# GARVEY INSTITUTE for BRAIN HEALTH SOLUTIONS 4<sup>th</sup> Annual Meeting

MARCH 7, 2025

### 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
- Scan the QR code on your parking coupon
- 3. Garage arm will lift, exit garage
- If the arm fails to lift, please use the call button located on the machine

## Agenda

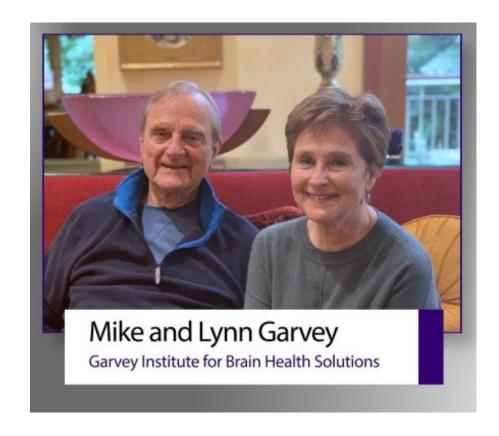
9:30 – 9:40	Introduction and Overview	
9:40 – 9:50	Welcome remarks from Dean Tim Dellit, MD	
9:50 - 10:45	Celebrating 5 years of Improving Brain Health	
10:45 - 11:00	Break	
11:00 – 11:30	Artificial intelligence and brain health — a conversation with Tim Althoff, PhD, MS	
11:30 - 12:00	We want to hear from you: visioning session	
12:00 – 1:00	Lunch and 'Innovation Stations'	
1:00 - 2:00	Looking Ahead: the next 5 years	

### 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



# Thanks to our Community Advisory Board



Craig Cole



Rita Egrari



Joe Whittinghill



Ken Worzel

#### Institute Staff



Jürgen Unützer



Jed Thompson



Becky Sladek



Kyreston Jones



Andie Uomoto



Semhar Abraha



Mary Pyper

Technical support from

Annelie Ingvarsson

> Garvey Institute for Brain Health Solutions

#### **Faculty Advisors**

#### Addictions

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

#### **Brain Health Education**

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

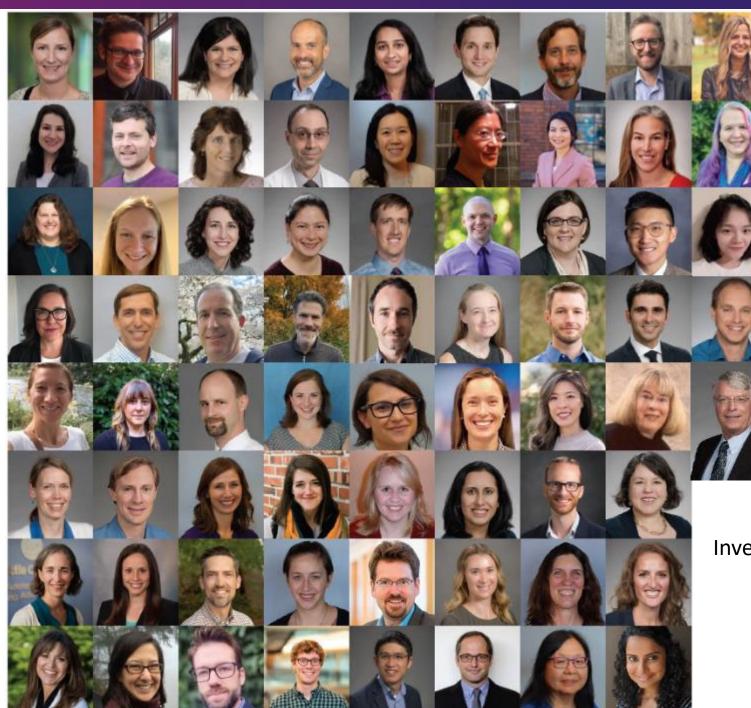
- Michele Bedard-Gilligan, PhD
- Jesse Fann, MD, MPH
- John Fortney, PhD
- Jeanne Hoffman, PhD
- Kristen Lindgren, PhD
- Tracy Simpson, PhD
- Elaine Peskind, MD

