth McCauley, PhD
- Laura Richardson, MD, MPH
- Carol Rockhill, MD, PhD, MPH
- Ann Vander Stoep, PhD
- Larry Wissow, MD, MPH



# Mental Health in Washington

Washington has one of the highest rates of mental health and substance use problems in the United States.

~ **1 in 4** Washingtonians are affected by a mental health or substance use problem



50 % present by age 14;  
75 % present by age 24

**12%** of adults reported experiencing poor mental health for more than half of the time in the past month.  
( ~ 1 Million Washingtonians)

**Nearly 1 in 5** met criteria for a substance use disorder in the past year.

Source: [Mental Health America, 2023](#), [County Health Rankings & Roadmaps, 2021](#)

# The costs of poor mental health

- Poor mental health is the largest single cause of health-related disability in Washington and around the world

5 times more than diabetes or heart disease

15 times more than cancer

- ... and an important cause of early mortality.

Individuals living with serious mental illnesses die 15-30 years younger than their peers.

In the US: a death from suicide or a drug overdose occurs every 5 minutes.

These trends worsened during the COVID pandemic, especially among adolescents.

Twice as many die from overdoses each year than all the American soldiers who died during the Vietnam war.

- Economic losses related to mental illness and substance use exceed \$ 1.5 trillion / year.

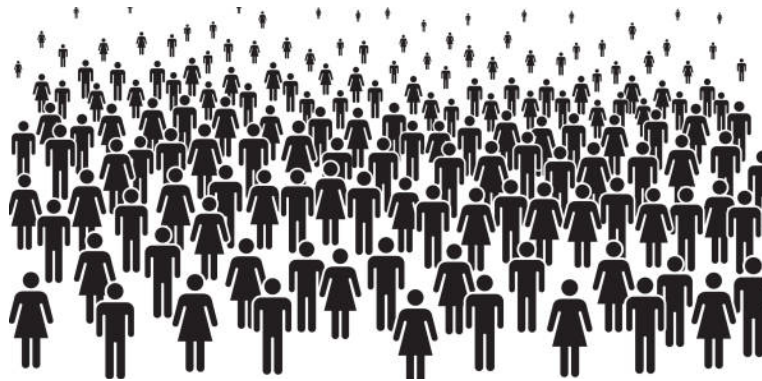
Employers: absenteeism, presenteeism, reduced productivity, staff turnover

Governments: disability, homelessness, criminal justice involvement

**Almost every family is affected, but few get effective care**

# More than half of those in need don't get treatment.\*

- Mental illness & addiction // stigma, shame and fear related to mental illness and addiction get in the way of seeking and getting help
- Historically poor reimbursement and poor working conditions => few health care professionals specialize in mental health



Most communities in the Pacific Northwest don't have a single professional trained to help people with mental health or addiction problems and many professionals in practice today haven't been trained in evidence-based care approaches.

\* Sources: [Mental Health America, 2023](#), [County Health Rankings & Roadmaps, 2021](#), [Office of Financial Management, 2021](#)

# The work of the Garvey Institute



Inspire and support the next generation of scientists and health care professionals to work together on improving mental health in our communities.

- Recruit experienced scientists and clinicians to lead our work
- Develop and support new clinicians and clinician scientists
- Engage and support family members and caregivers as part of the health care team

Develop better solutions for tomorrow and rapidly move effective treatments into practice.

- Innovation Grants to support the development of new treatment approaches
- Garvey Institute Center for Neuromodulation

# Endowed professorships

## search committees

### Mark N. Tabbutt Endowed Professorship for Education in Brain Health

- Mark Sullivan, MD, PhD
- Anna Ratzliff, MD, PhD
- Heidi Combs, MD
- John Neumaier, MD, PhD

### Tim B. Engle Endowed Professorship for Brain Health Innovations

- Mark Snowden, MD, MPH
- Barak Gaster, MD
- Thabele Leslie-Mazwi, MD
- Elaine Peskind, MD
- Patrick Raue, PhD
- Michael Schrift, DO

### Rick L. Seaver Endowed Professorship for Brain Wellness

- John Neumaier, MD
- Susan Ferguson, PhD
- Mary Larimer, PhD
- Joseph Merrill, PhD
- Richard Ries, MD
- Andrew Saxon, PhD
- Mark Sullivan, MD

### Denise Tabbutt Endowed Professorship for Trauma and Brain Health

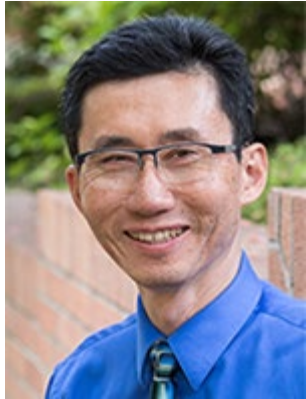
- Jesse Fann, MD, MPH
- John Fortney, PhD
- Tracy Simpson, PhD
- Elaine Peskind, MD

### Garvey Family Endowed Professorship for Technology and Brain Health

- Ryan Kimmel, MD
- David Dunner, MD
- Amelia Dubovsky, MD
- John Neumaier, MD, PhD
- Michael Schrift, DO
- William Solan, MD



# Recently appointed endowed professors



Jesse Fann, MD, MPH  
Mark N. Tabbutt  
Endowed Professorship for  
Education in Brain Health



Thomas J Grabowski, MD  
Tim B. Engle  
Endowed Professorship for  
Brain Health Innovations



Marco Pravetoni, PhD  
Rick L. Seaver  
Endowed Professorship for  
Brain Wellness

# Active searches



## Garvey Family Endowed Professorship for **Technology and Brain Health**

- Focus on novel therapeutics such as Neuromodulation

## Denise L. Tabbutt Endowed Professorship for **Trauma and Brain Health**

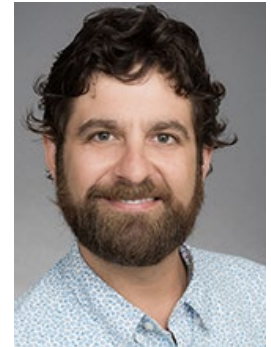
- Focus on protective strategies, new approaches to promote resiliency and recovery for individuals who have experienced serious physical and / or emotional trauma

# New Research Centers

## Center for Novel Therapeutics in Addiction Psychiatry

Mission: to improve our understanding of the safety and efficacy of therapy facilitated by psychedelic compounds

- Psychedelic substances (naturally occurring and / or synthetic)
- Used to treat depression, PTSD, anxiety, substance use disorders



Nathan Sackett, MD, MS

## Center for Medication Development for Substance Use Disorders and Overdose

Mission: to discover, develop and commercialize novel medications for the prevention and treatment of substance use disorders through the development of vaccines, antibody-based strategies and small molecules

- Develop and test new medications for substance use disorders in preclinical labs and translate these into treatments for humans

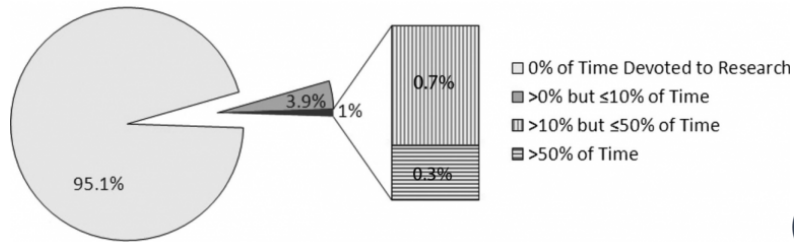


Marco Pravetoni, PhD

**Learn more in the afternoon workshop on developing research centers**

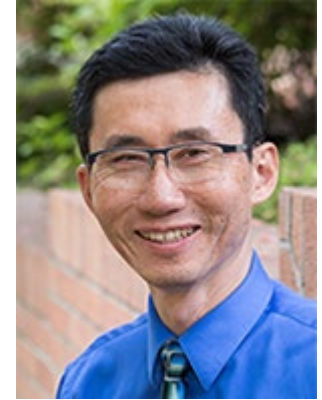
# Clinician Scientist Training Program

- Clinician Scientists are an important 'bridge' from research to clinical practice, helping to make sure that the things we study in our labs will work in the 'real world' and can be rapidly translated into clinical practice.
- But the number of physician researchers is declining and today, fewer than 1 % of physicians devote more than 10 % of their time to research.



(Vorhees 2013)

- CSTP will create opportunities for students, residents, and fellows who come to UW for clinical training to participate in research.
- Train and support the next generation of clinician scientists to find solutions for challenging brain health and mental health problems.



Jesse Fann, MD, MPH  
Director, CSTP

# Clinical Trials Consultation and Technical Assistance Program (C-TAP)



- C-TAP helps clinician investigators with clinical research design, implementation, and dissemination
- Led by a team of experienced faculty, research scientists, coordinators, and a program operations manager with **22 years of continuously funded experience**



Mary Hatch, PhD  
C-TAP Director



Sharon Garrett, MPH  
Research Scientist



Brenda Stuvek, BS  
Project Manager

- Services are offered to **Garvey Institute** grantees, trainees through the **Clinician Scientist Training Program (CSTP)**, and **Department of Psychiatry and Behavioral Sciences** investigators

Email [ctap@uw.edu](mailto:ctap@uw.edu) to schedule a free 30-minute welcome consultation



# Training physicians in Brain Health: Behavioral Neurology and Neuropsychiatry Fellowship

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- Collaboration between Departments of Neurology and Psychiatry and Behavioral Sciences
- Neurologists and psychiatrists training to diagnose and treat patients with complex behavior problems at the interface between neurology and psychiatry



Kelania Jimenez, MD  
Inaugural Fellow



Michael Schrift, DO, MA, FANPA  
Program Director



Michael Persenaire, MD  
Associate Program Director

# Center for Behavioral Health and Learning – opening in 2024



- \$250 million / 191,000 square foot facility located on the UWMC Northwest Campus
- 100 beds for patients with serious mental illness requiring longer-term care
- 50 beds to care for patients with mental health and medical/surgical needs
- State-of-the-art Neuromodulation Program



# Garvey Institute Center for Neuromodulation

- Opening April 2024 at UWMC Northwest
- To help individuals with serious mental illness who have not benefited from standard treatments such as medication or psychotherapy
- Initial therapies will include Electroconvulsive Therapy and Transcranial Magnetic Stimulation
- Blend top-notch clinical care and innovative research
- Offer cutting edge training for future mental health professionals

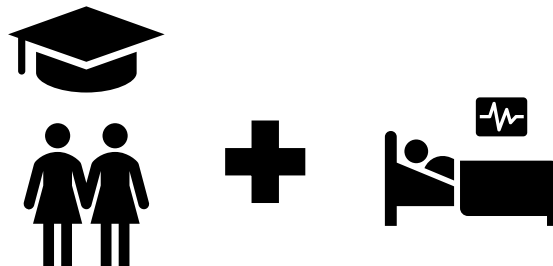


# Family and Caregiver Academy: engage and support family and caregivers

- Involve and support families and caregivers in the care of their loved ones
- Help patients, families, and caregivers 'navigate' health care system
- Support the resilience and long-term health of patients, families and caregivers
- Involve patients, families and caregivers in teaching our trainees



Mollie Forrester, MSW, LICSW  
Director, Patient and Family Experience



# Psychiatry and Behavioral Sciences 2023 Grand Rounds series



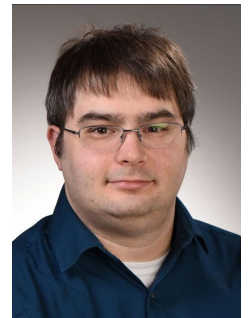
Director: Joe Cerimele, MD, MPH

## Many diverse topics

- Psychiatry beyond video visits
- Neuropsychiatric aspects of COVID-19
- Innovations in improving inpatient care
- Complex persistent symptoms after COVID
- The role of the cerebellum in aging and dementia
- Alcohol Use Disorder treatment
- A clinician's guide to the drug approval process
- Organized education and advocacy for mental illness
- UW Behavioral Health Institute at Harborview
- Community-engaged mental health policymaking
- Adopting a lifespan approach to ADHD management
- Hospital-based care and education with community partners
- Community-engaged drug education, epidemiology & research
- Perinatal depression
- Bipolar disorder in older adults
- Vaping, tobacco and mental illness
- Can we predict the future of psychiatry?
- Moral injury in medicine: reframing and repair
- Trends in depression management
- School mental health
- Mental well-being of older Latinos
- Dementia care
- Neuroscience updates
- Integrated Care
- Mood Disorders Symposium
- Benzodiazepine prescribing
- Borderline personality disorder



