

# ACCELERATE DIALOGUE

## CHANGING THE CONVERSATION ABOUT MENTAL HEALTH

This is a pivotal time for mental health care in Washington state. Statewide initiatives are poised to address the fragmented system of care that, for far too long, has marginalized those most in need. Coupled with national efforts to provide adequate compensation for mental health care, there is a growing momentum for real change.

At UW Medicine, faculty and staff in the Department of Psychiatry and Behavioral Sciences actively contribute to local, state, regional and national efforts to improve mental health care. We promote policy dialogue and practices that increase mental health awareness, decrease stigma associated with mental illness and help us build healthier communities.

### CREATING A MODEL PROGRAM FOR FIRST-EPISEODE PSYCHOSIS



#### MARIA MONROE-DEVITA, PH.D.

*UW Assistant Professor*

Families in the Seattle area and beyond desperately need a state-of-the-art program for youth and young adults presenting with a first episode of psychosis. Our current system is fragmented, and, too often, families don't know where or how to turn for help. Led by Dr. Maria Monroe-DeVita, this multidisciplinary program will identify and remove barriers to high-quality care and address the wide range of needs for both young people and their families by providing medication treatment, psychotherapy, family education and support, supported education and employment services, and assistance with health and wellness. We also want to develop our capacity to offer clinical consultation to providers in our region who care for individuals experiencing first-episode psychosis, and to conduct research on better treatments and systems of care.

#### ADDITIONAL LEAD FACULTY

Carolyn Brenner, M.D., UW Assistant Professor

Lydia Chwastiak, M.D., MPH, UW Associate Professor

### PROTECTING AT-RISK CHILDREN AND YOUTH



#### ERIC TRUPIN, PH.D.

*UW Professor*

At-risk children and families deserve the best help available from the mental health, chemical dependency, child welfare and justice systems in Washington state. Our goal at UW Medicine is to help providers with evidence and tools that help improve those programs. Over the past three decades, the Division of Public Behavioral Health and Justice Policy, directed by Dr. Eric Trupin, has become nationally renowned in providing evidence-based strategies to providers — and for their advocacy work in keeping children, youth and families away from the “cradle to prison” pipeline.

### REDUCING HEALTHCARE COSTS



#### JÜRGEN UNÜTZER, M.D., MPH, M.A.

*UW Professor and Chair*

Governments and businesses purchasing healthcare are increasingly aware of the high human and healthcare costs associated with untreated or poorly treated

mental illness and addictions. Research conducted by Dr. Jürgen Unützer and other faculty suggests that effective investment in the care of patients with mental health and substance-use disorders not only improves access to care and health outcomes, but also lowers total healthcare costs. We want to build on this research and work with advocacy groups, regulators, policymakers and payers to make the case for the value of more effective behavioral health care.

## JOIN US

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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 advocacy, 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

JOIN US **AccelerateMed.org**

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