#### 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



Investigators

# Opening remarks from Tim Dellit, MD

CEO, UW MEDICINE

EXECUTIVE VICE PRESIDENT FOR MEDICAL AFFAIRS

PAUL G. RAMSEY ENDOWED DEAN

UW SCHOOL OF MEDICINE

# Celebrating 5 years of Improving Brain Health and Mental Health

JURGEN UNUTZER MD, MPH, MA

DIRECTOR, GARVEY INSTITUTE FOR BRAIN HEALTH SOLUTIONS

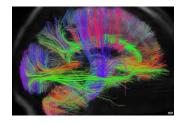
PROFESSOR AND CHAIR, UW DEPARTMENT OF PSYCHIATRY AND BEHAVIORAL SCIENCES

#### The Brain 101



3 pounds (2% of body weight). 75 % Water. Uses ~ 20 % of our body's energy.

- ~100 billion neurons (nerve cells)
- ~100 billion glia (support cells)
- ~100 trillion connections
- Complex circuitry (connectome) modified until our mid 20s
  - by far the most complex organ we have.



#### Healthy brains help us

- Process information
- Create consciousness & experiences
- Create memories
- Solve problems
- Control our thoughts, feelings, behaviors, action & speech
- Shape who we are (personality)

#### WHEN THINGS GO WRONG ...

#### Common mental health problems

- e.g., depression, anxiety, PTSD
- addiction

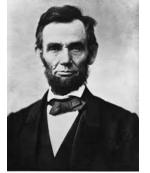
#### Severe mental illnesses

e.g., autism, schizophrenia, bipolar disorder

#### Degenerative brain diseases

e.g., dementia (Alzheimer's)















**UW** Medicine

#### The costs of mental health and addiction problems

- Common
  - Mental health / addiction problems affect nearly half of the world's population at some point.
  - ~ 1 million Washingtonians
  - 50 % present by age 14; 75 % present by age 24
- Leading cause of disability
  - 5 times more disability than diabetes or heart disease
  - 15 times more disability than cancer
- Early mortality

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

More than deaths from car crashes or the Vietnam war

Individuals with severe mental illness have their life spans reduced by 15-30 years.

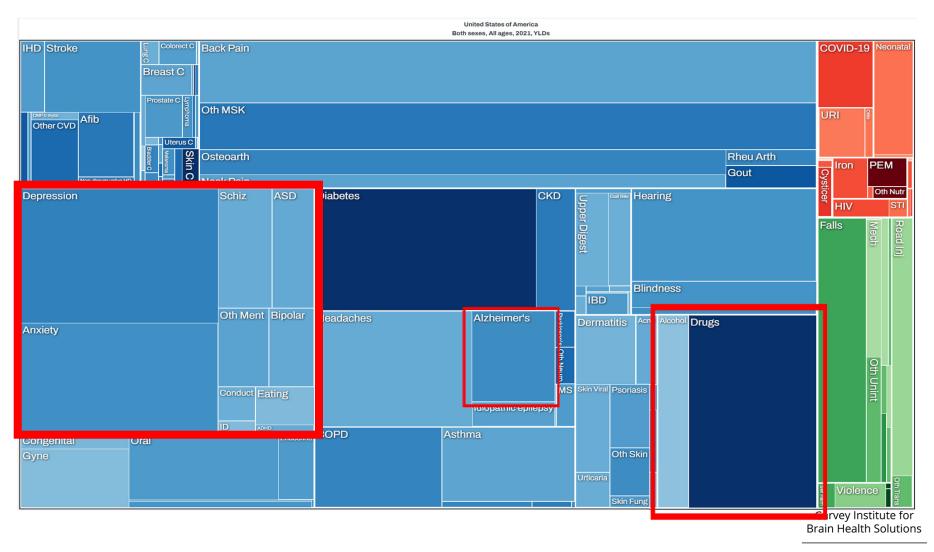
High financial costs

Employers: absenteeism, presenteeism, reduced productivity, staff turnover

Brain Health Solutions

Garvey Institute for

## UW Institute for Health Metrics and Evaluation (2024): Years lived with disability (YLD)



#### Mission & Vision

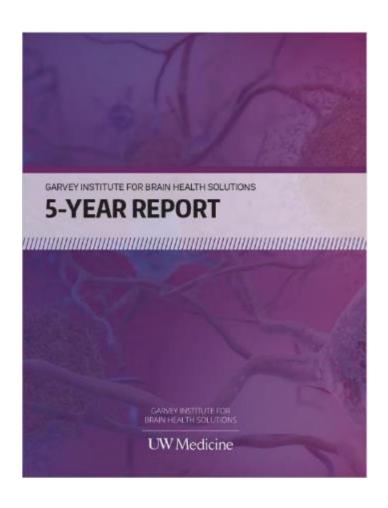


The mission of the GIBHS is to improve the health for millions of people at risk for and affected by mental health, substance use, and other brain health disorders.

