



NATIONAL CENTERS OF  
**EXCELLENCE**  
IN WOMEN'S HEALTH

**Mental Health**

**December 2000**

OFFICE ON WOMEN'S HEALTH  
U.S. DEPARTMENT OF HEALTH  
AND HUMAN SERVICES

The National Centers of Excellence in Women's Health (CoE) were established by the Office on Women's Health, within the Department of Health and Human Services in 1996. Their mandate is to establish and evaluate a new model health care system that unites women's health research, medical training, clinical care, public health education, community outreach, and the promotion of women in academic medicine around a common mission – to improve the health status of diverse women across the life span.

This pamphlet highlights some of the innovative activities and programs at the CoEs that address the mental health concerns of women.

### **Research**

- ◆ Center: Boston University Medical Center  
Contact: Boston University Center of Excellence,  
617-638-8035  
Internet: <http://www.bmc.org/coewh/>

Research in the Women's Health Sciences Division, an affiliate of the Boston University CoE, primarily addresses correlates and aspects of gender that are linked via various mechanisms to post-traumatic stress and associated syndromes. Furthermore, the Division has increasingly focused its research efforts toward an understanding of the impact of sexual assault on women's mental and physical health.

The Office of Clinical Research, an affiliate of the Boston University CoE, has created and maintains a web site (<http://>

[www.bumc.bu.edu/bumc/orc](http://www.bumc.bu.edu/bumc/orc)) to provide information for interested parties, both internal and external, concerning the environment for clinical research at Boston University Medical Center.

- ◆ Center: University of California at Los Angeles  
Contact: UCLA Center of Excellence, 1-800-825-2631  
Internet: <http://womenshealth.med.ucla.edu/>

The UCLA CoE initiated a new collaborative effort between the School of Medicine, Division of Geriatrics, and the Psychology Department of Neuropsychiatric Institute to investigate cortisol, estrogen, and memory across the lifespan during the contract period. Dr. Gail Greendale, CoE Research Director, completed a pilot study in September, 1999 in 50 post-menopausal women to assess the effects of hormone replacement therapy on cortisol in response to stress.

The Women's Life Center, a specialty clinic within the UCLA Neuropsychiatric Institute, maintains a close relationship with the UCLA CoE. Research interests of Women's Life Center faculty include the relationship of hormonal status to mood disorders, including postpartum depression and depression and menopause. The CoE model clinical center, the Iris Cantor-UCLA Women's Health Center, serves as a site for recruitment for Women's Life Center studies, and Women's Life Center faculty have participated in outreach to the community through the UCLA CoE Community Alliance, providing information on current research studies to representatives of a wide range of community clinics and other organizations.

- ◆ Center: University of California, San Francisco  
Contact: University of California, San Francisco Center of Excellence, 415-885-7273

Internet: <http://itsa.ucsf.edu/~ucsfcoe/main.html>

The WomenCare Mental Health clinic is a specialty clinic within the UCSF Department of Psychiatry with a close affiliation with UCSF Women's Health. This clinic evaluates and treats women with a variety of diagnoses including depression, anxiety disorders, and hormonal issues. Research interests in the clinic include mental health of lesbians, infertility, mental health treatment in the era of managed care, and education.

The Woman's Mood and Hormone Clinic is a specialty tertiary care clinic also within the UCSF Department of Psychiatry that provides expert opinion in cases where hormone function may influence mood and well-being. The clinic Director is Louann Brizendine, MD. This clinic evaluates women with premenstrual mood changes, menopausal and perimenopausal difficulties such as mood swings and memory problems, problems with sexual functioning and libido, mood changes during pregnancy and after giving birth, and sexual side-effects of medication.

Specific research projects in progress under the direction of Dr. Brizendine include:

- Compare women with and without post partum depression and those with and without premenstrual depression to look for genetic variances in enzymes which process progesterone.
- Compare the mood effects of natural progesterone versus synthetic progestin.
- Studying the effects of DHEA supplementation in women.
- Test effectiveness on mood and memory of HRT on postmenopausal women.

An additional collaborative CoE research project is the development of a Depression Co-Management Model where women with depression will have their antidepressant medication managed by a psychiatric clinical pharmacist working closely with the woman's primary care provider. We plan to test the effectiveness of this depression co-management program by comparing outcomes and patient satisfaction relative to usual care in a primary care setting.

- ◆ Center: Harvard University  
Contact: Harvard Medical School's Center of Excellence,  
617-732-8798  
Internet: <http://www.hmcnet.harvard.edu/coe/>

Information about enrolling patients in women's health studies was listed on the Brigham and Women's Hospital and Massachusetts General Hospital CoE web site. New studies listed include topics such as perimenopausal depression and hormone replacement therapy.

- ◆ Center: University of Illinois at Chicago  
Contact: University of Illinois at Chicago Center of Excellence,  
312-413-1924  
Internet: <http://www.uic.edu/orgs/womenshealth/>

In April 2000, the UIC CoE sponsored a Women's Mental Health Issues Roundtable. The presentation topic was "Sexual Harassment, Generalized Abuse, and Mental Health Outcomes in University Employees."

- ◆ Center: Indiana University School of Medicine  
Contact: Indiana University School of Medicine National Center of Excellence, 317-630-2243  
Internet: <http://www.iupui.edu/~womenhlt>

A psychologist is being hired to serve as a key member of the teams involved in the new Pain Management and Weight Management Clinics. This individual also will be involved in a proposed Clinic for Women with Disabilities. In addition to clinical responsibilities, this person will be expected to conduct studies related to satisfaction and outcomes of patients attending these clinics. All of these clinics are part of the CoE.

The education program on domestic violence for teens and young women will be assessing depression levels, outcomes, and response to interventions that occur as a result of participating in this program. This program is part of the CoE.

Dr. Victoria Champion studies behavioral attitudes of minority women towards screening for breast and colon cancer and has created a number of tools to improve participation of minority women in these activities. Some of these studies are being conducted as part of the CoE's clinics.

- ◆ Center: Magee Womens Hospital  
Contact: Magee Womens Hospital Center of Excellence,  
412-641- 4450  
Internet: <http://www.magee.edu/cewh2.htm>

The Magee CoE is researching appropriate health care intervention strategies for women who are experiencing violence.

