



SUPPORTING MENTAL HEALTH WORLDWIDE

THE UW PROGRAM FOR GLOBAL MENTAL HEALTH

IMAGINE YOU ARE a new mother struggling with post-partum depression, but there are no mental health specialists you can see for help. What if your spouse has post-traumatic stress symptoms but can't get any care or treatment? Or, picture a teenager with depression or schizophrenia chained to a tree in a rural village because there are no options to ensure his and others' safety. These scenarios are dire. And for many people around the world, unfortunately, they are also very real.

Globally, many individuals experience psychological distress, depression, anxiety or trauma at some point in their lives, and they need services and support to help them cope and recover. Although such services are available in many areas of the U.S. and other high-income countries, in low- and middle-income countries (LMICs), 90 percent of individuals with mental health needs do not receive any treatment.

With expertise in psychiatry, global health and collaborative healthcare, the University of Washington is in a unique position to transform the standard of care around the world for people suffering from mental health disorders. We intend to bring together interdisciplinary teams to solve long-standing global mental health challenges through the creation of a new UW Program for Global Mental Health. We request your support in this visionary endeavor.

A SILENT HEALTH CRISIS

More than one billion people around the world suffer from mental health problems, and mental illnesses are among the leading causes of disability worldwide. In fact, depression alone causes four times as much disability as diabetes, eight times as much disability as heart disease, and 20 times as much disability as cancer. Mental illnesses such as depression also interfere with seeking and adhering to treatment for conditions like HIV, diabetes and heart disease. This, in turn, directly contributes to poor quality of life and increased mortality.

LMICs have severely limited access to effective mental health treatment due to a lack of health system infrastructure, poor screening, a dearth of skilled health professionals and, in some cases, the stigma associated with mental illness. Instead, children, adolescents and adults with mental health needs are often isolated and abused, or placed in overcrowded and understaffed psychiatric facilities. The University of Washington (UW) intends to change these realities.



DEVASTATING NUMBERS

25 years: the reduction in life expectancy (worldwide) if you have a mental health disorder.

25 percent of all disability worldwide is caused by mental health disorders.

In LMICs, fewer than 1 in 10 adults and 1 in 20 children with mental health disorders receive effective care.

OUR VISION FOR THE UW PROGRAM FOR GLOBAL MENTAL HEALTH

At the UW, we intend to help the billion people who struggle with mental health problems worldwide get the care they need and deserve through a concentrated, collaborative effort: the creation of the UW Program for Global Mental Health. The program will bring together the strengths of the Department of Psychiatry and Behavioral Sciences and the Department of Global Health (see below), and it will draw on our extensive expertise with innovative treatments for mental disorders in primary-care, rural and other underserved settings, as well as our expertise in implementation science and our global network of partners.

The program will focus on three main areas:

- Treatment of mental illness in non-psychiatric settings (for increased access);
- Maternal, adolescent and child mental health care; and
- Psychological trauma and post-traumatic stress disorder.

Teams in psychiatry and global health are already partnering on a range of initiatives to address mental health challenges around the world, including:

- **Improving maternal mental health in India** among pregnant women who experience domestic violence by adapting evidence-based treatments for trauma and depression.
- **Promoting emotional health for school-age girls in Malawi**, one of the poorest countries in the world, by raising awareness of parenting practices that support children's school readiness.

- **Building mental health research in Kenya** by providing training and mentorship to University of Nairobi faculty and post-graduates and helping to develop a Mental Health Resource Center.
- **Adapting trauma care for Iraq and the Democratic Republic of Congo** to provide effective treatments for victims of torture and rape where the need is high and resources are limited.
- **Expanding mental health care in Vietnam** by working with leadership at Can Tho University of Medicine and Pharmacy to expand its capacity to provide mental health care in family medicine.

Co-directed by Dr. Unützer, Deepa Rao, Ph.D., and Jane Simoni, Ph.D., the program will serve as an interdisciplinary and collaborative hub for these and other projects, and it will include faculty experts in global health, child, adolescent and adult psychiatry, psychology, social work, anthropology and epidemiology. In creating the program, we will build on our current work in Africa and Asia to include more LMICs, continuing to foster and support the implementation of culturally appropriate mental health programs by local providers.

Finally, we will train healthcare professionals from the U.S. and partnering countries to develop and implement solutions to mental health problems. These professionals will work with local communities to learn how to adapt these ideas in low-resource settings, which will help us deliver better mental health care abroad and in marginalized, rural populations in the U.S.