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.

https://gibhs.psychiatry.uw.edu

## The first five years.









**Programs** 



**Places** 



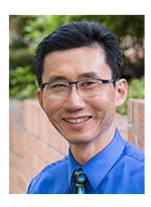
**Policy** 

Garvey Institute for Brain Health Solutions

### Meet our endowed professors



Randall
Espinoza, MD
Garvey Family
Endowed
Professorship for
Technology and
Brain Health



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



Rebecca Hendrickson, MD, PhD Denise L. Tabbutt Endowed Professor for Trauma and Brain Health



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

#### New faculty searches supported by the Institute

New Endowed Chairs and Professorships:

- ❖ Nicole K. Engle Endowed Professor for Addiction Medicine
- ❖ Warner Schaie Endowed Chair in Cognitive Aging\*

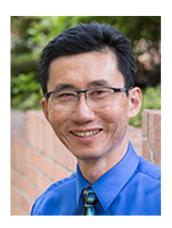
\*supported by a generous endowment from Warner Schaie PhD and Sherry Willis PhD

Early career Clinician Scientists with expertise in

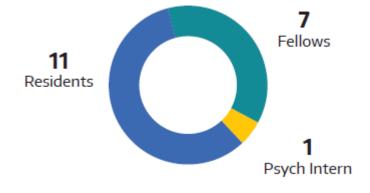
- ❖ Neuromodulation and Interventional Psychiatry
- ❖ Technology / Artificial Intelligence in Behavioral Health Care
- Mental Health and the Law

## Clinician Scientist Training Program

- Clinician Scientists are an important 'bridge' from research to clinical practice, making sure that the things we study in our labs will work in the 'real world' and can be rapidly translated into clinical practice.
- 19 trainee research awards to residents, psychology interns and postdoctoral fellows at UW Medicine.
- Program awardees for the third round of funding will be announced in April.



Jesse Fann, MD, MPH Director, CSTP







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

- Collaboration between Departments of Neurology and Psychiatry and Behavioral Sciences
- Neurologists and psychiatrists working together to diagnose and treat patients with complex behavior problems.



Inaugural fellows: Kelania Jimenez, MD (psychiatry) and Sung Ji, MD, PhD (neurology)



Michael Schrift, DO, MA, FANPA Program Director



Michael Persenaire, MD Associate Program Director

### Garvey Institute Center for Neuromodulation

- Opened in April 2024 at UWMC Northwest Center for Behavioral Health and Learning
- Helping individuals with serious mental illness who have not benefited from standard treatments such as medication or psychotherapy
- Initial therapies include Electroconvulsive Therapy and Transcranial Magnetic Stimulation





- Blends top-notch clinical care and innovative research
- Offers cutting edge training for future mental health professionals

### New Research Programs

#### 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
- Enrolling participants in psilocybin clinical trial in March 2025

## 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



Nathan Sackett, MD, MS



Marco Pravetoni, PhD

Garvey Institute for Brain Health Solutions

## Family and Caregiver Training and Support (FACTS)Program: engaging and supporting family and caregivers

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



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





FACTS website and pilot training on communications skills launched September 2024

Garvey Institute for Brain Health Solutions

#### Garvey Institute Innovation Grants

Fund innovative ideas and projects 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