- ◆ Center: MCP Hahnemann University  
Contact: MCP Hahnemann Center of Excellence,  
215-842-7041  
Internet: <http://www.mcphu.edu/institutes/iwh/coe.htm>

The Institute for Addictive Disorders, affiliated with the CoE, examines the special populations, usually women, predisposed to

substance abuse in Pennsylvania's welfare-to-work program, as defined by race, ethnicity and socioeconomic status.

- ◆ Center: University of Pennsylvania  
Contact: University of Pennsylvania Center of Excellence,  
215-573-3569  
Internet: <http://www.obgyn.upenn.edu/cewh/>

The Center for Research on Reproduction and Women's Health, an affiliate of the University of Pennsylvania CoE, is focusing a particular emphasis on health issues facing minority populations, particularly those in which there is a significant racial disparity such as depression.

- ◆ Center: University of Puerto Rico  
Contact: University of Puerto Rico Center of Excellence,  
787-753-0090  
Internet: <http://www.rcm.upr.edu/2klwhc/>

Puerto Rico CoE is sponsoring a research project on Alzheimer's Disease by a junior clinical researcher of the School of Medicine.

The Medical Sciences Campus School of Public Health has a Center for Health Care Systems Evaluation and Sociomedical Research. The Center's research is planned and developed by a group of biomedical researchers (physicians, epidemiologists, anthropologists, psychologists, and others) following in an interdisciplinary approach. Faculty from the Graduate School of Public Health and other schools at the Medical Science Campus participate in the Center's research. Collaborators and consultants from abroad also participate in numerous activities. Several important research projects currently in progress are: Mental Health Services Utilization in Puerto Rico, AIDS and Prostitution, Adolescents at Risk of Contracting AIDS, Women and AIDS, Prevention of High Risk Behaviors for HIV in

### Women, and Availability of Preventive Services for High Risk HIV+ Selected Populations.

The Medical Science Campus Deanship of Academic Affairs has a Behavioral Science Research Institute. Its main goals are to carry out studies of mental disorders, behavioral problems, and their associated features in the adult, child, and adolescent population of Puerto Rico; to translate, adapt to the Puerto Rican culture, and test the psychometric properties of the various diagnostic instruments used in the research performed; to develop methodologies and theoretical models which are applicable to research with the Hispanic and other minority populations within the United States; to promote collaborative research with other research centers and researchers within and outside the island, and to provide training to students in basic research skills, both within the University and outside, particularly in Latin America. The Institute has been funded by various grants from the National Institutes of Health, World Health Organization, and the McArthur Foundation. Current projects include: a methodological study of child assessment in Puerto Rico, the development and testing of the Spanish AUDADIS, testing of the substance abuse modules of the Spanish CIDI, and testing of the schedule for clinical assessment in Neuro-psychiatry (SCAN). Past research includes: Psychiatric Epidemiology/Mental Disorders in Puerto Rico, A Child Psychiatric Epidemiology Study in Puerto Rico, Correlates of Drug Dependence Symptoms in Puerto Rico, and McArthur Foundation Mental Health Network. Although the focus of these applications is not gender, the Institute analyzes the data by gender since the prevalence of disorders, risk factors, as well as service utilization patterns vary by gender. As little is known about the development of antisocial behavior and delinquency in girls, Institute researchers will be focusing on that issue as well.

- ◆ Center: Wake Forest University Baptist Medical Center  
Contact: Wake Forest Center of Excellence, 336-713-4220  
Internet: <http://www.wfubmc.edu/women>

The WHCoE assembled a new resource manual, *Research Opportunities for Women*, which is placed in WHCoE clinic waiting rooms and resource centers. These manuals provide a listing of research studies, which are currently recruiting, and WHCoE brochures outlining why a woman may or may not want to participate in medical research. The study listings are updated quarterly based on the Office of Clinical Trials recruitment registry. Opportunities are available to participate in a variety of studies, including those focused on stroke and depression, and post traumatic stress disorder.

Each year, the WHCoE conducts an annual call for applications for the Intramural Women's Health Pilot Grant. The purpose of the grant is to support the collection of pilot data necessary to submit competitive investigator-initiated grant applications to the NIH and other funding agencies. Awards of up to \$12,500 (direct costs) are made. Proposals must address a key issue related to women's health, including basic science, clinical research or public health. Awards are made using the following criteria:

- Probability of future success for grant funding from a national agency such as NIH, NSF, etc. following the acquisition of pilot data from this seed grant support.
- Quality of science.
- Importance of research goals with respect to issues in women's health

Recent Awardees with a mental health focus include:

- Catherine Rolih, MD, Endocrinology and Metabolism:  
“Effect of Estrogen on Pro-Inflammatory Cytokine  
Production in a Human Astrocytoma Cell Line: A Role for  
Estrogen as an Anti-inflammatory Agent in Alzheimer’s  
Disease?”
- Carol Shively, PhD, Department of Pathology, Section on  
Comparative Medicine “Effects of Oral Contraceptives on  
Brain Dopamine and Serotonin Receptor Systems”
- Mary Lou Voytko, PhD, Department of Pathology, Section on  
Comparative Medicine: “Effects of Estrogen States on  
Cholinergic and Dopaminergic Neurons in the Primate Brain”

The Women’s Health Center co-funded a research project with the Department of Psychiatry. The project will assess the care needs of women addicted to prescribed drugs and providers’ ability to detect and appropriately treat this disorder.

Other active research at WFUBMC concerning women’s mental health includes the study of the monkey model in cognition and estrogen in menopause, cognitive functions, and the affects of alcohol. Rich Schulz is researching the Psychiatric and Physical Health Effects of Caregiving and Sally Shumaker, Ph.D., is conducting the Women’s Health Initiative Memory Study.

- ◆ Center: University of Washington, Seattle  
Contact: UW Center for Excellence, 206-598-8991  
Internet: <http://depts.washington.edu/uw98coe>

University of Washington Women’s Reproductive Health Research Program (funded through the National Institute of Child Health and Development): Correlation between depression and urinary incontinence in a tertiary urosynecology referral center.

— Principal Scholar: Heidi Nelson (OBGyn)

— Mentor: Ed Wallier (psychiatry)

Panic Disorder Study. Patients recruited from primary care centers including Women's Health for intake screening, confirmation of panic disorder/anxiety. Study participants randomized to medication, counseling or placebo.

