

# ACCELERATE SOLUTIONS

## RESEARCHING KEY CHALLENGES IN MENTAL HEALTH

What causes mental illness? How can we better treat these common and disabling disorders, and how can we prevent them? Can we keep our brains healthy into old age? Scientific research is the best way to answer such questions and hasten the development of new treatments.

At the Department of Psychiatry and Behavioral Sciences at UW Medicine, our research has led to tremendous progress in understanding and treating mental illnesses such as autism, dementia, post-traumatic stress disorder, bipolar disorder, depression and anxiety disorders. We translate innovative ideas into solutions, making sure our discoveries in the lab turn into effective treatments in the real world. Our researchers create faster, more effective and better-targeted treatments for the most challenging mental health and substance-use problems and figure out the best ways to disseminate them. These treatments have helped millions of people lead fulfilling and productive lives.

### UNDERSTANDING THE BRAIN



**JOHN NEUMAIER, M.D., PH.D.**

*UW Professor*

Our neuroscientists, led by Dr. John Neumaier, use leading-edge techniques to advance the understanding and treatment of mental health problems — from traumatic stress to Alzheimer's disease, depression and addiction — that plague millions of people. Our researchers work tirelessly to improve brain health and to find more effective treatments for individuals across the lifespan.

### LEVERAGING TECHNOLOGY



**DAVID ATKINS, PH.D.**

*UW Research Professor*

Technology has the power to revolutionize mental health care. Our new Behavioral Research in Technology and Engineering (BRiTE) Center, directed by Dr. David Atkins, brings together experts in engineering, computer science and bioinformatics to enhance treatment and reach more people with effective treatments for a wide range of mental health and substance-use problems.

### TARGETING TREATMENTS FOR TRAUMA VICTIMS



**DEBRA KAYSEN, PH.D.**

*UW Professor*

The Trauma Recovery Innovations (TRI) program directed by Dr. Debra Kaysen conducts groundbreaking research to improve the lives of people who experience traumatic events, such as sexual assault, natural disasters and combat exposure. We take effective mental health treatments and adapt them to address the unique challenges faced by trauma victims. This results in earlier and more accessible care and more precisely targeted treatments that can be delivered by a variety of healthcare professionals.

### UNDERSTANDING AUTISM



**RAPHAEL BERNIER, PH.D.**

*UW Associate Professor*

We are committed to advancing our understanding of autism spectrum disorders (ASD) and other related developmental disabilities. Our

department's research, led by Dr. Raphael Bernier, focuses on identifying and clarifying how autism develops, how the brain is involved, and how we can best intervene to improve the quality of life for individuals and their families.

## GAMING THE BRAIN



### **PATRICIA AREÁN, PH.D.**

*UW Professor*

Drawing upon the latest advances in neuroscience, technology and psychological science, the CREATIV Lab, directed by Dr. Patricia Areán, develops targeted behavioral interventions that are personalized, easy to use and more readily available. For example, our researchers are testing a video game-like digital therapy that can improve mood, cognition and social functioning.

## ADDITIONAL RESEARCH EFFORTS

Other areas of research include addictions, global mental health, healthy brain aging, health risk behaviors, high-risk youth, integrated care/collaborative care, maternal and child well-being, population health and school-based health. For a complete list of our research portfolio, visit [uwpsychiatry.org/research](http://uwpsychiatry.org/research).

## JOIN US

Philanthropy is crucial to the Department of Psychiatry and Behavioral Sciences at UW Medicine, allowing for the development of vital research programs, the recruitment and retention of expert faculty and the training of the next generation of psychiatry experts and leaders.

To support the department, or to learn more about our vision for building a better tomorrow through research, please contact David Chow, director for philanthropy, at 206.543.7252 or [chowd@uw.edu](mailto:chowd@uw.edu). Thank you for your interest in our work.

UW Medicine

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