Coordinator: Semhar Abraha



Technology lead: Mike Walker

**FREE and open to the public**

<https://psychiatry.uw.edu/training-workforce-development/grand-rounds/>

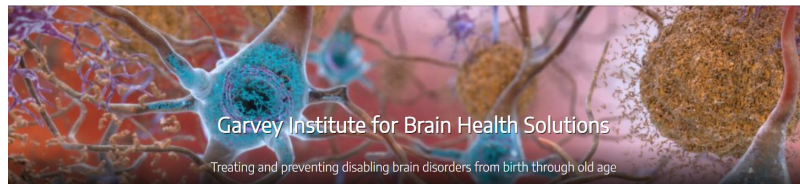


# Garvey Institute Innovation Grants

Funding for innovative, new ideas that have the potential to

- make a **substantial impact** on brain health
- improve brain health at a **population level**
- can be **rapidly translated** into clinical care
- serve as a proof of concept that can lead to **additional funding**
- can be accomplished with initial grants up to **\$100,000**

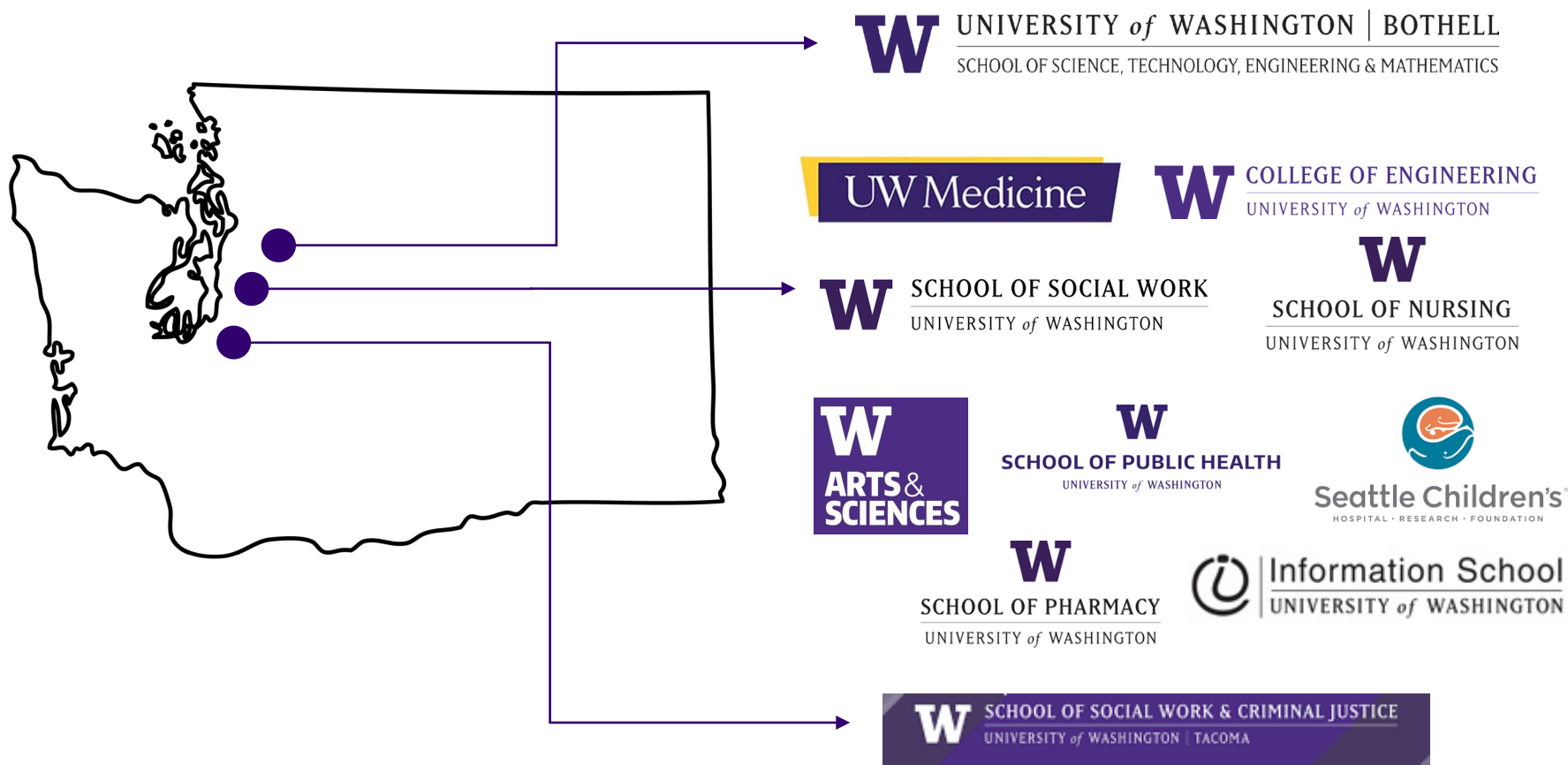
**48 grants awarded to 103 investigators to date**



[gibhs.psychiatry.uw.edu](http://gibhs.psychiatry.uw.edu)

# Garvey Innovation Grants

- 103 investigators from all 3 UW campuses, 10 Schools and Colleges, 25 departments, and numerous local and regional partners

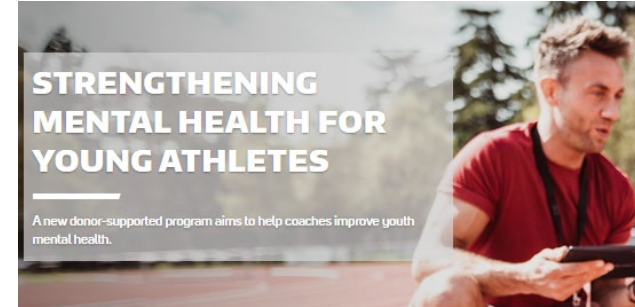


# Innovation Grants: return on investments



Over **5x** return on investment in federal and state \$ for research

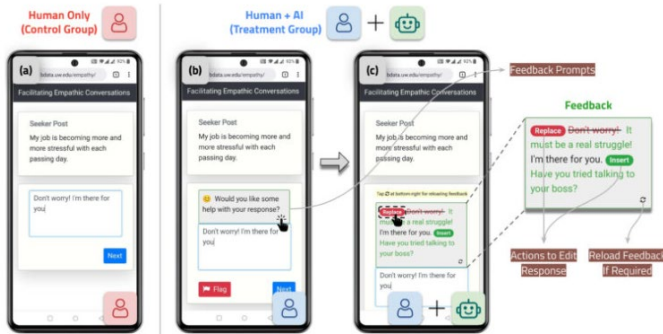
# Featured media



## Q&A: How AI can help people be more empathetic about mental health

[Sarah McQuate](#)

UW News



## THE SPOKESMAN-REVIEW

Spokane, Washington Est. May 19, 1883

### UW doctor shares latest on Alzheimer's diagnosis and treatments in Spokane talk

Tue - Oct. 10, 2023

## NEW ATLAS

MEDICAL

### Vaccines to prevent fentanyl, heroin overdose close to human trials



May 15, 2023

### Psychiatrist to lead state-mandated psilocybin trial

UW Medicine will facilitate a small-scale study to explore the potential benefit of psychedelic mushrooms with psychotherapy.



Garvey Institute for Brain Health Solutions

UW Medicine

# Innovation Grant Awardees, 2023

*Partnerships to improve our reach and impact.*

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# 12 new partnerships to extend the impact of mental health professionals in Washington State

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Families and caregivers



Law enforcement



Pharmacists



Supportive housing



Coaches



Quinault Indian Nation



# *We are off to a great start!*



- Building a great team
- Recruiting some of the best and brightest scientists and clinicians to join our work
- Bringing new therapeutic solutions to our community
- Inviting and supporting great ideas to improve brain health & mental health in the future
- Developing new partnerships
- Recruiting new supporters and sponsors



Garvey Institute for Brain Health Solutions

Treating and preventing disabling brain disorders from birth through old age

# THANK YOU! Garvey Family

Advisory board members, faculty advisors, search committee members, Innovation Grant awardees, Institute staff, advancement colleagues and supporters

[gibhs.psychiatry.uw.edu](http://gibhs.psychiatry.uw.edu)

[gibhs@uw.edu](mailto:gibhs@uw.edu)

Garvey Institute for  
Brain Health Solutions

UW Medicine



# Clinician Scientist Training Program

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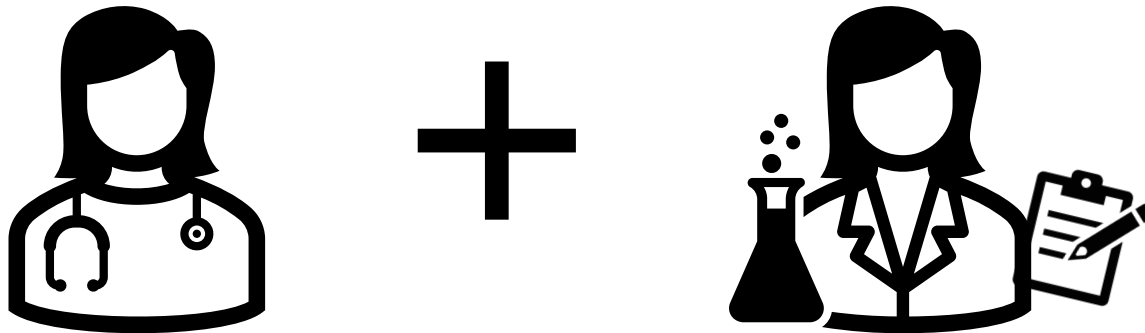
JESSE FANN, MD, MPH

GARVEY INSTITUTE FOR BRAIN HEALTH SOLUTIONS 3<sup>RD</sup> ANNUAL MEETING

JANUARY 31, 2024

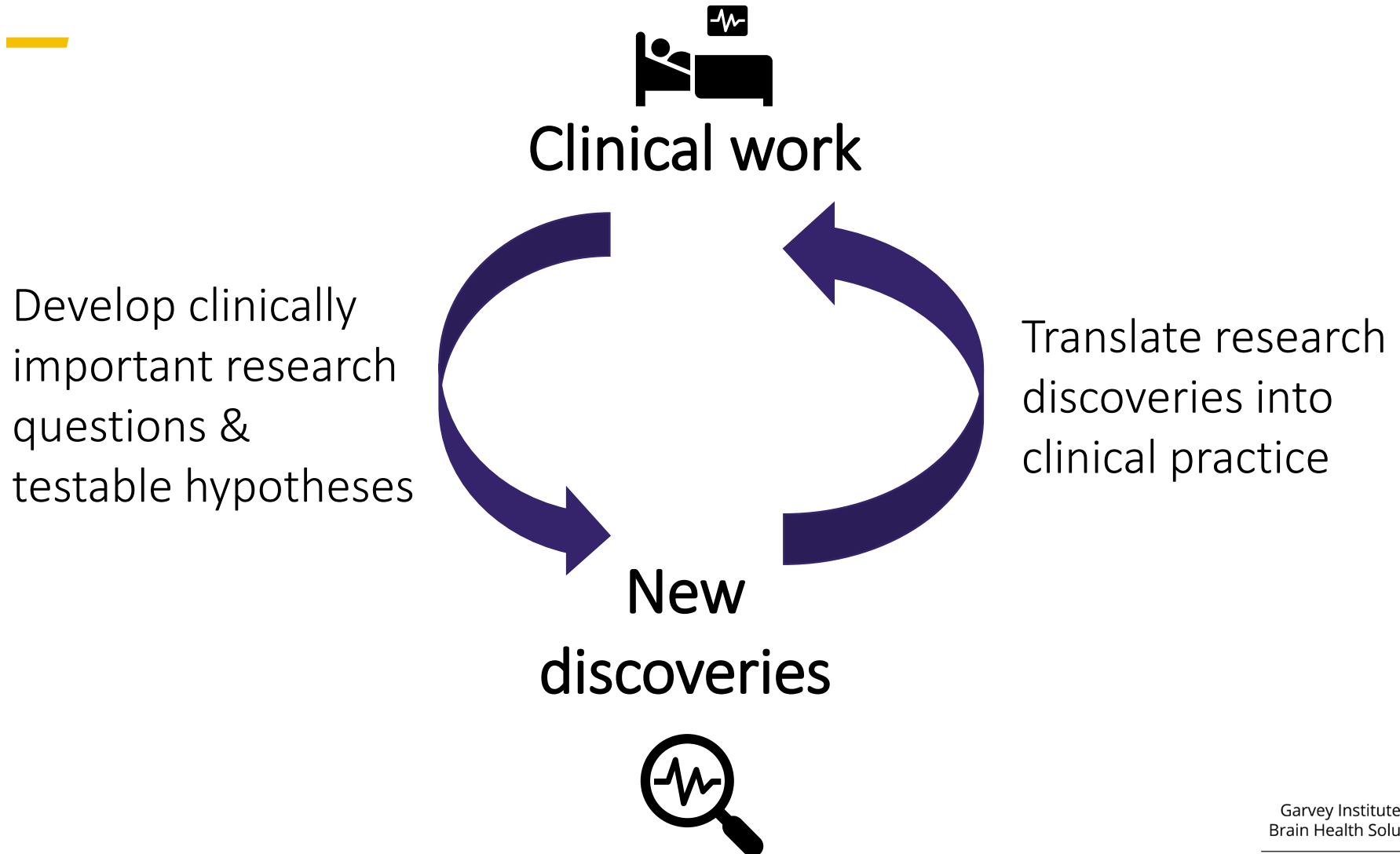
# Clinician Scientist

Health care professional who is engaged in both clinical practice and research



The Clinician Scientist workforce has not kept pace with biomedical funding & advances