LEADERSHIP

PSYCHIATRY: ACCESS, WORKFORCE, AWARENESS

Jürgen Unützer, M.D., MPH, who is internationally recognized for his leadership in providing mental health care in low-resource settings, chairs the Department of Psychiatry and Behavioral Sciences in the UW School of Medicine. This department promotes mental health globally by developing culturally relevant, cost-effective treatments, implementing effective workforce development programs, and partnering with local, national and global organizations to raise awareness of and knowledge about mental health disorders.

GLOBAL HEALTH: HEALTH, EQUALITY, SUSTAINABILITY

Judith Wasserheit, M.D., MPH, a global leader in the prevention and control of HIV and other sexually transmitted infections, chairs the Department of Global Health (DGH), one of the premier global health programs in the world. Housed jointly in the UW School of Medicine and the UW School of Public Health, and with a mandate to harness the expertise of all 16 UW schools and colleges, the department uses highly interdisciplinary approaches to work with colleagues in more than 135 countries to improve health, reduce health disparities and build sustainable health system capacity.



OPPORTUNITIES FOR STRATEGIC INVESTMENT

The success of the UW Program for Global Mental Health will depend upon several strategic investments: recruiting and retaining superb leaders, conducting innovative research, attracting talented students with scholarships and fellowships, and operational/facility support. Ultimately, our goal is to launch a center, and the resources detailed below will support that endeavor.

I. CAPACITY-BUILDING THROUGH ENDOWED FACULTY POSITIONS

Endowed chairs and professorships are prestigious honorary positions that provide vital resources for recruiting and retaining faculty. We seek endowment funding to support the recruitment of two leading experts in global mental health who will work together to develop and lead the program.

These two endowed positions, one for a senior scientist and one for a promising junior/mid-career scientist, would allow our departments to compete with other global universities for international leaders at the intersection of global health and mental health. Both faculty members will have joint appointments in the Department of Psychiatry and Behavioral Sciences and the Department of Global Health.

INVESTMENT: Funding for endowed professorships begins at \$500,000; funding for endowed chairs begins at \$2 million.

II. RESEARCH-RELATED INVESTMENT

An international leader in biomedical research and education, the University of Washington consistently ranks among the top three schools in the U.S. in receipt of National Institutes of Health (NIH) funding, a mark of our research excellence. NIH funding alone, however, cannot ensure that our work in global mental health will advance, because the NIH and similar organizations typically fund concepts that are already well-developed.

To underwrite the initial stages of the research discovery process (e.g., testing novel concepts and generating promising initial data through pilot projects), the University relies on philanthropy from individuals and organizations. For the program's first five years, we intend to award competitive pilot project funding to collaborative teams in several areas of emphasis, including:

- Projects to improve maternal, adolescent and child mental health and well-being;
- Care for victims of psychological trauma related to humanitarian emergencies and interpersonal violence;
- Effective treatment for addictions in diverse healthcare settings; and
- Interventions to support healthy behaviors, such as adherence to complex treatment regimens.

INVESTMENT: Current-use, pilot project funding at the \$25,000–\$100,000 level is vital to our mission.

III. SUPPORTING THE NEXT GENERATION OF GLOBAL MENTAL HEALTH LEADERS

As a national leader in both global health and psychiatry, the University of Washington attracts superbly qualified undergraduate and graduate students, postdoctoral fellows and medical students with a passion for global mental health. In-depth, mentored experiences build skills, awareness and commitment. With philanthropy, our goal is to provide the next generation of scholars and leaders in global mental health with several types of educational experiences:

- Scholarships for trainees and students from the UW and partnering LMIC institutions for mentored experiences in global mental health research and international and interdisciplinary collaboration.
- Fellowships for trainees from the UW and partnering LMIC institutions. Fellows will engage in a two-year course of training to receive a master's degree in public health (MPH) with a focus on global health or doctoral training in implementation science (a Ph.D. in global health metrics and implementation science, the first and only program of its kind) as they collaborate with UW faculty and global partners in global mental health training or research programs.

INVESTMENT: Current-use student support at any level is welcome; endowed funds for student support begin at \$25,000.

IV. FACILITIES AND ADMINISTRATION

Current-use funds are needed to launch the UW Program for Global Mental Health, including funds for new space and/or renovations to house the core faculty members and maximize collaboration. Administrative support is also needed.

INVESTMENT: Current-use support at any level is welcome.

We welcome the opportunity to discuss significant investments in our work, which may qualify for naming opportunities.

JOIN US

To become involved in this endeavor, or to learn more about the work undertaken by the UW Program for Global Mental Health, please contact Megan Ingram, assistant dean for advancement for the School of Public Health, at 206.616.7197 or mkingram@uw.edu, or Deirdre Sumida, associate director for philanthropy for UW Medicine, at 206.221.4769 or deirdres@uw.edu. With your partnership, we can improve mental health and well-being on a global scale. Thank you for your interest in our work.