- ◆ Center: University of Wisconsin-Madison  
Contact: University of Wisconsin Center of Excellence,  
608-267-5566  
Internet: <http://www.womenshealth.wisc.edu/home.htm>

WH Fellow Barb Loevinger, M.D. is psychiatric consultant to a research project in the Mind-Body Center of the University of Wisconsin Health Emotions Institute, an affiliate of the University of Wisconsin CoE. The study investigates the roles of immunologic and endocrine changes associated with psychological well being and psychiatric disorders in women with fibromyalgia and rheumatoid arthritis.

CoE faculty Julia McMurray, M.D. and Mark Linzer, M.D. are investigating gender and other factors in physician burnout, cross-specialty and cross-culturally.

Kit Allen, Ph.D., CoE Research Director, convened the Women's Health Research Colloquium, open to all interested faculty and students on the UW campus. Its purpose is to stimulate new, interdisciplinary research building on the established interest areas of UW faculty. *Stress and Health in Women* is currently the primary focus of this working group.

- ◆ Center: Yale University  
Contact: Yale Center of Excellence, 203-688-5180  
Internet: <http://info.med.yale.edu/womenshealth/>

“Light Therapy for Depression in Pregnancy” was one of six research grants announced by the Ethel F. Donaghue Foundation, a major research component of the Yale CoE.

Research conducted by Rani Hoff, Ph.D., and Robert Rosenheck, M.D., analyzes existing data bases on service utilization by women. The methodologies Drs. Hoff and Rosenheck developed for these studies emphasize that meaningful data on women’s use of health services in a particular system of care not only require comparisons with male patterns of service use, but also require a range of health care systems for comparison. These data and methodologies will be invaluable in documenting the problems that female veterans face in VA mental health care, and will help to guide future VA policies regarding mental health care delivery to female veterans. This research is conducted in association with the Yale University CoE.

### **Clinical Care**

- ◆ Center: Boston University Medical Center  
Contact: Boston University Center of Excellence,  
617-638-8035  
Internet: <http://www.bmc.org/coewh/>

The Division of Psychiatry, an affiliate of the Boston University CoE, offers outpatient services such as Addiction Services, including the provision of psychopharmacologic treatment and individual and group psychotherapy for women with addictive disorders, as well as General Psychiatry Services with clinical and research expertise in PTSD in women and the treatment of eating disorders.

A well developed, integrated health care service for women exists at a BMC affiliate, the VA Boston Healthcare System. The Boston Women Veteran's Health Center comprises three distinct programs for women: the Women's Health Center, the Women's Stress Disorder Treatment Team, and the Women's Health Sciences Division of the National Center for Post-traumatic Stress Disorder.

- ◆ Center: University of California, San Francisco  
Contact: University of California, San Francisco Center of Excellence, 415-885-7273  
Internet: <http://itsa.ucsf.edu/~ucsfcoe/main.html>

Women and their health care providers can access mental health services at UCSF through a single referral line managed by Langley Porter Psychiatric hospital and clinics (the Psychiatry Department at UCSF). The referral service phone line is staffed by mental health clinicians who perform an initial screening and then arrange for the individual to be seen for an intake appointment. The department has several mental health services especially developed for women.

Developed out of the Psychiatry Department in collaboration with the CoE, The WomenCare Mental Health Clinic was created and opened in July 1997. WomenCare strives to promote patients' sense of well being and safety with special sensitivity to the unique psychological, cultural, biologic, and economic factors faced by women. Areas of expertise include mood and anxiety disorders, trauma, reproductive issues, psychopharmacology, lesbian issues, and life cycle and development stages. Clinical services are provided mostly by faculty members including psychiatrists and social workers, however, trainees (fourth year psychiatry residents and psychology fellows) also rotate through the clinic. Services offered include thorough evaluations and

consultations, individual time-limited and long-term therapy, medication management, and cognitive-behavioral group treatment.

The Woman's Mood and Hormone Clinic is a specialty tertiary care clinic within the UCSF Department of Psychiatry, a partner with the UCSF CoE, that provides expert opinion in cases where hormone function may influence mood and well-being. This clinic evaluates women with premenstrual mood changes, menopausal and perimenopausal difficulties such as mood swings and memory problems, problems with sexual functioning and libido, mood changes during pregnancy and after giving birth, and sexual side-effects of medication.

Additional UCSF Department of Psychiatry clinical services for women include a medication clinic which specializes in women's psychopharmacology and a long-term psychotherapy group for lesbians. The UCSF/Mt. Zion Breast Care Center provides psychosocial services for breast cancer patients including individual assessments and support groups and an alliance exists between this Center and the WomenCare Mental Health Clinic for the provision of psychiatric care for these women.

- ◆ Center: Harvard University  
Contact: Harvard Medical School's Center of Excellence,  
617-732-8798  
Internet: <http://www.hmcnet.harvard.edu/coe/>

The Clinical Core of the HMS CoE developed a comprehensive, psycho-social clinical intake form for use in a variety of women's health care delivery settings. The form combines and integrates survey items in a comprehensive health history questionnaire, including medical, social, and psychological elements missing from conventional intakes forms used at traditional health care sites.

The Division of Psychiatry has providers with special expertise in psychiatric issues related to women's health throughout the lifespan. The women's mental health service provides consultation, evaluation, and treatment or referral of both inpatients and outpatients with a wide range of clinical problems. Evaluation includes both psychological treatment options, including coordinating psychosocial support, individual psychotherapy, group options, and psychopharmacological treatment options. Family and couples therapy programs and groups addressing incest and sexual abuse, eating disorders, menopause, stress management, and pregnancy are available. The spectrum of disorders includes the following: Pregnancy consultation, Pregnancy-related and postpartum psychiatric disorders, Fetal and perinatal loss and bereavement, Fertility and endocrine-related psychiatric disorders, Depression and infertility, Premenstrual, perimenopausal and menopausal disorders, Gynecologic oncology, medical illness in women, Eating disorders, Sexual dysfunction, and chronic pelvic pain, Depression and anxiety disorders. These services can be accessed through Beth Israel Deaconess Medical Center's Ob/Gyn Psychiatric Services, Brigham and Women's Hospital's Women's Psychiatric Services, and Massachusetts General Hospital's Center for Women's Mental Health.