# Why are Clinician Scientists so important?



# Fewer trainees going into research

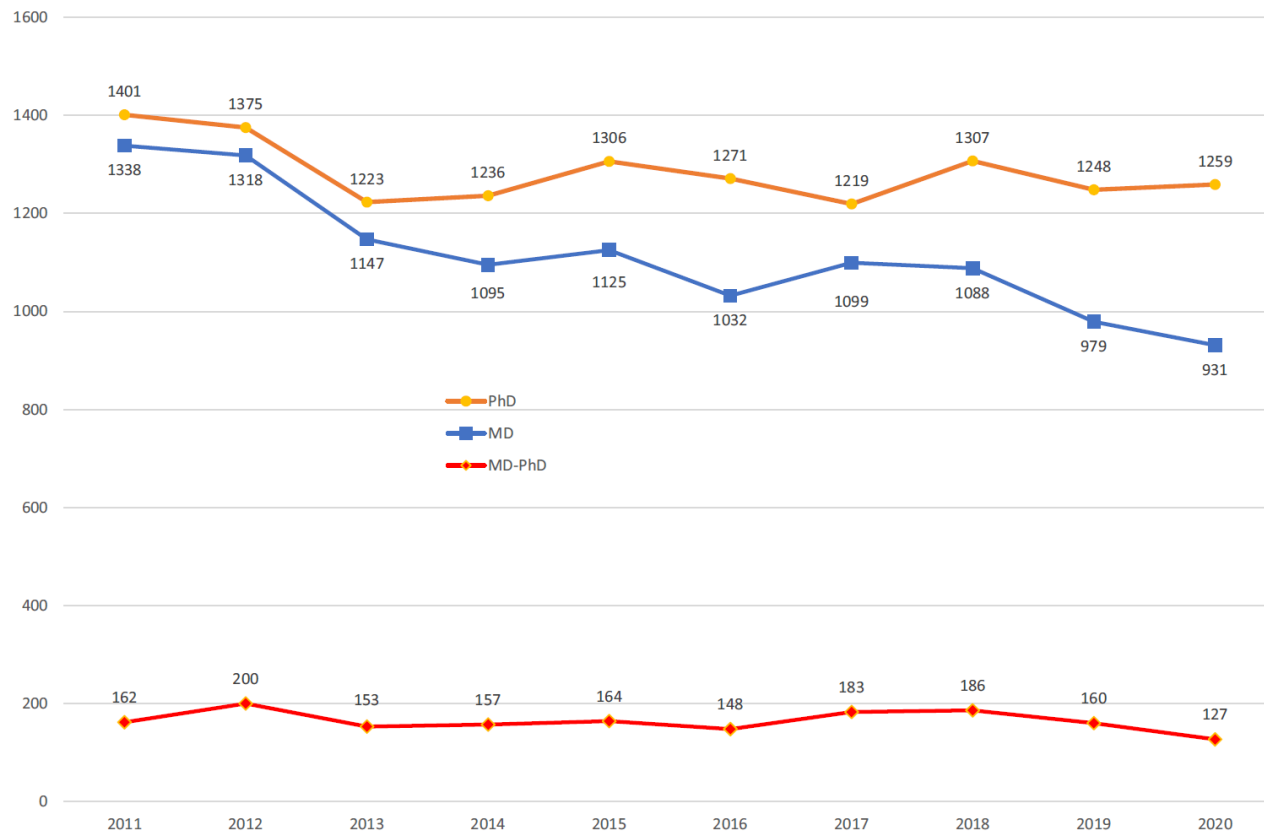
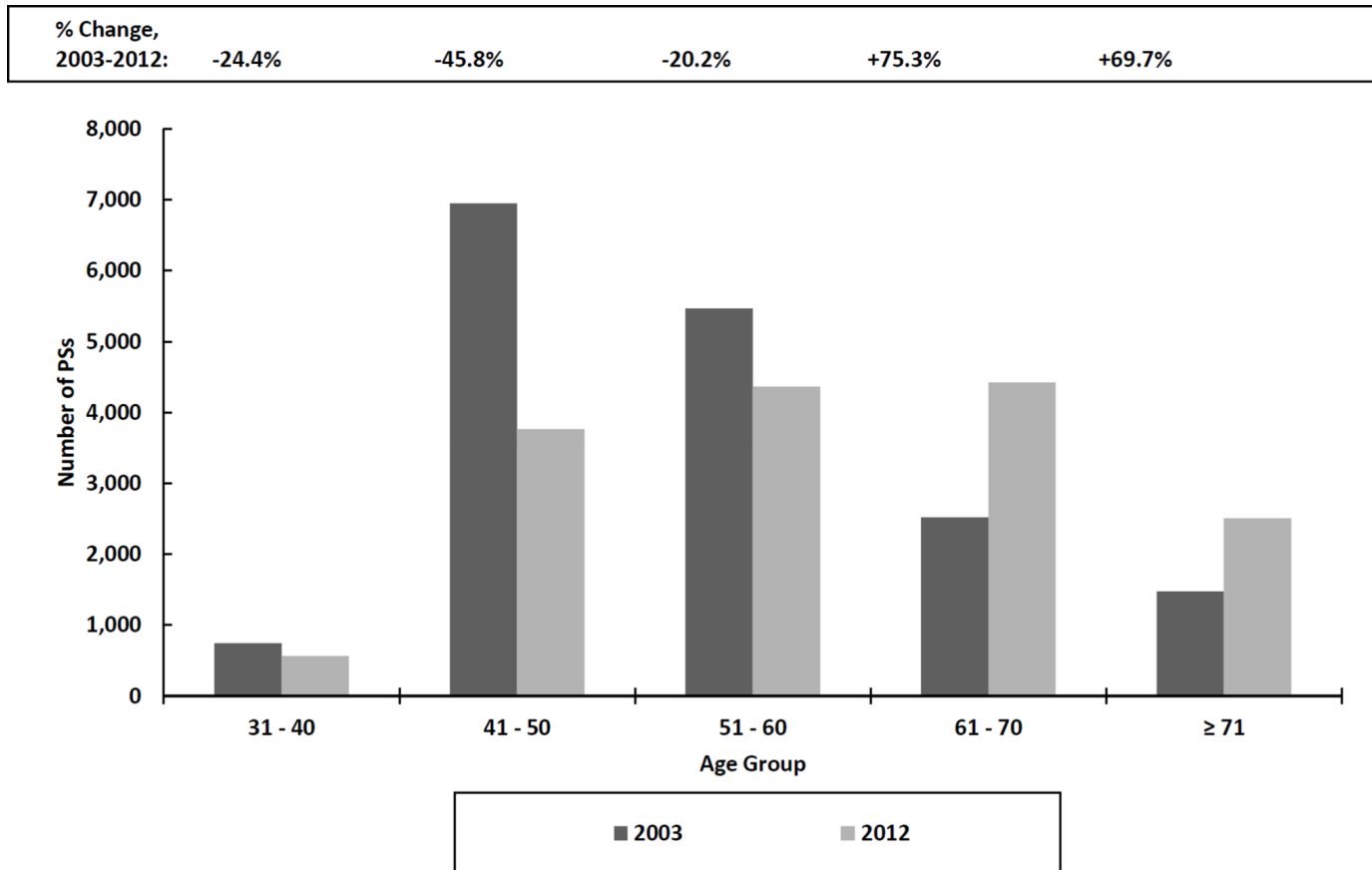


FIGURE 2 NIH Extramural Loan Repayment Program Applications by Degree, 2011–2020 (Source: National Institutes of Health. Loan Repayment Program Dashboard <https://dashboard.lrp.nih.gov/app/#/>, 2021 accessed July 1, 2021)



# Aging of Physician Scientists

## Change in MD Principal Investigators by Age Group



# Clinician Scientists at UW Psychiatry

- UW has large brain health & behavioral health research programs
  - Few medical students and psychiatry trainees participate in research
- Our Department has excellent research mentors and role models
  - Research faculty have less contact with trainees due to competing priorities & demands
- We need to build on current outstanding clinical & research training programs

# CSTP Mission

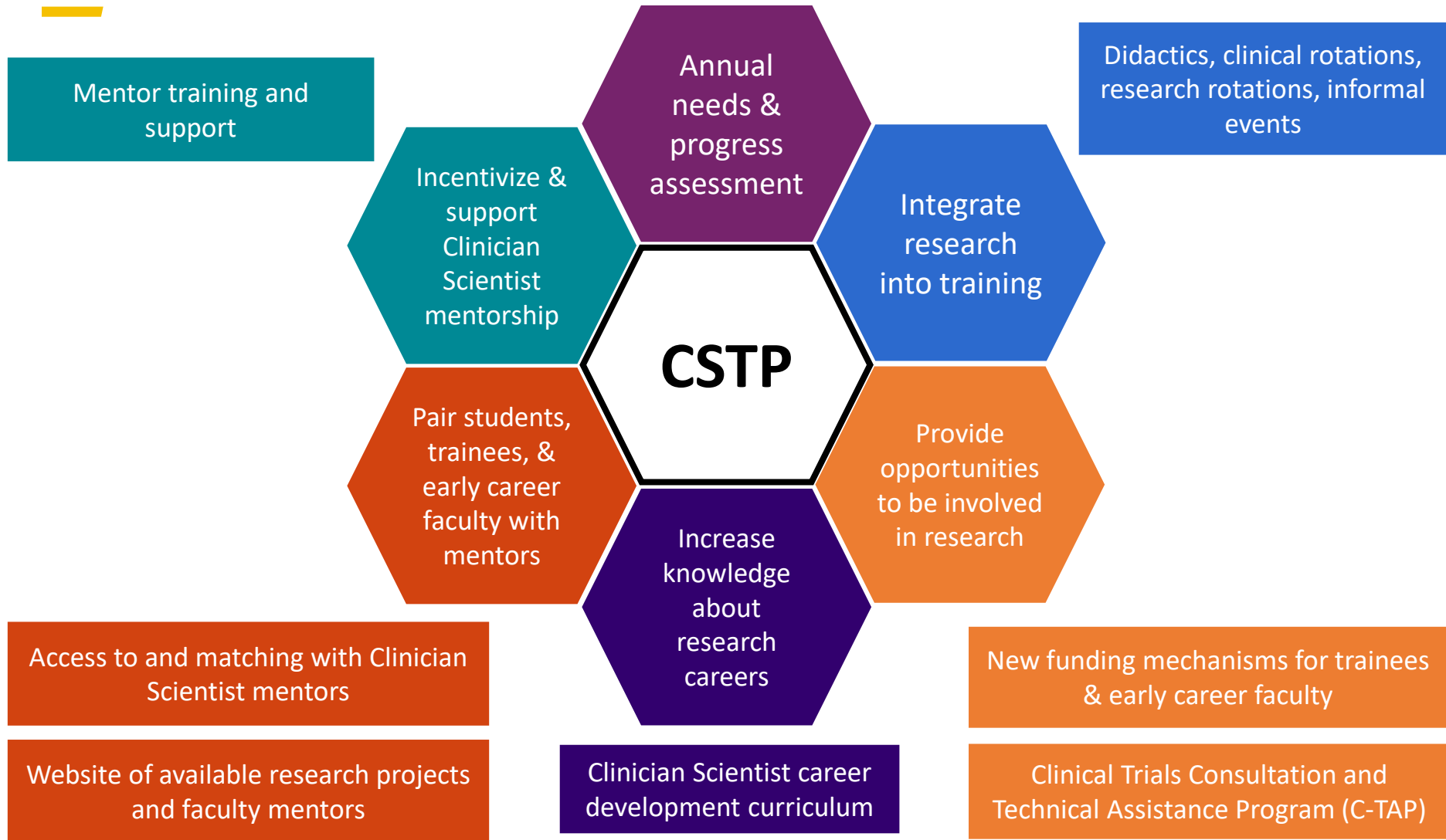


To develop Clinician Scientists by identifying, engaging and supporting students, trainees and early career faculty who are interested in research

*Funded by the Garvey Institute for Brain Health Solutions, the Wayne Katon Memorial Fund, and other supporters of the department.*

*Program management provided by Andie Uomoto.*

# Key strategies



# Trainee Research Awards

*Ten one-year grants totaling \$150,000+*

## Trainees



## Mentors



A young green seedling with two leaves growing from a stem, set against a blurred green background. The seedling is the central focus, with its stem and leaves clearly visible. The background is a soft, out-of-focus green, suggesting a natural outdoor setting. The overall mood is one of growth and hope.