#### 58 grants awarded to 154 investigators to date

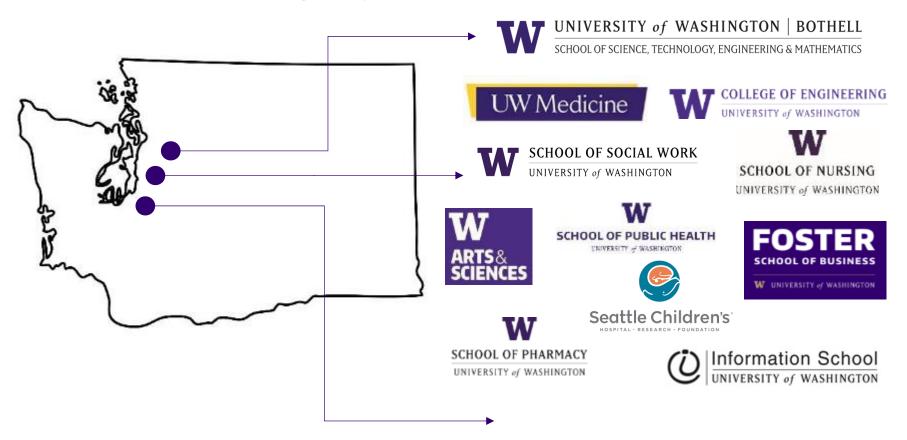


gibhs.psychiatry.uw.edu

Garvey Institute for Brain Health Solutions

#### Garvey Innovation Grants

• 154 investigators from all 3 UW campuses, 11 Schools and Colleges, 25 departments, and numerous local and regional partners



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Identifying and treating loneliness in young adults in primary care  Sebastian Tong, Kari Stephens		

## Website: <a href="https://gibhs.psychiatry.uw.edu">https://gibhs.psychiatry.uw.edu</a>



The mission of the Garvey Institute for Brain Health Solutions (GIBHS) at UW Medicine is to improve the health for the millions of people at risk for and affected by mental health, substance use, and other brain health disorders.



#### Lunch time: Innovation Stations





Becky Sladek, Kate Comtois Strengthening financial literacy for people living with serious mental illness



Kevin Hallgren Smart phone contingency management for methamphetamine use



Mandy Owens
Family intervention for individuals with Opioid Use Disorder



Denise Chang, Sarah Danzo
Addressing suicide risk in primary care to reduce youth suicide





Support (FACTS) Program Pilot



Andrea Stocco
Modeling of memory decline for improved evaluation of mild cognitive impairment

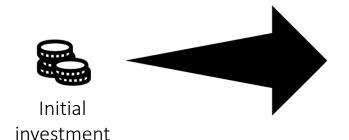


Rick Ries
Innovative training for suicide prevention in addiction treatment settings

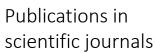




#### Innovation Grants: return on investments









Conference presentations



Grant applications for new research



Opportunities for trainees



Brain health awareness via news stories



New collaborations (public & private)



Improved care for patients and families/caregivers

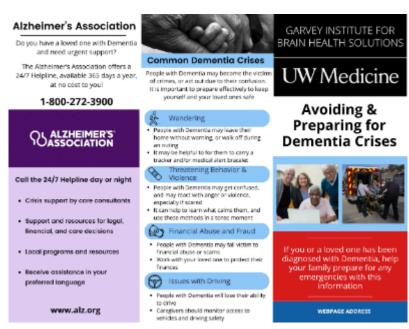
Over 5x return on investment in additional federal and state funding

Garvey Institute for Brain Health Solutions

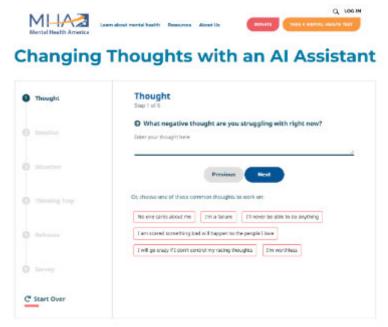
#### Garvey Innovation Grants



### Innovation Grants – community impact



Draft trifold resource for Washington law enforcement Project Lead: Kimiko Domoto-Reilly, MD



Al-supported tool for cognitive reframing Project Lead: Tim Althoff, PhD

# Break

#### Tim Althoff, PhD

Jean-Loup Baer Associate Professor,
Allen School of Computer Science & Engineering

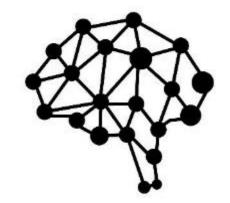
- Research focused on foundational AI and human-AI interaction capabilities to help improve mental health care access and outcomes.
- Prior work directly improved mental health services utilized by over ten million people and informed federal policy.