- ◆ Center: University of Illinois at Chicago  
Contact: University of Illinois at Chicago Center of Excellence,  
312-413-1924  
Internet: <http://www.uic.edu/orgs/womenshealth/>

The Women's Division and the Child Division of the Department of Psychiatry, partners of the University of Illinois CoE, are collaborating to form a parenting and mental health assessment team for pregnant and parenting teenagers.

The Women's Division and the Child Division of the Department of Psychiatry are expanding the Parent's Clinic. The current Parent's Clinic provides 1) psychiatric care, 2) parenting coaching and 3) parenting support groups for women with major mental illness who are parenting babies and children up to preschool age. The expanded clinic will include home visits, and case management for parents in addition to the three services listed above. Teen parents will be included in these services.

- ◆ Center: Indiana University School of Medicine  
Contact: Indiana University Center of Excellence,  
317-630-2243  
Internet: <http://www.iupui.edu/~womenhlt/>

The IU CoE has partnerships with Indiana Coalition Against Sexual Abuse, Julian Center for Women Victims of Domestic Violence, and the IU School of Social Work among others. A CD-ROM has been created to teach medical students about domestic violence, and an Objective Structured Clinical Exam on an actor portraying a victim of domestic violence is now part of the clinical testing protocol for medical students at the end of their third year. This CD will be altered to make it appropriate for lay people as a teaching tool.

The IU CoE has developed a very successful support group for women with cancer and their families, which has grown from about 5 people to over 40 in the last year. This is an unusual program in that it serves an inner-city population that is traditionally not involved in support groups. Funds have been provided by community partners such as the Little Red Door Cancer Agency and The Wellness Community to provide transportation, refreshments, etc.

New programs are being instituted for weight management and pain control and a psychologist is being recruited as an integral member of these clinics. These programs are part of the CoE activities.

- ◆ Center: Magee Womens Hospital  
Contact: Magee Womens Hospital Center of Excellence,  
412-641-4747  
Internet: <http://www.magee.edu/cewh2.htm>

The University of Pittsburgh Medical Center, Western Psychiatric Institute and Clinic, and Magee-Womens Hospital work together to provide behavioral health services to women and their families in the Womancare settings in and around the Pittsburgh area. Currently there are five Womancare Centers that have Department of Public Works licensed behavioral health clinics. Mental health support includes counseling related to grief, loss, and life transitions, marital or family therapy and support, treatment for depression or anxiety disorders, evaluation and treatment of eating disorders, psychotherapy groups, educational groups, and parental counseling and support.

The Magee CoE maintains a Domestic Violence Resource Center to assist health care providers in providing an appropriate response to violence against women. The center is coordinated by LeeAnn Ranieri, MSN, CRNP, [Iranieri@mail.magee.edu](mailto:Iranieri@mail.magee.edu), (412-641-4450).

- ◆ Center: MCP Hahnemann University  
Contact: MCP Hahnemann Center of Excellence,  
215-842-7041  
Internet: <http://mcphu.edu/institutes/iwh/coe.htm>

The Caring Together Program, affiliated with MCP's CoE, provides multidisciplinary services to women with addictive disorders and co-morbid psychiatric disorders.

In affiliation with the MCP Hahnemann CoE, a network of community-based mental health providers with particular expertise in women's mental health was developed.

- ◆ Center: University of Michigan Health System  
Contact: University of Michigan Center of Excellence,  
734-763-0984  
Internet: <http://www.med.umich.edu/whrc/ctr.excel.html>

The UM CoE has a partnership with the community agency, Soundings, which provides services and resources to women entering a transitional time in their lives, whether through divorce, separation, death, etc.

Stress management series is offered to all University of Michigan Health System patients and staff. Series encompasses managing stress, creating a balanced lifestyle, nutrition and exercise, and an introduction to yoga.

Meds Plus Clinic: As part of the Washtenaw County Integration Project, an affiliate of the University of Michigan CoE, formed two drop-in mental health clinics which will be jointly funded and staffed by the Department of Psychiatry and Washtenaw County community Mental Health. These "Meds Plus" clinics will provide psychotropic medication maintenance, compliance monitoring, episodic supportive care, crisis intervention, and case management. Transportation and childcare services will be available for participants of this clinic.

- ◆ Center: University of Pennsylvania  
Contact: University of Pennsylvania Center of Excellence,  
215-573-3569  
Internet: <http://www.obgyn.upenn.edu/cewh/>

The PANDA Program (Physicians And Nurses Domestic Abuse), an affiliate of the University of Pennsylvania CoE, was established

at the Prenatal Clinic at HUP in order to serve abused, pregnant teenage girls. An Abuse Assessment Screen is administered to every prenatal patient at HUP. The screen is repeated 1-2 times during the pregnancy. Social work referral and individualized case management for each identified abused teen is available, and there is a post-partum follow-up, with specific emphasis on prevention of subsequent unintended pregnancy and prevention of abuse to the patient and her baby.

- ◆ Center: University of Puerto Rico  
Contact: University of Puerto Rico Center for Excellence,  
787-753-0090  
Internet: <http://www.rcm.upr.edu/2klwhc>

The CoE clinic does screening for depression on all of its patients. The Center offers psychological orientation to those patients with indications of depression.

- ◆ Center: Tulane and Xavier Universities of Louisiana  
Contact: Tulane Xavier Center of Excellence, 504-585-6156  
Internet: <http://www.tulane.edu/~tuxcoe/NewWebsite/>

Mental health screening is provided in the Women's Health Clinic by nursing staff, primary care physicians and social workers. Additionally, a Mental Wellness Program is being developed.

The Tulane University Hospital and Clinic offers comprehensive mental health services provided at its DePaul Tulane Behavioral Health Center of Excellence. Programs offered include Adult Inpatient and Outpatient Care; Child & Adolescent Inpatient and Outpatient Care; Addictions Programs; and Eating Disorders Programs. Mental health programs utilize a multi-disciplinary approach to treatment with the help of nurses, physicians, clinical social workers, psychologists, nutritionists and creative arts therapists.

- ◆ Center: Wake Forest University Baptist Medical Center  
Contact: Wake Forest Center of Excellence, 336-713-4220  
Internet: <http://www.bgsm.edu/women/>

The WFUBMC CoE's midlife women's health program provides one-on-one counseling in stress management, menopause management and mental health.