Thank you!

Garvey Institute for Brain Health Solutions





# Clinician Scientist Training Program: The Next Generation

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JACQUELINE A. HOBBS, MD, PHD, DFAPA, CMQ

GARVEY INSTITUTE FOR BRAIN HEALTH SOLUTIONS 3<sup>RD</sup> ANNUAL MEETING

JANUARY 31, 2024

# ACGME requirements for research



- Residents must participate in scholarship.
- The program must provide residents with opportunities for research and development of research skills for residents interested in conducting research in psychiatry or related fields.
- The program must provide interested residents access to and the opportunity to participate actively in ongoing research under a mentor.
- All residents must be educated in research literacy and in the concepts and process of evidence-based clinical practice to develop skills in question formulation, information searching, critical appraisal and medical decision-making.

[https://www.acgme.org/globalassets/pfassets/programrequirements/400\\_psychiatry\\_2023.pdf](https://www.acgme.org/globalassets/pfassets/programrequirements/400_psychiatry_2023.pdf)

# 2040: The future is now



- American Association of Directors of Psychiatric Residency Training (AADPRT) Residency Curriculum and Assessment Review Taskforce
- In 2040, our patient populations will be older, more diverse, and more complex
- 14 Guiding Principles were developed for the future of psychiatry residency education

# 2040: The future is now

## Guiding Principles

- Specific goals are needed for required resident knowledge and skills in neuroscience-informed, interventional and neuromodulation treatments.  
**Clinician-Scientists will develop and teach these neuroscience-informed, interventional, and neuromodulation treatments!**
- Residents should be equipped to be lifelong learners and keep abreast of the most current evidence-based modalities of assessment and treatment.  
**Clinician-Scientists will develop and teach these evidence-based modalities!**
- Residents should be equipped to lead interprofessional and collaborative care teams.  
**Clinician-Scientists will further innovate and teach collaborative care!**

# 2040: The future is now

- Will train the next generation of psychiatrists and scientists
- Will be academic leaders (e.g., Chairs of departments, Deans)
- Will start companies that will develop innovative treatments
- Maybe win a Nobel Prize



# Thank you!



Our care of the most vulnerable individuals, namely those with mental disorders, should be a vital sign for the overall health and culture of our healthcare system.



A microscopic image of neurons, likely from the brain, with a blue overlay highlighting specific structures. The neurons are shown in a network, with some having prominent cell bodies and others showing long, branching processes. The background is a dark purple color.

# Trainee Research Awards in Action

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GARVEY INSTITUTE FOR BRAIN HEALTH SOLUTIONS 3<sup>RD</sup> ANNUAL MEETING  
JANUARY 31, 2024

# Trainee Research Awards

*Ten one-year grants totaling \$150,000+*

## Trainees



## Mentors







# Gaze into the future: an eye-brain connection for PTSD biomarker development

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KATHARINE LIANG, MD, PHD  
MENTOR: REBECCA HENDRICKSON, MD, PHD

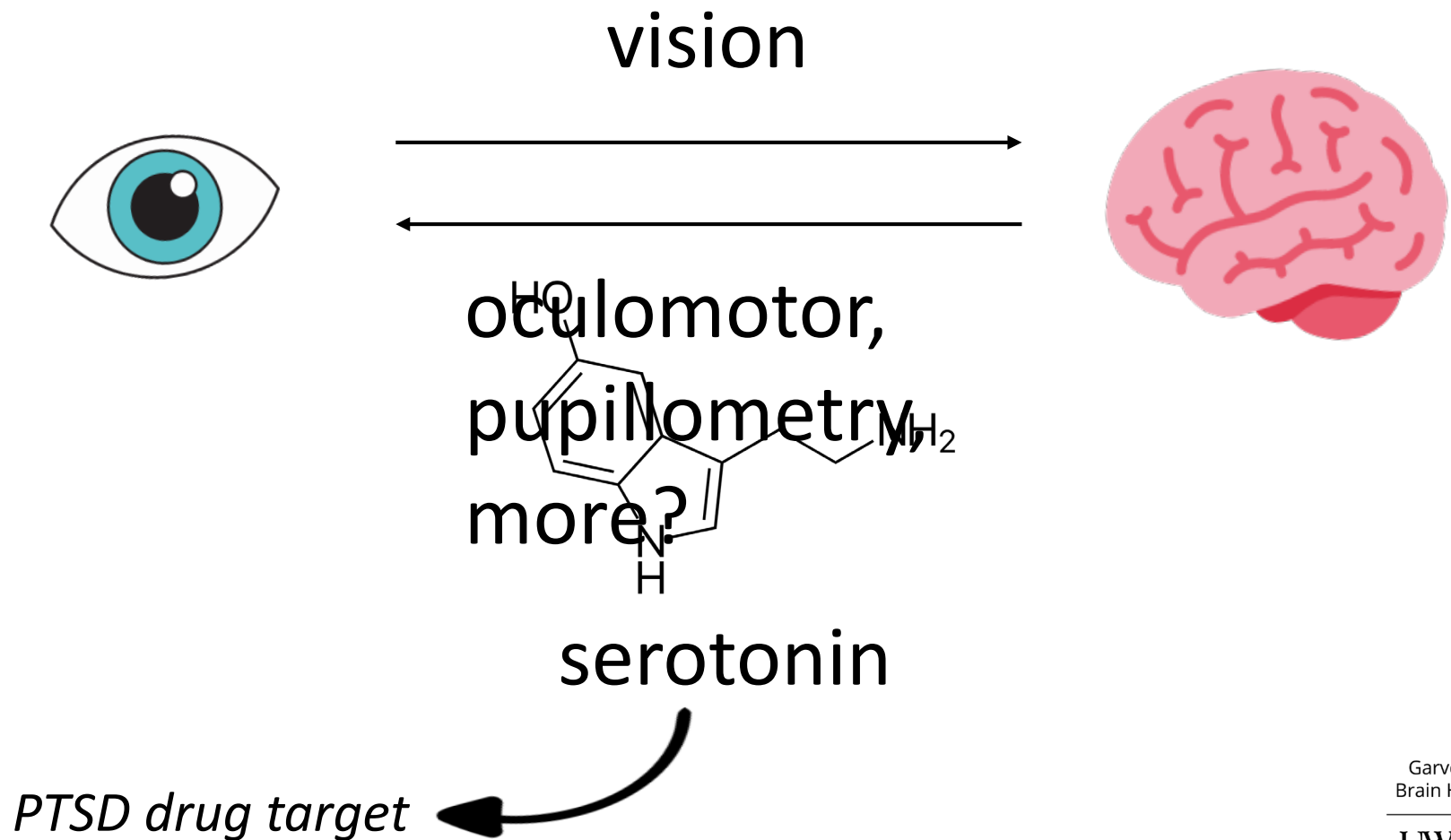
GARVEY INSTITUTE FOR BRAIN HEALTH SOLUTIONS 3<sup>RD</sup> ANNUAL MEETING  
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# What if your EYES held the answer to what PTSD treatment is right for you?

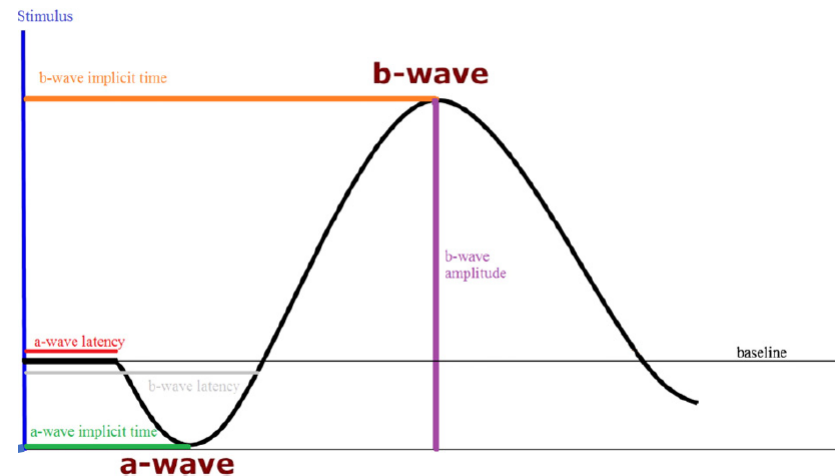
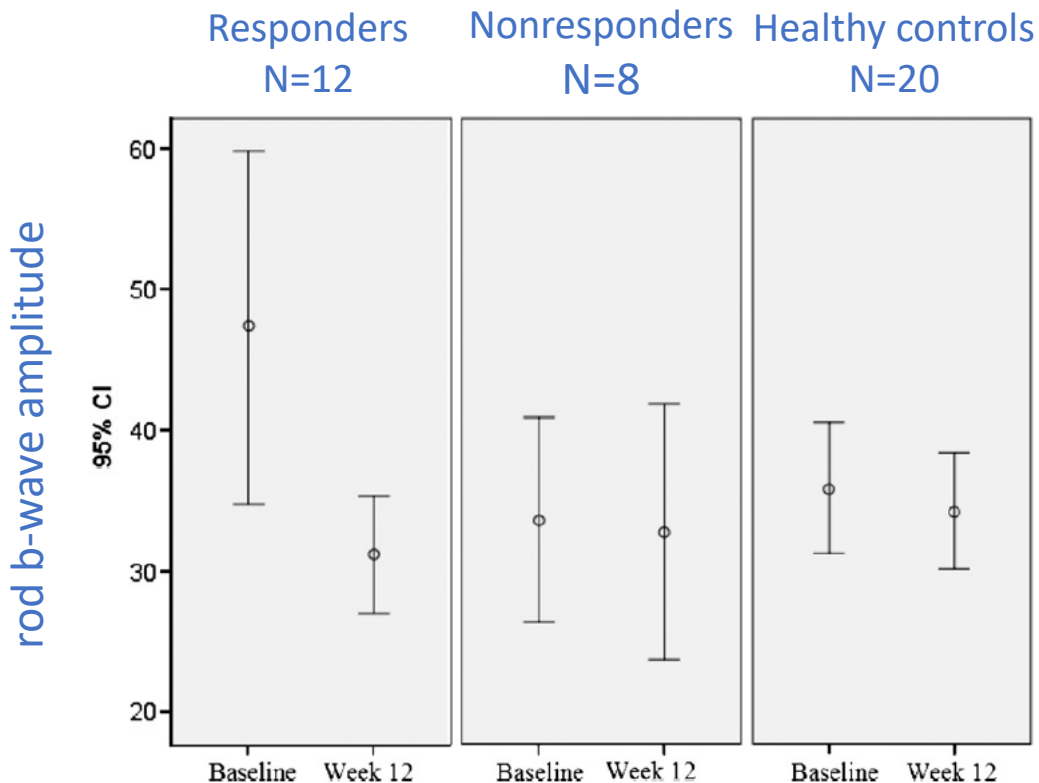
## Overview of Problem

- Only 2 FDA approved medications for PTSD: sertraline and paroxetine
- Limited efficacy, but they do work well for certain people

# Approach: An eye-brain connection for biomarker development



# Approach: An eye-brain connection for biomarker development



*In a study of patients with depression, part of the retinal signal predicted who eventually responded to an antidepressant*



# The BRIGHT STUDY: Progress Report

## 2023

- VA 50k pilot grant (initial phase)
- CSTP award (follow up phase)
- 1 national conference presentation (ASCP)
- IRB approved

## 2024

- January - actively recruiting (goal of 27 participants for this pilot)
- 6 veterans expressing interest
- 1 veteran potentially meeting criteria for consent
- 1 national conference presentation (ARVO)



<https://tinyurl.com/BRIGHTStudy>

# Future directions



## Next Steps

- Complete enrollment targets, run the study
- Pilot data will lead to future grants (NIH, BBRF) to fund larger clinical trials to further develop this technology in a mental health setting

## Potential Impact on the field

- Optimize use of the medications we currently have
- Increased knowledge of biological mechanisms behind PTSD → new treatments
- Reduce patient suffering, family burden, physician burden and burnout, healthcare costs
- Increase clinic capacity, improve patient satisfaction, health outcomes

*All of these things are important building blocks that will further my career as a physician scientist*

# Acknowledgements

My mom (yes, really)