### Al to improve Brain Health and Mental Health

A conversation with Tim Althoff PhD, Associate Professor of Computer Science

- You are a computer scientist. What got you interested in working on mental health? What does your team do in this area?
- How do you think computers can help us reach and help more people in need?
- What are computers and AI particularly good at? Can you give an example?
- What about training clinicians, family members, and others in the area of behavioral health?
- What are some of the risks, caveats, and unintended consequences that we should be paying attention to?
- In the news, we hear about chat bots encouraging users to commit harmful acts what safeguards do we need for these tools?



For all: what could brain health and mental health care supported by Al look like in 10 years?

Garvey Institute for Brain Health Solutions

## Share your ideas

#### Crowdsourcing activity

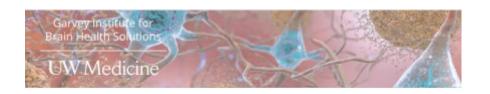
**Step 1:** Fill out the card with your ideas – this is anonymous

Step 2: Pass cards around the room

**Step 3:** Read the card in your hand, rate the idea from 1 to 5

Repeat Step 2 and 3 for two additional rounds

We will collect the cards and share top scoring ideas after lunch



 If you had \$1 million, what big idea to improve brain health would you recommend?

2. What first step would you take to get started?

Rater 1 \_\_\_\_/ 5

Rater 2 \_\_\_\_/ 5

Rater 3 \_\_\_\_/ 5

Total \_\_\_\_/ 15

### Crowdsourcing activity



Go to pigeonhole.at

Enter passcode

**GIBHS** 

## Lunch and Innovation Stations

**RETURN AT 1:00PM** 

## The next 5 years

#### Your ideas ...

#### Results from crowdsourcing activity



### Looking ahead: the next 5 years







**Programs** 



**Places** 



**Policies** 

#### Faculty searches supported by the Institute

#### Endowed Chairs and Professorships:

- Nicole K. Engle Endowed Professor for Addiction Medicine
- ❖ Warner Schaie Endowed Chair in Cognitive Aging

Early career clinician scientists with a focus on

- ❖ Neuromodulation and Interventional Psychiatry
- ❖ AI tools in Behavioral Health Care
- ❖ Mental Health and the Law

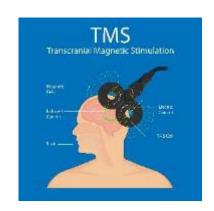
#### Training programs

#### Grow and support

- Clinician Scientist Training Program
- Neuropsychiatry and Behavioral Neurology Fellowship

#### New fellowship program:

 Neuromodulation and Interventional Psychiatry





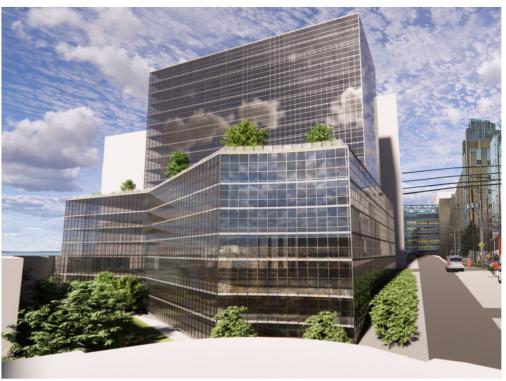
#### Opportunities for new partnerships

- UW Neuroscience & Washington Initiative for Neuroscience
  - Planning grant from Washington Research Foundation (WRF)
- UW School of Law
  - Civil Commitment
  - Joint clinic
  - Training and support of first responders and law enforcement personnel



## New Spaces: Harborview – 9<sup>th</sup> and Alder

Innovation Clinic
Simulation Training Program







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#### Therapeutic Community

We are exploring the development of a model therapeutic community for adults who are living with chronic brain health and mental health disorders in Washington State.

Therapeutic communities have developed around the country and around the world, with well documented measures of success.

They can provide a safe and structured setting where residents and staff work, live, and play together, empowering residents on their road to recovery



#### Raising Washington

Only **one in five** women in need of help receives effective mental health care during the peripartum period

We are exploring an ambitious partnership to provide perinatal mental health and parenting support for women giving birth in Washington to improve the lives and futures of women, children, and families across the state.





# THANK YOU! Garvey Family

Advisory board members, faculty advisors, search committee members, Innovation grantees, Institute staff, advancement colleagues

gibhs.psychiatry.uw.edu

gibhs@uw.edu

Garvey Institute for Brain Health Solutions

**UW** Medicine