The Women's Health Program routinely screens new patients and periodically, existing patients, for depression.

The WFU CoE developed a Health Risk Assessment tool to better understand patients' risks for developing various illnesses. The questionnaire surveys medical history, diet, habits and family history. Included in the assessment are questions regarding depression.

The WHCoE is helping the Behavioral Health Service Line to assess services for and needs of women with substance abuse. Clinical programs will be planned based on the assessments.

A clinical researcher from the Department of Psychiatry provides on-site consultation to the WHCoE's main clinic providers and is working with them to better screen all patients for mental health issues.

- ◆ Center: University of Washington, Seattle  
Contact: UW Center for Excellence, 206-598-8991  
Internet: <http://depts.washington.edu/uw98coe/>

The University of Washington Women's Health Care Center at University of Washington Medical Center Roosevelt is a multidisciplinary care center providing comprehensive care to women. Mental Health Services includes psychiatry and counseling and a sexual dysfunction program held weekly by Dr. Julia Heiman

- ◆ Center: University of Wisconsin-Madison  
Contact: University of Wisconsin Center of Excellence,  
608-267-5566  
Internet: <http://www.womenshealth.wisc.edu/>

A statewide resource directory of clinical services for mental health is available on-line at the CoE Website. This directory, developed by the CoE and the Wisconsin Department of Health and Family Services, has also been widely distributed in hard copy around the state.

Woman-specific mental health services are provided to veterans through the VA Hospital Women's Clinic, an affiliate of the CoE. WH Fellow Barb Loevinger, M.D., a psychiatrist, consults and supervises trainees. One clinic emphasis is on women's long-term recovery from sexual abuse and assault.

The CoE clinics work extensively with the Wisconsin Well Woman Program; it encourages and funds depression screening for some low-income women. The CoE promotes this program through its community outreach.

- ◆ Center: Yale University  
Contact: Yale Center of Excellence, 203-688-5180  
Internet: <http://info.med.yale.edu/womenshealth/>

At the Yale-New Haven Hospital Primary Care Center, which is home to the CoE Clinical Care Center, psychiatry and mental health services are integrated throughout each patient care area. A major thrust of the continuity of care program has been to improve linkages between the Primary Care Center's comprehensive health care services and community based agencies and organizations.

The CoE's Interdisciplinary Women's Health Clinical Service (IWHCS) expanded its services to offer psychiatric consultation. Appointments are available during regularly scheduled IWHCS sessions to consult on patients with mental health conditions, including depression, anxiety disorders, psychosis, eating disorders, substance use, consequences of abuse, and psychological reactions to medical conditions.

### **Patient Education and Outreach**

- ◆ Center: Boston University Medical Center  
Contact: Boston University Center of Excellence,  
617-638-8035  
Internet: <http://www.bmc.org/coewh/>

Community outreach to women with mental health needs is offered through extensive networks comprised of neighborhood services to adolescent girls and their mothers at several locations in South Boston, psychiatric consultation to AIMS, a therapy program for incarcerated mothers, and the Multicultural Training Program that is a psychology program within the Division that provides culturally specific outreach to mothers and children. Much of the outreach and interventions are based in the Community Health Centers affiliated with Boston Medical Center (BMC).

Boston Medical Center, as a member of the CoE affiliated Roxbury Community Alliance for Health, participated in a series of three health fairs which included information, seminars, and interactive activities to educate the community about suicide, violence, Alzheimer's Disease, and many other topics.

- ◆ Center: University of California at Los Angeles  
Contact: UCLA Center of Excellence, 1-800-825-2631  
Internet: <http://womenshealth.med.ucla.edu/>

The UCLA CoE presented a health information conference for lay women entitled, “Total Health for Women” which covered “Mental Well Being” along with other topics.

The UCLA CoE web site offers comprehensive information and links on mental health dealing with topics such as anxiety disorders, depression awareness, the affects stress has on the body, and post-traumatic stress disorder.

The Iris Cantor – UCLA Women’s Health Education and Resource Center is open to the community and provides comprehensive, exemplary health education programs to women and their families that inform, support, and empower women. The Center is equipped with a lounge area to spend quiet time reading materials such as periodicals, books, and pamphlets, as well as individual workstations with a VCR to watch educational videos and a computer to access the Internet and play CD-ROMs. Mental health is a one of the many topics these materials cover.

- ◆ Center: University of California, San Francisco  
Contact: University of California, San Francisco Center of Excellence, 415-885-7273  
Internet: <http://itsa.ucsf.edu/~ucsfcoe/main.html>

Langley Porter hospital and clinics (the Psychiatry Department at UCSF, a partner of the UCSF CoE) has a single phone number available to both referring clinicians and the general public for accessing all clinical services. The referral service phone line is staffed by mental health clinicians who perform an initial

screening and then arrange for the individual to be seen for an intake appointment.

The UCSF CoE co-sponsors Women's Health 2000, an annual community education conference. For the past several years, mental health topics have been a focus of the day including workshops entitled Depressed, or Am I Just Tried?; Coping Strategies for PMS; Food and Exercise: Prevention or Obsession; Gaining Balance through Stress Reduction; An Herb, A Drug, A Group or Individual Therapy...What works for depression?; Learning to Negotiate: Why it is important for Women; and Navigating your child through a safe adolescence.

UCSF CoE promoted National Depression Screening Day for the Department of Psychiatry, UCSF Women's Health, and WomenCare Mental Health Clinic. Screenings were held at no charge in an effort to educate people about depression, destigmatize the illness, and bring those suffering from depression into the health care system for evaluation and treatment.

Dr. Ellen Haller, the Director of the WomenCare Mental Health Clinic, a partner of the UCSF CoE, participated in "Gender Matters" a conference on building a system of services and treatment for women's mental health in California. The conference was held December 9-10, 1998. Dr. Haller is a member of the California Women's Mental Health Policy Council.

The Program for Women of the UCSF Department of Psychiatry sponsored the Third Annual Spring Symposium entitled, Developmental Issues for Adolescent Girls.

A once monthly free psychoeducational class on depression is provided for any patient (and their family/friends) receiving psychiatric care within the UCSF Dept. of Psychiatry.