Hendrickson Lab

Rebecca Hendrickson, Aaron Rosser, Carolyn Fort

John Neumaier

Kerry Ressler

ASCP New Investigator Award

APA Research Colloquium for Junior Psychiatrists

VA R&D Seed Grant

Garvey Institute for Brain Health Solutions





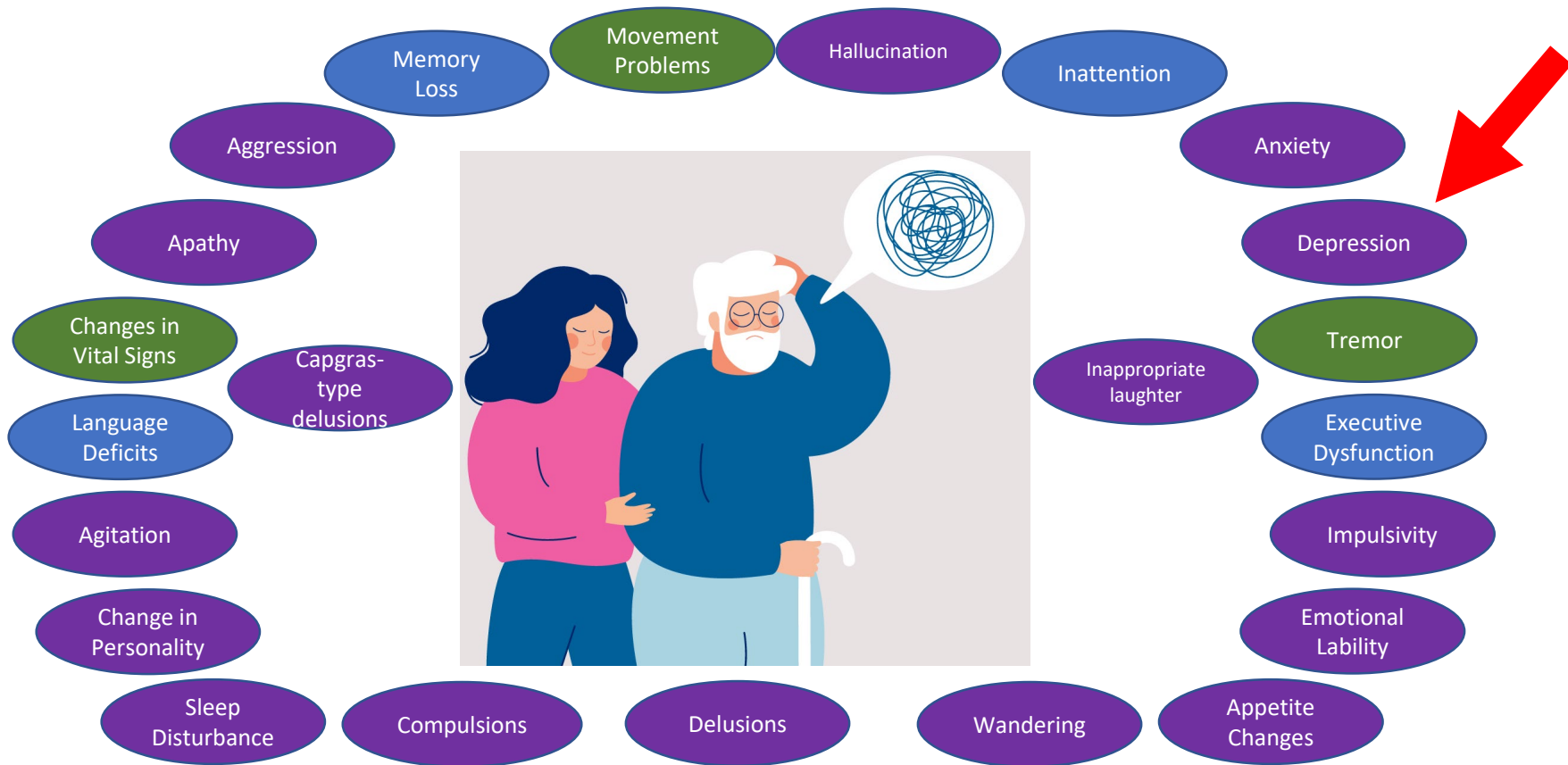
# How is depression different in dementia?

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DANIEL W FISHER, MD, PHD  
MENTORS: MICHAEL SCHRIFT, DO, MA, FANPA & MARTIN DARVAS, PHD

GARVEY INSTITUTE FOR BRAIN HEALTH SOLUTIONS 3<sup>RD</sup> ANNUAL MEETING  
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# Dementia is a psychiatric disease. We need psychiatrists in dementia research

