

# ACCELERATE MENTAL HEALTH CARE

## A NEW INSTITUTE, A NEW SENSE OF HOPE

We know that 1 in 5 people has a mental health condition. We know that there is no health without mental health. And we believe that everyone deserves access to effective mental health care.

That's why Harborview Medical Center wants to create a behavioral health institute, a group of services and people dedicated to key issues in mental health. With the institute, we want to expand our programs and **open new doors**, so more people have access to effective behavioral health care. We want to **create solutions**: to do more research to develop better treatments. We want to **train and inspire** mental health care professionals. And we want to **drive dialogue**: to have an even stronger voice in the community to advocate for awareness and policy change.

In November 2017, the community will come together to help raise funds to create the new UW Medicine Behavioral Health Institute at Harborview Medical Center. We believe this institute will change lives in our community forever. And we invite you to join us.

## THE INSTITUTE AND HARBORVIEW MEDICAL CENTER

The new UW Medicine Behavioral Health Institute will be located at Harborview Medical Center in Seattle. Harborview serves as a critical safety net for disadvantaged and vulnerable patients with serious mental health and substance-use problems. Our experts evaluate more than 5,000 patients a year in Harborview's psychiatric emergency department, and we have three times more psychiatric inpatient beds than nearby hospitals.

What's more, Harborview and UW Medicine's Department of Psychiatry and Behavioral Sciences serve as a cornerstone for mental health research and training in our region.

In creating the UW Medicine Behavioral Health Institute, our goal is to capitalize on existing strengths in patient care, research and training in order to improve mental health care over an entire region. And in holding a benefit for the institute in November, we hope to provide a good foundation for the institute to address its first three goals.

## THE INSTITUTE'S FIRST THREE GOALS

Leaders in the Department of Psychiatry and Behavioral Sciences have established three initial priorities that will have a major impact on patients and families, both locally and regionally.

### IMPROVING CARE FOR YOUTH AND YOUNG ADULTS WITH EARLY PSYCHOSIS

Serious mental illnesses, such as schizophrenia, bipolar disorder and other forms of psychosis, typically appear during adolescence and young adulthood. These conditions — which arrive with symptoms of paranoia, hallucinations and social withdrawal — often cause tremendous suffering for youth and young adults and their families.

The personal and societal costs of psychosis can be devastating, including loss of educational and employment opportunities, homelessness and incarceration. Tragically, there's also a high risk of long-term disability, even of suicide. These problems are compounded by an ineffective response: even when patients and families reach out for help, the healthcare system is not always ready to address their needs.

**OUR SOLUTION.** With investment, we intend to create the Early Psychosis Intervention Program. Research shows that early intervention significantly improves the course of the illness and results in better outcomes. We want to strengthen our early psychosis intervention team at Harborview and, later, create a complementary team at Seattle Children's. These teams will consist of psychotherapists, employment/education specialists and other experts as needed. Together, they will help youth and young adults get accurate diagnoses and timely and effective care — allowing them and their families to have the brightest future possible.

## EXPANDING TELEPSYCHIATRY FOR THE REGION

Most counties in the WWAMI region — the five-state area of Washington, Wyoming, Alaska, Montana and Idaho — do not have even a single practicing psychiatrist or psychologist. As a result, many people in these five states, including youth or young adults contending with psychosis, have to wait an excruciatingly long time — up to a year in some areas — to get help.

**OUR SOLUTION.** The Department of Psychiatry and Behavioral Sciences has a history of practice and innovation in telepsychiatric care. When done well, telepsychiatry leads to earlier intervention, better outcomes and a reduced need for higher, more expensive levels of intervention. With investment, we want to expand our successful telepsychiatry program to include regular and emergency video and telephone consultation based out of Harborview. By providing expert consultation early on, we can reduce the number of people who come to Harborview in crisis.

## STRENGTHENING CRISIS INTERVENTION

All too often, patients and families with new or urgent mental health problems have few places to turn for assistance. The result is that they need to use emergency rooms. Experts agree that ERs are not ideal settings for behavioral health crises: physical health emergencies usually take precedence, and ERs often have limited space and personnel to care for patients who need psychiatric help.

**OUR SOLUTION.** With investment and partnership with King County Mental Health and Substance Abuse Services, we propose to expand crisis services at Harborview with an interdisciplinary team, one including psychiatrists, healthcare specialists, nurses and mental health practitioners. These services will provide a much-needed additional follow-up option for patients and families who, while evaluated in emergency rooms, also need next-day appointments and help accessing ongoing behavioral health care.

## JOIN US

Opening new doors. Creating solutions. Training and inspiring. Driving dialogue. These are the goals of the UW Medicine Behavioral Health Institute at Harborview Medical Center. We invite you, through your support, to help create the institute — and, in turn, to improve the health and well-being of the Northwest community.

If you would like to learn more about the institute, or if you would like to learn more about the fundraising event in November 2017 that will benefit it, please contact David Chow, director for philanthropy, at 206.543.3527 or [chowd@uw.edu](mailto:chowd@uw.edu). Thank you very much for your interest in our work.

UW Medicine

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