A monthly educational class entitled, “Empower Yourself” began in August, 1999. This is an interactive class on effective strategies for balanced nutrition, healthy exercise, and peace of mind. Individuals are referred to the class by their primary care provider affiliated with the CoE. At the end of the 2 hr class, individuals are provided with individualized suggestions and referral information by the class leaders.

Several free support groups are offered through the UCSF/Mt. Zion Cancer Resource Center, an affiliate of the UCSF CoE, including a group for women with DCIS and a group for the children of women with breast CA.

- ◆ Center: Harvard University  
Contact: Harvard Medical School’s Center of Excellence,  
617-732-8798  
Internet: <http://www.hmcnet.harvard.edu/coe/>

Randy Sue Glassman, MD, from Brigham and Women’s Hospital, a partner of the Harvard Medical School CoE, and Hadine Joffe, MD, from McLean and Massachusetts General Hospitals, also a partner of the Harvard Medical School CoE, were both Harvard presenters at the New England Regional Conference on Women’s Mental Health held on September 27-28, 1999. The conference was open to the public for a nominal fee.

The HMS CoE presented “Diverse Women Celebrating Wellness in the New Millennium: Strategies for Women and Providers” on March 30, 2000. Through panel presentations, lectures, and breakout sessions, this one day conference worked to promote wellness for women of diverse cultures and to provide a dialogue between health care providers and women. Topics covered at the conference included mental health and well-being.

The HMS CoE is conducting an audit of existing education materials- including mental health- at hospital-based and community-based practice sites. Once gaps are identified, the CoE will create new educational materials for distribution at all locations.

- ◆ Center: University of Illinois at Chicago  
Contact: University of Illinois at Chicago Center of Excellence,  
312-413-1924  
Internet: <http://www.uic.edu/orgs/womenshealth/>

The Women's Division and the Child Division of the Department of Psychiatry, a partner of the University of Illinois at Chicago CoE, are collaborating to form a parenting and mental health assessment team for pregnant and parenting teenagers.

In association with the Center of Excellence, UIC hosts various discussions and seminars that are open to the public concerning women's health. In April, 2000 an Adolescent Health Roundtable concerning the "Role of the Family in Promoting Health During the Transition to Adolescence: Basic and Applied Studies" was presented.

The UIC CoE web site has a section entitled, "Speaker's Bureau," which provides a contact phone number to request knowledgeable, informative, and approachable speakers who are willing to go out into the community and speak on a variety of women's health topics, including mental health.

- ◆ Center: Indiana University School of Medicine  
Contact: Indiana University Center of Excellence,  
317-630-2243  
Internet: <http://www.iupui.edu/~womenhlt/>

The IU CoE is providing educational presentations on a local rock radio station, WZPL, on issues, such as depression, that are relevant to women's health. These segments are provided free by the station. All sessions are taped and archived in the CoE resource center.

The IU CoE's CD-ROM on domestic violence for third-year medical students is being adapted for lay people as a teaching tool. An Objective Structured Clinical Exam with an actor depicting a victim of domestic violence has been given to third-year medical students for the first time this year as part of their clinical testing.

The annual IU School of Medicine Mini-Medical School this coming fall is devoted to women's health and one of the sessions will cover salient facets of depression and other mental conditions in women.

The IU CoE is in the process of developing a culturally sensitive and specific program for Hispanic women seen in the breast clinic. The goal is to improve their screening behaviors, to facilitate their access to care, and ultimately to create empowerment programs for them, along the lines of what Dr. Carmen Zorilla has developed at the University of Puerto Rico in San Juan for women with HIV/AIDS.

- ◆ Center: Magee Womens Hospital  
Contact: Magee Womens Hospital Center of Excellence,  
412-641- 4747

Internet: <http://www.magee.edu/cewh2.htm>

Infomercials are presented on WTAE-TV to discuss a wide range of women's healthcare topics including several mental health topics, such as Baby Blues, Depression, Post-Partum Depression, Psychological Side-Effects of Breast Cancer, Stress and the Menstrual Cycle, and Stress and Fertility. A substantial number of calls and requests to the CoE for information are received in response to the infomercials.

Magee offers a menopause support group, "Women's Turning Points." This monthly 1-hour discussion group explores the changes women make in the second half of their lives, and offers an opportunity for women to feel emotional support and discuss alternative life choices, as well as a chance to share experiences and information.

Magee's women's health community education curriculum to include behavioral health topics such as women and depression and eating disorders.

Magee offers several class options on stress management, including our new natural approaches like guided imagery and visualization, aromatherapy and holistic principles of stress reduction.

Magee's Speakers Bureau addresses various community groups on such topics as depression, domestic violence, grief and bereavement, mature women's issues, and stress reduction.

- ◆ Center: University of Michigan Health System  
Contact: University of Michigan Center of Excellence,  
734-763-0984  
Internet: <http://www.med.umich.edu/whrc/ctr.excel.html>

The UM CoE created and distributes, “Living Well & Feeling Good: A Resource Book for Women,” an educational booklet from the women’s mental health clinic and the Women’s Health Resource Center. This resource provides an overview of the emotional health issues that may affect women and how women can initiate steps to improve our overall health. A community resource guide is provided at the end for further information.

The UM CoE has a partnership with the community agency, Soundings, which provides services and resources to women entering a transitional time in their lives, whether through divorce, separation, death, etc.

Stress management series is offered to all University of Michigan Health System patients and staff. Series encompasses managing stress, creating a balanced lifestyle, nutrition and exercise, and an introduction to yoga.

In an effort to develop new educational materials, the University of Michigan CoE partnered with the UMHS Women’s Initiative and helped to fund a Women’s Mental Health CD-ROM. The CD-ROM currently deals with depression in pregnancy/postpartum and will be adapted to various life stages.

- ◆ Center: University of Pennsylvania  
Contact: University of Pennsylvania Center of Excellence,  
215-573-3569  
Internet: <http://www.obgyn.upenn.edu/cewh/>

The Health Tip Card Project is an educational outreach activity

developed by JoAnn Binko, M.Ed. and Michelle Battistini, M.D. Its purpose is to heighten patient awareness regarding important issues in women's health pertaining to non-reproductive topics. One of the four quarterly topics featured is Depression.