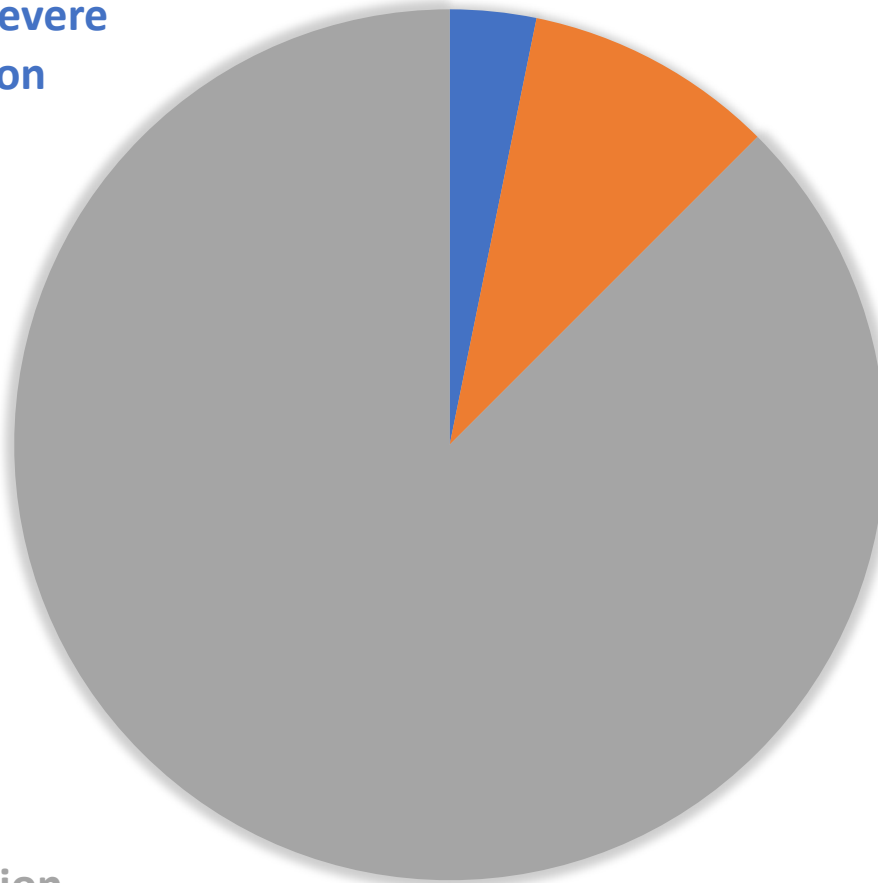


# No cognitive deficits

**Moderate-Severe  
Depression**  
3%

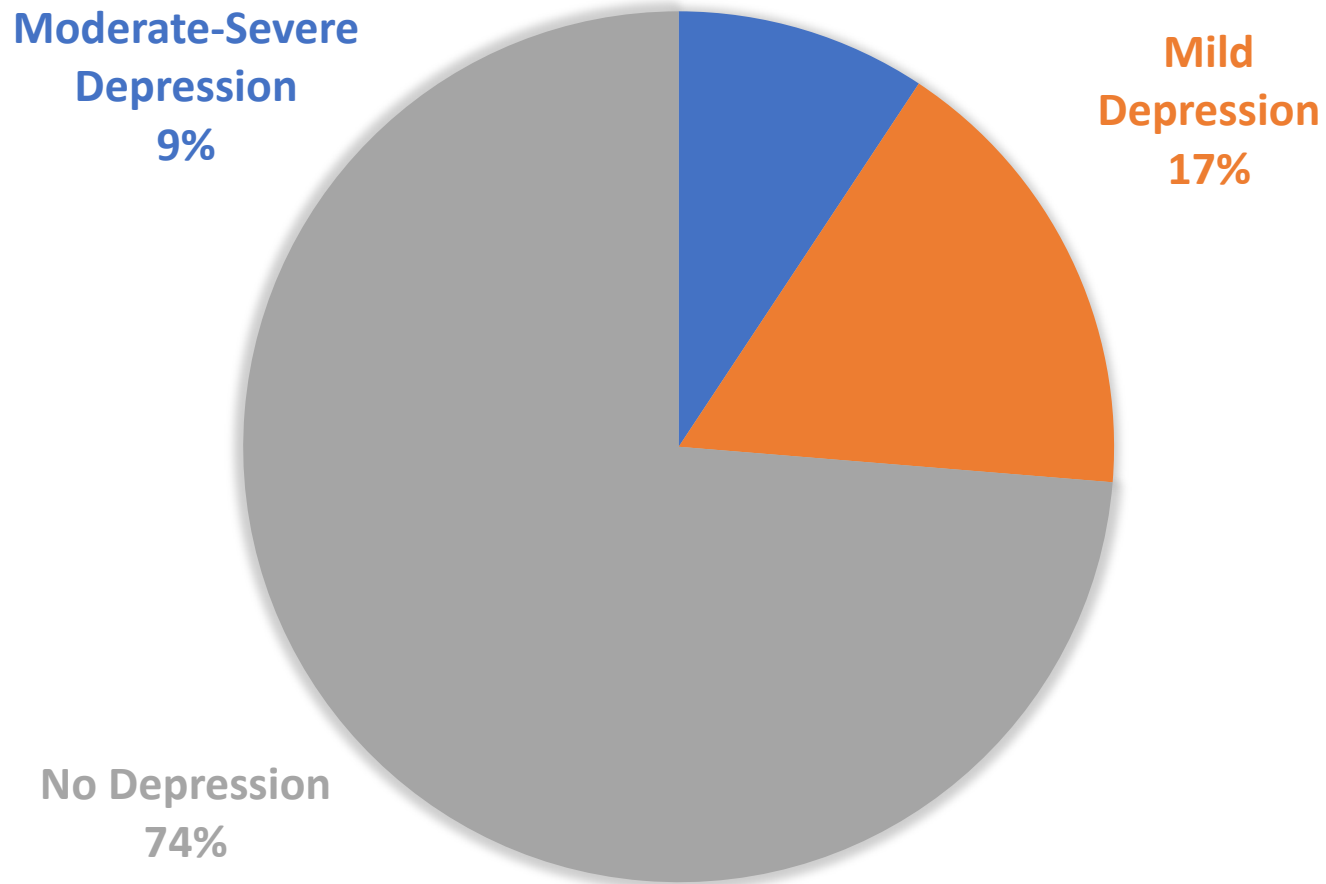
**Mild  
Depression**  
9%

**No Depression**  
88%

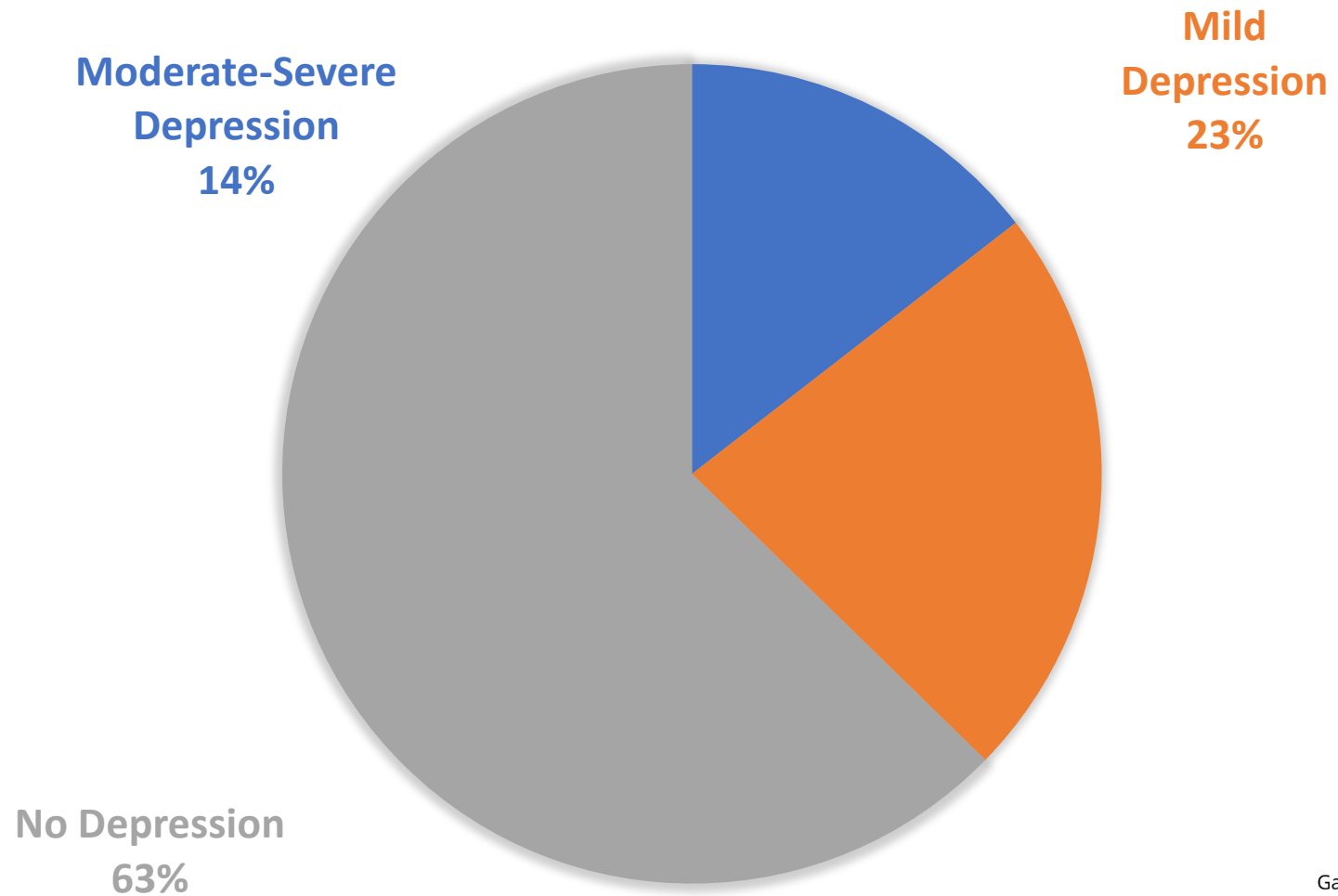




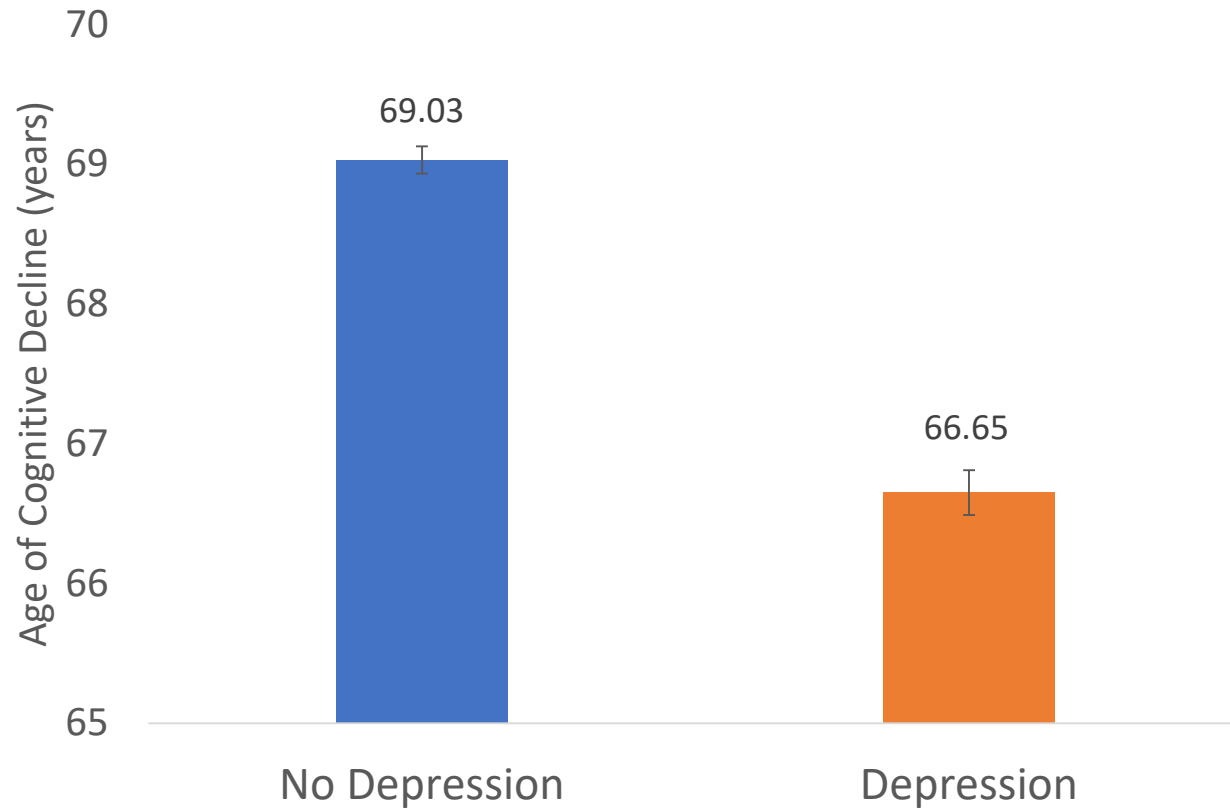
# Mild cognitive impairment



# Dementia



# Age of cognitive decline

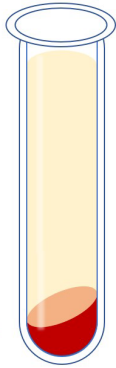


# What's causing depression in dementia?

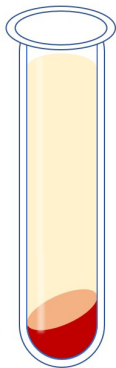


# Experiment 1: immune signals

Depression



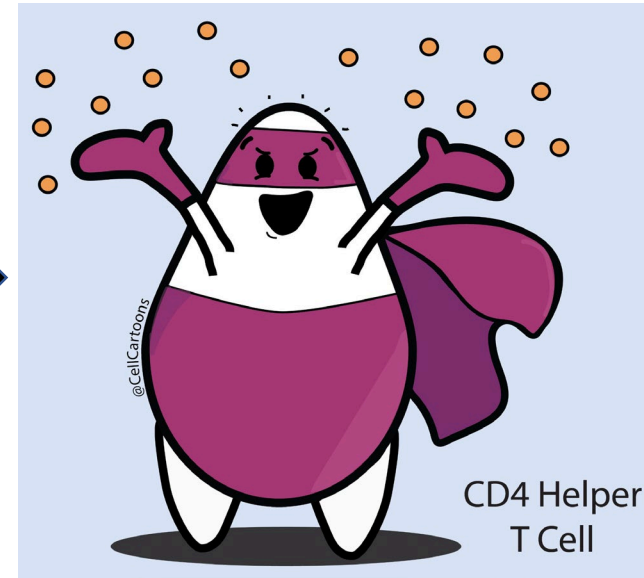
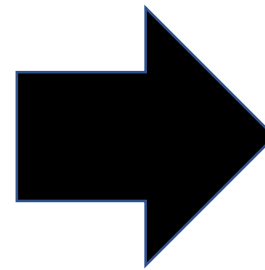
No Depression



# Experiment 2: immune response

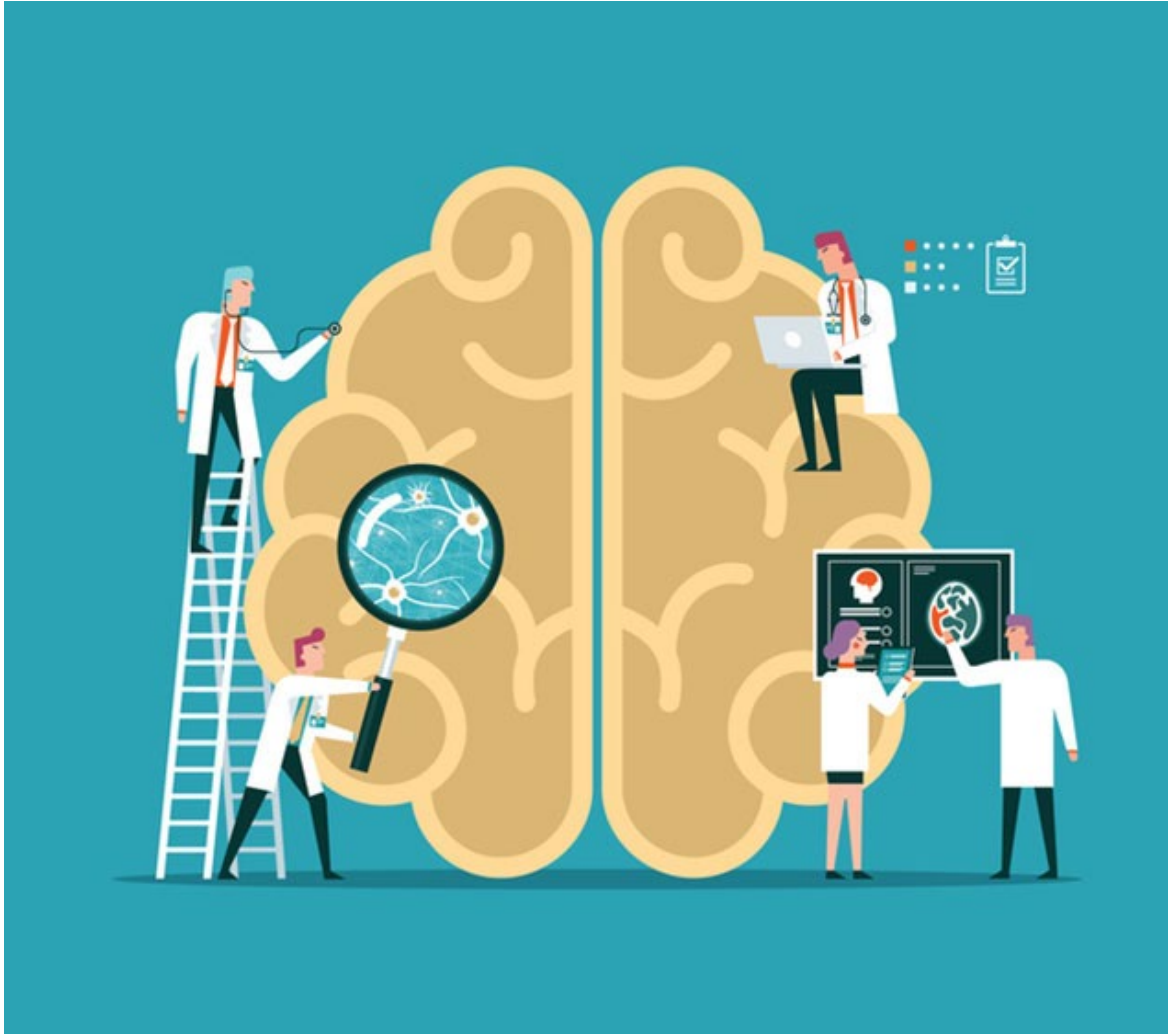
Depression

No Depression





# Thank you Garvey Institute for Brain Health Solutions





# Let's talk about adverse events

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HAI-UYEN NGUYEN, MD  
MENTORS: LAUREL PELLEGRINO, MD & TOM SOEPRONO, MD

GARVEY INSTITUTE FOR BRAIN HEALTH SOLUTIONS 3<sup>RD</sup> ANNUAL MEETING  
JANUARY 31, 2024

# 2020-2023 UW Annual Surveys

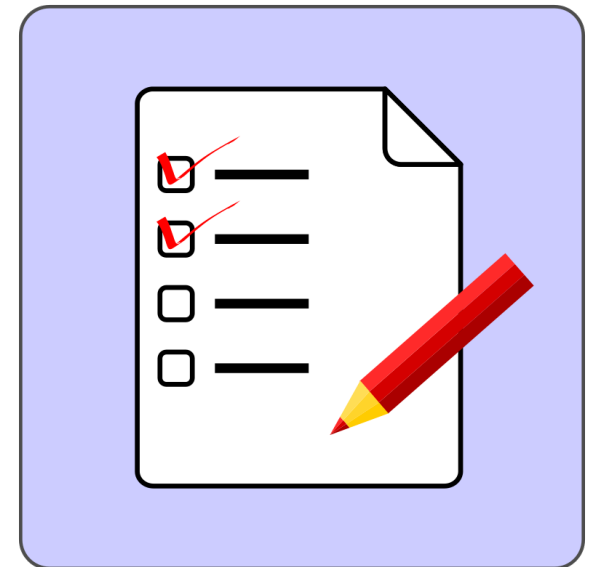
Adverse Event	Prevalence	Debrief
Patient died by suicide	15%	
Patient attempted suicide	20%	
Assaulted by a patient	8%	
Threatened by a patient	40%	
Racism/sexism/discrimination from a patient	40%	

# 2020-2023 UW Annual Surveys

Adverse Event	Prevalence	Debrief
Patient died by suicide	15%	50%
Patient attempted suicide	20%	75%
Assaulted by a patient	8%	50%
Threatened by a patient	40%	42%
Racism/sexism/discrimination from a patient	40%	54%

# The RECover Framework

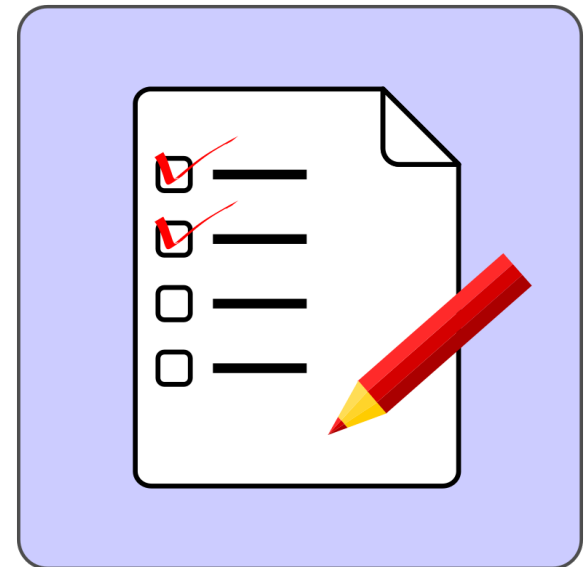
- No evidence-based, universally shared model for completing debriefs
- RECover framework
- Potential benefits:
  - Reduce second victim phenomenon
  - Experiential learning
  - Prevent burnout
  - Improve patient outcomes



# Research Aims

Evaluate effectiveness of the workshop in increasing:

- knowledge of debriefs
- attitudes towards debriefs
- practice of giving debriefs after adverse events





# Preliminary feedback



“Should be essential to R1s in future”

“Covered a topic that rarely gets formal teaching but is used in nearly everyday life/practice”

“Very clear framework for having these conversations and very useful as an intern.”

