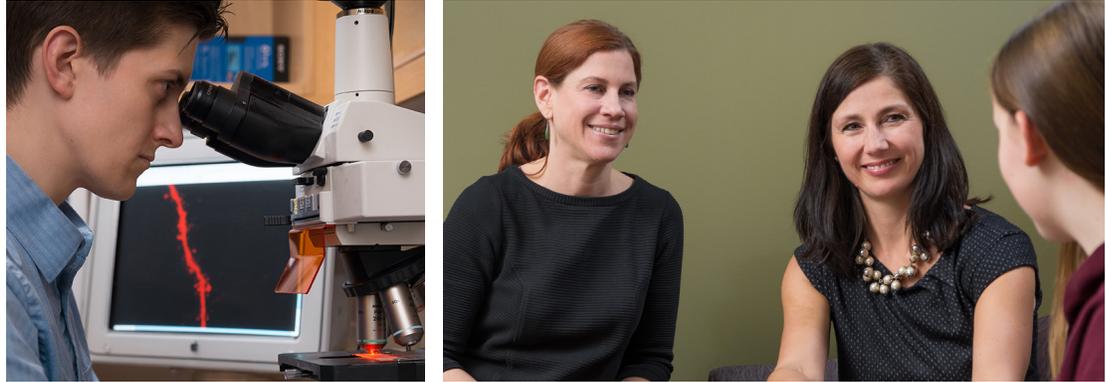


# PSYCHIATRY AND BEHAVIORAL SCIENCES

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UW Medicine cares for the entire person by studying brain-body connections and treating conditions such as mental disorders, cognitive impairments and addiction. Faculty members in UW Medicine's Department of Psychiatry and Behavioral Sciences are working to find new solutions to a momentous challenge: providing effective mental health care to everyone who needs it. By using new technologies and taking a population-level approach to mental health, we're taking on traditional barriers and forging new partnerships to improve mental health care.

## *Part of your care team*

Our mental and behavioral health professionals treat UW Medicine patients in clinics and hospitals throughout the Puget Sound region. You'll find our providers in both inpatient and outpatient settings at six area hospitals and in a network of primary care and specialty clinics, providing over 10,000 clinic visits per year.

For instance, our award-winning Behavioral Health Integration Program (BHIP) offers on-site mental health services to primary care patients at more than 15 UW Medicine clinics. We also provide care through specialty programs embedded in the Regional Heart Center, Women's Health Care Center, Maternal and Infant Care Clinic, Transplant Services, Center for Pain Relief and Seattle Cancer Care Alliance. Our goal is to be where and when we're needed.

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For more information about the Department of Psychiatry and Behavioral Sciences, visit [uwmedicine.org/services/psychiatry](http://uwmedicine.org/services/psychiatry) or email [pbsci@uw.edu](mailto:pbsci@uw.edu). To make an appointment with a UW Medicine psychiatrist, call **206.520.5000**.

### ***Beyond Puget Sound***

Our dedication to regional health extends deep into rural and underserved areas through the use of telemedicine. As the only academic psychiatry department serving the WWAMI region of Washington, Wyoming, Alaska, Montana and Idaho, we are committed to improving access to psychiatric care and consultation throughout the greater Pacific Northwest. We increasingly use telepsychiatry to connect UW-based mental health specialists with community doctors and staff, leveraging our expertise and increasing access to effective mental health care. We provide over 15,000 telepsychiatry consultations every year.

### ***Research and training***

Our scientists continue to research better ways to treat patients with mental and behavioral health conditions. We have major research programs investigating maternal and child mental health, addictions, mental health and technology, brain injury and aging, and autism, to name a few. One of our best known innovations is the Collaborative Care model, pairing psychiatrists and other mental health specialists with primary care providers. Our evidence-based research shows that Collaborative Care helps achieve the 'triple aim' of health care reform: better patient satisfaction, better clinical outcomes and lower health care costs.

As part of a teaching hospital, we are dedicated to bringing that innovation to the next generation of mental and behavioral health specialists. Our psychiatry residency program is the largest in the U.S.

We also train existing specialists and other health care providers. Funded by the Washington State Legislature, the Integrated Care Training Program (ICTP) takes the Collaborative Care Model statewide. This program is the first of its kind in the nation; one more example of how UW Medicine's Psychiatry and Behavioral Sciences integrates care for both a healthy body and a healthy mind.



### ***Help is here***

Our clinicians help people with the following conditions:

- Mental health and substance use disorders in patients of all ages
- Common mental disorders such as depression and anxiety
- Severe and persistent disorders such as bipolar disorder and schizophrenia
- Posttraumatic stress disorders and psychiatric symptoms of head trauma
- Autism and other psychiatric disorders starting in childhood
- Cognitive and memory disorders such as dementia and delirium
- Psychosomatic and psychiatric conditions associated with medical illnesses
- Substance abuse and addiction