- ◆ Center: University of Puerto Rico  
Contact: University of Puerto Rico Center of Excellence,  
787-753-0090  
Internet: <http://www.rcm.upr.edu/2klwhc/>

Dr. Delia Camacho, CoE Director, was named to the Directive Board of Casa Julia de Burgos, a local community organization that provides counseling, and shelter services to domestic violence victims.

The CoE offers at least one conference per year on mental health focusing on depression. A symposium was offered for the general community on June 10, 2000 on diverse aspects of women's health which included a conference on depression and a conference on Creating Balance in Women's Lives. The conferences were offered by a psychiatrist and a psychologist. Approximately 1100 participants attended. The activity was sponsored by a pharmaceutical company.

- ◆ Center: Tulane and Xavier Universities of Louisiana  
Contact: Tulane Xavier Center of Excellence, 504-588-5100  
Internet: <http://www.tulane.edu/~tuxcoe/NewWebsite/>

TUXCOE sponsored a presentation on "Stress In the Workplace" for women employees of the Social Security Department. The presentation was conducted by a Masters prepared social worker.

- ◆ Center: Wake Forest University Baptist Medical Center  
Contact: Wake Forest Center of Excellence, 336-713-4220  
Internet: <http://www.bgsm.edu/women>

The CoE Women's Health Resource Center provides comprehensive health education materials to women, their families and health care professionals. The Center is equipped with individual workstations with computers, Internet access and a color printer. A TV and VCR are also available to watch educational videos. Materials in the Resource Center include, *Understanding Depression, Mind and Body Therapy, Understanding Miscarriage: Coping with the Loss, Learning Disabilities, Anxiety Disorders, Guidelines for Counseling Women on the Management of Menopause* and *Living Well with a Chronic Condition: Taking Control of Your Health*. Education and clinical committees created "Women's Health Fact Sheets" that are distributed to libraries, clinics, health fairs and other community events. Among the topics featured in these fact sheets are "Depression" and "Stress Reduction."

The 1999 Mini Medical School, a six-week series created by the WFU CoE, offers lectures on women's health topics for the community. The lectures are presented by researchers and/or physicians from the Medical Center. One of the six lectures featured, "When It's More Than the Blues: The Look of Depression."

BestHealth, an affiliate of the WFU CoE, is a new community-based health and wellness store at the local mall where people can access health information and participate in activities and events designed to help them live healthier lives. BestHealth has books, literature, and interactive information available free of charge to help answer health and medical questions as well as registered nurses on staff to answer specific questions. Among a variety of topics are mental health, death, and grief.

The WHCoE developed an 8-week Menopause Discussion Group Series, designed for peri- and post-menopausal women who want to talk about their menopausal experiences with other women. This series provides a forum for women to share their experiences with each other and to explore other aspects of menopause. Each class has a short presentation or demonstration. The remaining hour is devoted to women sharing their experiences of menopause and how it affects their life. Cost for the entire series is \$20 per participant. Scholarships are available. The following series topics were related to women's mental health:

- *Menowhat?* Discussion centered on how the women in the group first realized they were beginning to go through menopause and what differences it made in their lives.
- *Power Surges and Other Short-term Changes.* Michelle Naughton, PhD, (Sociology) discussed the social, psychological and physical changes associated with the menopause. Participants were encouraged to share their own power surge experiences.

- ◆ Center: University of Wisconsin-Madison  
Contact: University of Wisconsin Center of Excellence,  
608-267-5566  
Internet: <http://www.womenshealth.wisc.edu/home.htm>

The UW CoE co-sponsored a Rural Round Table presentation on *Women and Depression* with the Wisconsin First Lady's WH foundation. Molly Carnes, M.D., CoE Director, also participated in a statewide promotional tour with Wisconsin's First Lady, advocating tobacco cessation.

CoE faculty Rosanne Clark, Ph.D. participated in a working group on postpartum depression that conducted a statewide awareness campaign, *More Than Just the Blues*.

Linda Jameson, director of the Buchler Project, the CoE's outreach affiliate, produced *Cancer Health/Cancer Hope*, an inspirational program and resource health fair for women with cancer.

The Buchler Project is co-sponsoring *No Man is an Island*, a panel discussion to follow the Madison Repertory Theater's production of *Wit*. Ovarian cancer survivors who are UW patients and a UW psychologist, affiliated with the CoE, who works with them will participate.

The Buchler Project, the Minority Health Officer for the State of Wisconsin and Meriter Hospital, an affiliate of the CoE, have worked with the Allied Drive Neighborhood Center to develop a program to address fitness and mental health issues in one low income neighborhood.

The Buchler Project and Meriter Hospital are involved in the Dane County Community Coordinated Response to Domestic Violence. Meriter Hospital is being recognized by the county domestic abuse agency for its outstanding training of professionals to screen and treat for domestic abuse.

The Buchler Project is working with the Latina community to improve services, including mental health services, for Spanish-speaking women.

The Buchler Project participates in the Dane County site of the Women and Mental Health Study, working to improve public sector mental health services for women with psychiatric diagnoses and AODA and trauma histories. Consumers, some with serious, long-term disability; some in the corrections system, are active participants in the project.

The CoE Web site has an English/Spanish girls and teen site created and updated by college and high school interns; the focus

is on girls' physical, mental and social health. The Web site also features Milwaukee breast cancer survivors' stories and photos from *Mamm* Magazine as well as a statewide resource directory.

Betty Chewning, Ph.D. conducts OWH-funded outreach with Wisconsin Indian nations. The adolescent outreach efforts are aimed at reducing sexual risk-taking, specifically including pregnancy prevention. An oral history curriculum emphasizes reconnecting to cultural traditions as a means to maintain self-esteem and psychological health.

Diane Lauver, RN, Ph.D. developed new wellness programming. The six week series, based at UW Women's Health Clinic, focuses on techniques and approaches women can use to create their own well-being, including stress management, relaxation techniques and spiritual reflection.

Sharon Foster, Ph.D. developed and presented *Raising a Daughter* in the panel *Educating Parents, Families and Communities* at the PHS-sponsored *Girls to Women Conference* in Chicago. The presentation was offered numerous times in Wisconsin as well.