# Thank you!



A microscopic image of neurons, showing cell bodies and branching processes, overlaid with a semi-transparent purple filter. The neurons are rendered in shades of blue and white against the purple background.

# Neuromodulation and Interventional Psychiatry

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A microscopic image of neurons, showing cell bodies and branching processes, overlaid with a semi-transparent purple color. The neurons are rendered in shades of blue and white against the purple background.

# BREAK

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UW Medicine





# Supporting Families and Caregivers

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JANUARY 31, 2024



# Family and Caregiver Academy

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MOLLIE FORRESTER, MSW, LICSW & ANNA RATZLIFF, MD, PHD

GARVEY INSTITUTE FOR BRAIN HEALTH SOLUTIONS 3<sup>RD</sup> ANNUAL MEETING

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# THE CHALLENGE

Effectively engaging families & caregivers

## Benefits

Improves understanding of loved one's experience

Supports positive coping

Enhances connections, instills hope

Improves treatment outcomes and quality of life

## Barriers

Fear, isolation, stigma

Access to reliable information and education

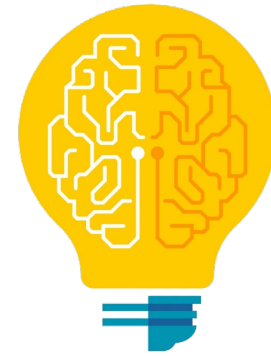
Variable workforce training and experience

Unfunded/not covered by insurance



# SOLUTION DEVELOPMENT

## Family and Caregiver Academy (FCA)



### What families and caregivers want:

- Inclusion
- Information
- Skills
- Resources
- Support



### Family and Caregiver Academy:

- A collaborative learning and support environment
- Evidence-based education and resources
- Support for resilience and long-term health
- All teach – all learn approach

# SOLUTION DEVELOPMENT

## Family and Caregiver Academy pilot project team

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Mollie  
Forrester



Anna  
Ratzliff



Alan  
Gojdics



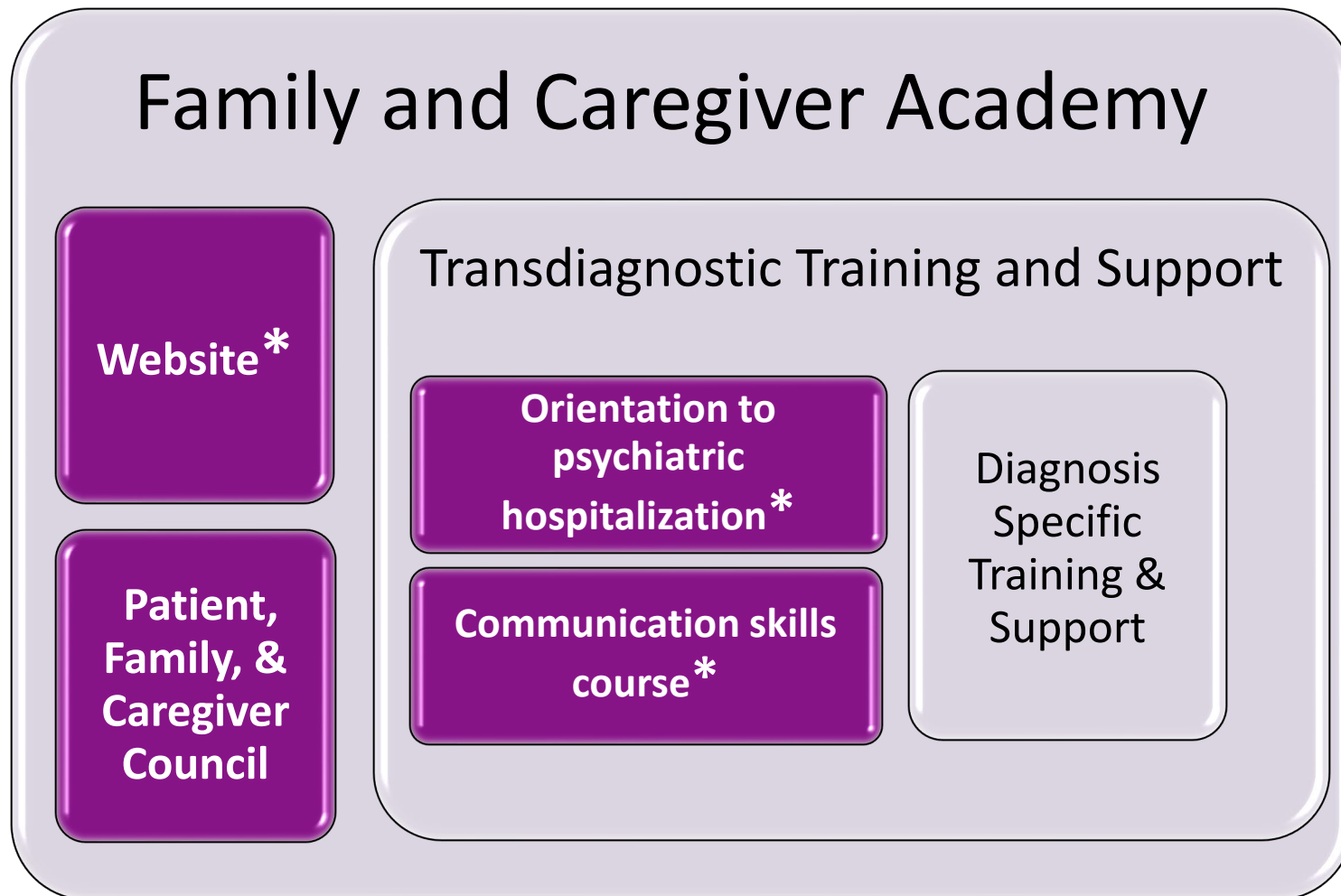
Charity  
Holmes

### Strategic partnerships to date

- [UW SPIRIT Lab](#): Family Bridger & Psychosis REACH
- Psychiatry Residency Program, Complex Communications Skills Training
- [NAMI Washington](#)
- [McLean Hospital](#)

# SOLUTION DEVELOPMENT

## Family and Caregiver Academy proposed structure



\* Delivered online, self-directed

# SOLUTION DEVELOPMENT

## Family and Caregiver Academy training pilot

### Pilot

- **Website:** “What to expect,” curated resources and FCA training materials
- **Education & Skill Building Modules:** Ongoing feedback from patients, families and caregivers
- **Recruitment:** Families and caregivers of patients hospitalized on UW Psychiatric Services

### Evaluation

- **Feasibility:** Assess practicality of this training approach
- **Acceptability:** Assess utility of asynchronous training approach
- **Family/caregiver engagement**
- **Post training survey and interviews**
- **Rehospitalization rates**

# Next steps and potential collaborations

## Explore options to grow the Academy model


Expand coordination  
with patient care  
programs across UW  
Medicine

Create additional  
education and skills  
training modules

Build out resources for  
family and caregiver  
support

Increase partnerships  
with multidisciplinary  
training programs

(e.g. nursing, social work,  
pharmacy, occupational therapy,  
etc.)



# HELP IS ON THE WAY: A Family Bridger Pilot for Caregivers with Loved Ones Experiencing Psychosis

---

MARIA MONROE-DEVITA, PHD

GARVEY INSTITUTE FOR BRAIN HEALTH SOLUTIONS 3<sup>RD</sup> ANNUAL MEETING

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# Our Team



**WASHINGTON STATE**  
Center of Excellence  
in Early Psychosis



**Elson S. Floyd**  
College of Medicine  
WASHINGTON STATE UNIVERSITY



**Maria Monroe-DeVita**  
PhD  
Co-PI



**Akansha Vaswani-Bye**  
PhD  
Co-PI



**Oladunni Oluwoye**  
PhD  
Consultant



**Sarah Kopelovich**  
PhD  
Co-I



**Whitney Hintz**  
BA  
Research Coordinator

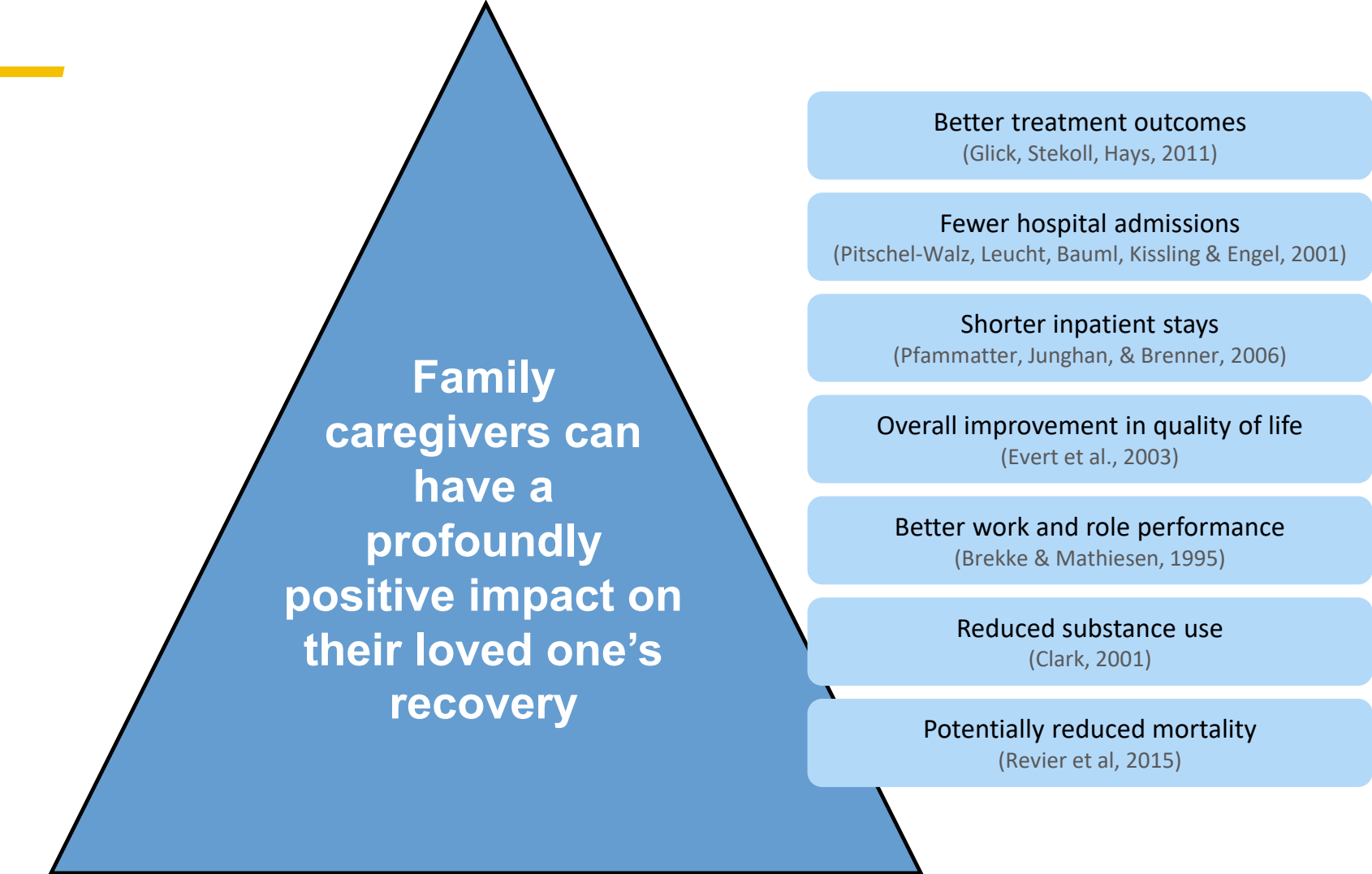


**Mackenzie Tennison**  
MA  
Research Coordinator

# Overview of Problem/Challenge

- Despite treatment advances, psychotic disorders remain among the costliest and most disabling conditions worldwide.
- The impact on families can be devastating:
  - depression, anxiety, and other challenges to their mental health
  - social isolation
  - caregiver burden and burnout
- Families can spend the equivalent of at least a half-time job in caregiving activities

Families are  
often the  
frontline  
workers



**Family  
caregivers can  
have a  
profoundly  
positive impact on  
their loved one's  
recovery**

**Better treatment outcomes**

(Glick, Stekoll, Hays, 2011)

**Fewer hospital admissions**

(Pitschel-Walz, Leucht, Bauml, Kissling & Engel, 2001)

**Shorter inpatient stays**

(Pfammatter, Junghan, & Brenner, 2006)

**Overall improvement in quality of life**

(Evert et al., 2003)

**Better work and role performance**

(Brekke & Mathiesen, 1995)

**Reduced substance use**

(Clark, 2001)

**Potentially reduced mortality**

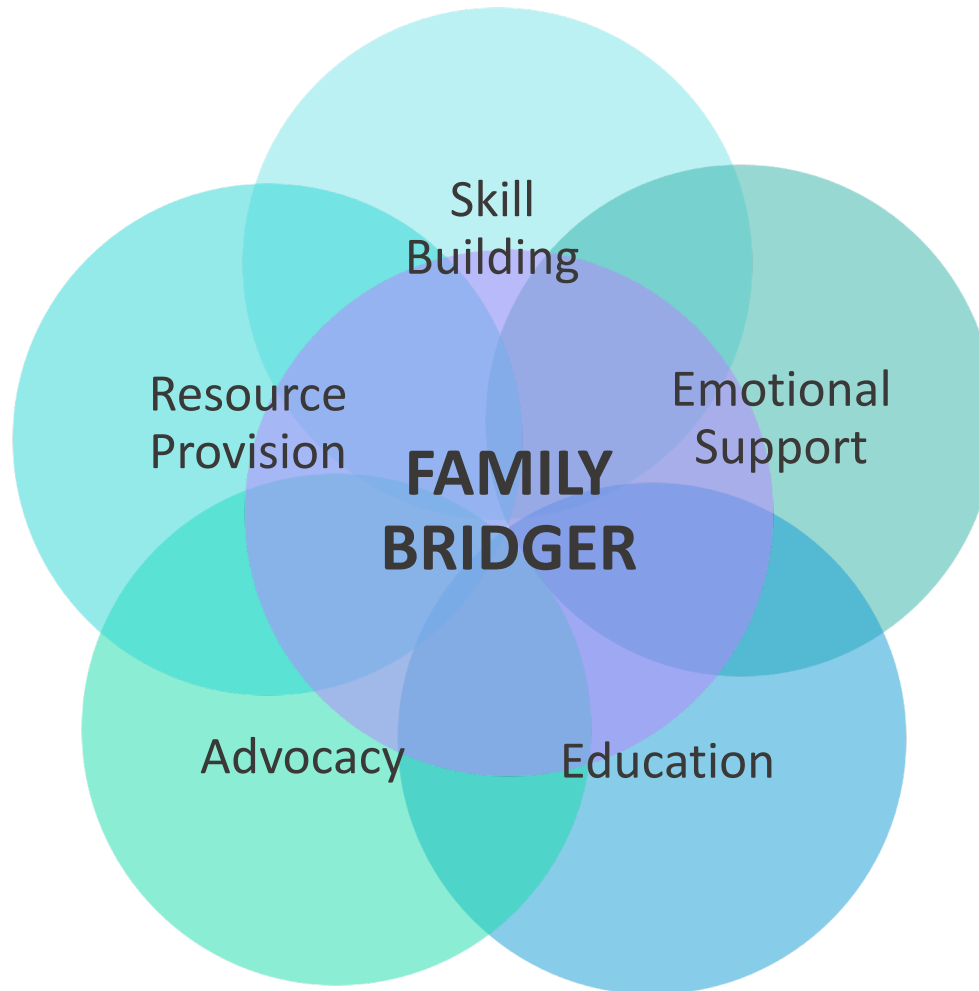
(Revier et al, 2015)

# Overview of Problem/Challenge



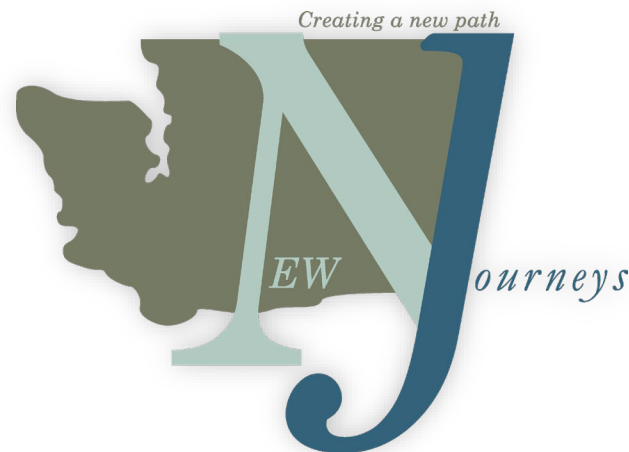
- Yet, families are often left on their own to navigate how to help their loved one with psychosis – and how to help themselves
- These challenges are further compounded when their loved ones are hospitalized

# Approach to Address Problem/Challenge



# Family Bridger Pilot with programs to address first episode psychosis

- 3 Family Bridgers previously trained in Psychosis REACH
- Recruited 11 family members
- 12-month pilot in 2021 (COVID-19 pandemic)
- Telehealth or phone contacts - up to 10 sessions over 20 weeks (5 months per family)



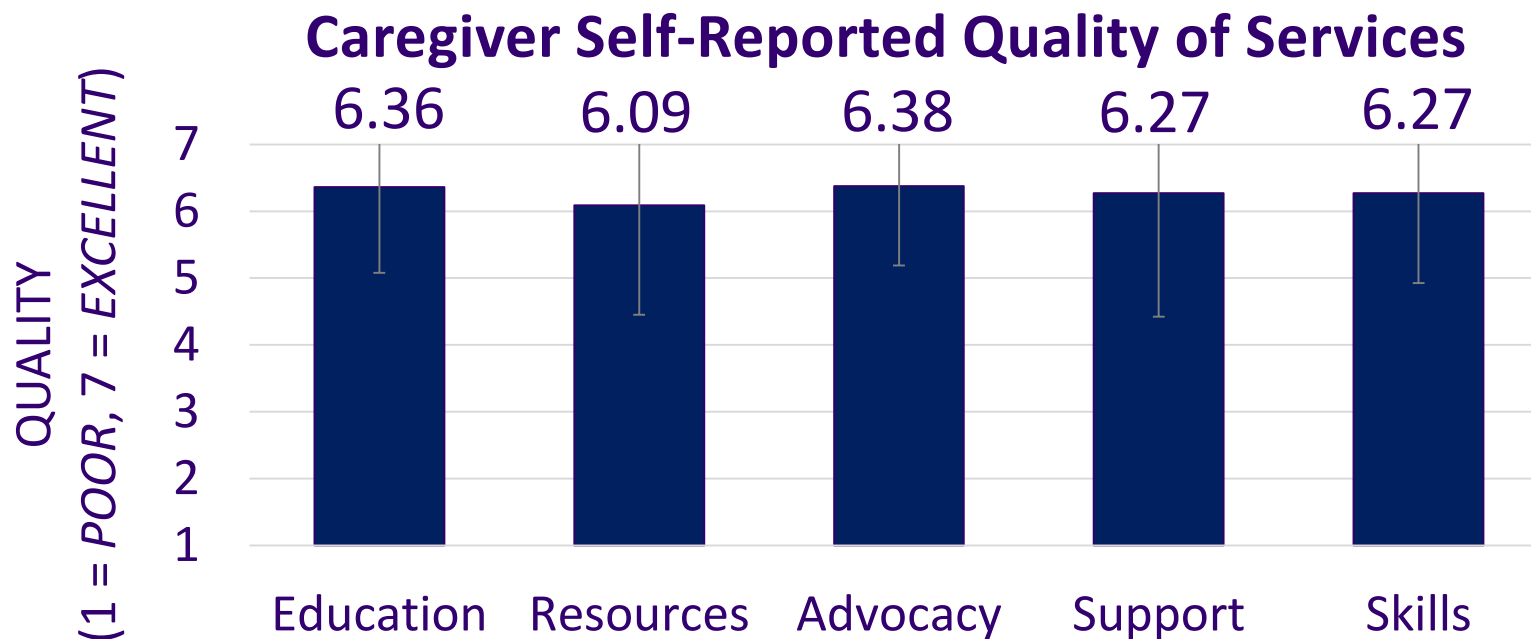


# New Journeys Family Bridger Results

- ✓ Reported a better understanding of mental illness (M=6.40, SD=1.58).
- ✓ Reported a better understanding of resources available to them (M=6.18, SD=1.66), and to their loved one (M=6.18, SD=1.66).
- ✓ Believe they have an ally in the mental health system (M=6.45, SD=1.51).
- ✓ Are more confident in their abilities to support their loved one (M=6.09, SD=1.92).
- ✓ Are better at communicating with their loved one (M=6.00, SD=1.90).
- ✓ Developed better coping strategies (M=6.18, SD=1.66).

(7-point rating scale; 1=*Poor*, 7=*Excellent*)

# UW Family Bridger Results



100% of families said that they would recommend the program to others.

# Garvey Institute funds 12 projects to extend the impact of mental health professionals in Washington

Department news | November 30, 2023

Family Bridger  
Pilot at HMC  
Psychiatric  
Inpatient Units

## **We will:**

- (1) adapt the Family Bridger program for an inpatient setting, and
- (2) evaluate the feasibility, acceptability, appropriateness, and preliminary effectiveness of Family Bridgers in an inpatient setting.

# Next Steps and Potential Collaborations

- Collaborating with other GIBHS grantees to develop common family resources
- Future directions:
  - With additional funding, expand to other hospitals
  - Secure future sustainable funding
  - Work with HCA to ensure family peer training with state peer certification



# Thank you!



Contact us:

Maria Monroe-DeVita [mmdv@uw.edu](mailto:mmdv@uw.edu)

Akansha Vaswani-Bye [avb@uw.edu](mailto:avb@uw.edu)



# The Art of the “Family Meeting”

*supporting psychiatry trainees in advanced,  
person-centered communication skills*

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DANA DIERINGER, MD

GARVEY INSTITUTE FOR BRAIN HEALTH SOLUTIONS 3<sup>RD</sup> ANNUAL MEETING

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# Communication Skill Gaps in Mental Health Care



- Individuals facing serious mental illness (SMI) and their supports (i.e. families, friends) identify needing enhanced communication and education from their behavioral health care teams, particularly during hospitalization.
- Many mental health care providers, such as psychiatrists, are generally not trained in advanced communication skills for these contexts.
- This can lead to:
  - SMI and their supports feeling unheard or excluded.
  - Missed opportunities for delivering recovery-oriented, person-centered care.

# Training Psychiatry Residents in Communication Skills



- Innovative **curriculum** for first-year psychiatry residents delivered during their first months of inpatient psychiatry, providing opportunities to practice newly acquired communication skills
- Dedicated, **online educational portal** for learners to access materials such as recorded presentations, role-play scripts, and communication guides
- Mechanisms to assess **efficacy**
- Emphasis on **person-centered** approach, informed directly by individuals with lived SMI experience and their support systems (i.e., family)

*Thank you to the Garvey Institute for supporting and funding this work!*

*Additional thanks to: my mentor, Anna Ratzliff MD, PhD; collaborators such as Mollie Forester MSW, LICSW; Dr. Maria Monroe-Davita's SPIRIT Lab; my amazing colleagues at Harborview Medical Center (HMC).*

# Next Steps and Potential Collaborations

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## *January to June 2024*

- Building out the curricula content
- Interprofessional collaboration within UW/HMC (i.e., peer support specialists)
- Identifying community stakeholders

## *Delivery of Training*

- July 2024

## *Future Growth*

- Expanding training
- Further interprofessional colleague collaboration and training



# CLOSING COMMENTS

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# Networking lunch and workshop



- Lunch is served to the left as you exit the auditorium
- Optional workshop on developing research centers for new therapeutics begins at **1:00 PM** in **C123A/B**
- Parking validation coupons are available at the check-in desk with instructions

A microscopic view of brain cells, showing various types of neurons and glial cells in shades of blue, purple, and orange against a dark background.

## Garvey Institute for Brain Health Solutions

Treating and preventing disabling brain disorders from birth through old age

# THANK YOU!

[gibhs.psychiatry.uw.edu](http://gibhs.psychiatry.uw.edu)

[gibhs@uw.edu](mailto:gibhs@uw.edu)