The CoE has worked with the media to educate women about the emotional and physical changes of perimenopause and menopause. The CoE co-sponsored a conference on treatment-induced menopause for cancer survivors. The UW Women's Health Clinic currently offers menopause outreach classes. Meriter Hospital is developing a midlife clinic that will include specific outreach on the emotional aspects of midlife.

- ◆ Center: Yale University  
Contact: Yale Center of Excellence, 203-688-5180  
Internet: <http://info.med.yale.edu/womenshealth/>

To increase the visibility and accessibility of women's health services within the Medical Center and throughout the greater

New Haven community, the CoE has developed a brochure that describes the CoE Clinical Care Model and the full range of medical, mental health, and other support services available to women throughout the Medical Center. This information is distributed to patients, physicians, and women in the community.

The Young Mothers Program, affiliated with the Yale University CoE, directed by certified nurse midwives, provides age specific health education and counseling for pregnant adolescent women to promote more positive health behaviors.

### **Professional Training and Education**

- ◆ Center: Boston University Medical Center  
Contact: Boston University Center of Excellence,  
617-638-8035  
Internet: <http://www.bmc.org/coewh/>

The VA Boston Healthcare System, a partner of the Boston University CoE, runs a separate women's mental health post-residency program. Each year, three predoctoral clinical psychology interns, 1-3 postdoctoral psychology fellows, and one psychiatry fellow are selected to receive training in the program. Training involves intensive supervision and direct clinical experience, specifically with: (a) the ability to detect and evaluate differential manifestations of somatic disease, behavioral stress, and traumatic stress response in women; (b) awareness of the prevalence, risk factors, and diversity of effects of multiple (re-)victimization across the lifespan; and (c) evaluation and treatment of chronic effects of adversity.

The Behavioral Research Working Group, an affiliate of the Boston University CoE, conducted two successful meetings that introduced behavioral scientists across the university to each other and facilitated several direct collaborative relationships.

The Office of Clinical Research staff, which is affiliated with the Boston University CoE, is working with a group of faculty in the Graduate School of Biomedical Sciences to develop a new master's program in clinical investigation. This program is being flexibly designed so that it can meet the needs of physician investigators in translational research as well as research nurses, study coordinators, and others engaged in clinical trials and drug development.

- ◆ Center: University of California at Los Angeles  
Contact: UCLA Center of Excellence, 1-800-825-2631  
Internet: <http://womenshealth.med.ucla.edu/>

Weekly case conferences, affiliated with the UCLA CoE, are held that bring together general internists, geriatricians, obstetrician-gynecologists, psychiatrists, students, residents, and fellows for discussion of specific patient cases as well as general topics relating to clinical care. Among a myriad of topics is Postpartum Depression.

The UCLA CoE sponsored four Continuing Medical Education conferences, one entitled "Controversies in Women's Health" which dealt with depression among other topics.

Natalie Rasgon, M.D. presented "Mental Well Being" at the "Total Health for Women Conference" in October, 1998.

- ◆ Center: University of California, San Francisco  
Contact: University of California, San Francisco Center of Excellence, 415-885-7273  
Internet: <http://itsa.ucsf.edu/~ucsfcoe/main.html>

The CoE curriculum evaluation identified as a strength the coverage of women's mental health in a variety of courses. The Department of Psychiatry offers an extensive, coordinated

curriculum on gender and women's issues for psychiatric residents. Courses deal with gender issues, psychosocial aspects of women's reproductive life, women's psychopharmacology, early female psychological development, gender differences in prevalence and etiology of disorders, techniques to elicit reproductive and sexual trauma stories, violence toward women, gender discrimination, and sexual harassment.

Dr. Ellen Haller, the Director of WomenCare Mental Health Clinic and the Director of the UCSF Department of Psychiatry Program for Women and Dr. Louann Brizendine, the Director of the Women's Mood and Hormone Clinic have presented numerous CME talks on mental health issues for women to a wide variety of audiences. Most recently, Dr. Haller was a speaker in the March, 2000 UCSF CME course entitled Psychiatry for Primary Care; her talk was entitled "Women's Mental Health"

As part of the Co-Management of Depression in Women project developed by the UCSF CoE, Dr. Haller has participated in didactic presentations and case conferences at the multiple sites of UCSF Women's Health.

- ◆ Center: Harvard University  
Contact: Harvard Medical School's Center of Excellence,  
617-732-8798  
Internet: <http://www.hmcnet.harvard.edu/coe/>

Randy Sue Glassman, MD, from Brigham and Women's Hospital, and Hadine Joffe, MD, from McLean and Massachusetts General Hospitals were both Harvard presenters at the New England Regional Conference on Women's Mental Health held on September 27-28, 1999. The conference was open to the public for a nominal fee.

In July, 1999, Karen Carlson, M.D., Deputy Director and Clinical Core Chair of Harvard Medical School's Center of

Excellence in Women's Health, co-directed a three-day course, "Primary Care of Women." The course included specialty updates and presentations on topics such as mental health issues in women.

In December, 1999 the Dean of Harvard Medical School announced the establishment of women's health as the 10<sup>th</sup> theme in the HMS curriculum. This is largely due to the efforts of the Education Core of the HMS CoE. Recognition of women's health as a field requiring a multi-disciplinary effort in teaching medical students how to care for women has led to many changes throughout the curriculum. The New Pathways curriculum lends itself to teaching important health issues as longitudinal themes incorporated throughout the four-year curriculum. As a theme, women's health is presented to medical students in a developmentally appropriate way, spanning all four years of medical education. In this manner, all students will learn about women's health and how it may be practiced in their particular chosen field, including psychiatry and mental health in general.

- ◆ Center: University of Illinois at Chicago  
Contact: University of Illinois at Chicago Center of Excellence,  
312-413-1924  
Internet: <http://www.uic.edu/orgs/womenshealth>

On April 25, 2000 the UIC CoE provided access to the telecast entitled *Depression Across the Lifespan: A focus on Women*. The broadcast was made available to the UIC community.

The UIC CoE co-sponsored the February 2000 meeting of the Association for Women in Science. Three successful women scientists presented on the topic of managing career and family issues.

- ◆ Center: Indiana University School of Medicine  
Contact: Indiana University Center of Excellence,  
317-630-2243  
Internet: <http://www.iupui.edu/~womenhlt/>

Half of this year's third-year medical students received a CD-ROM, developed by the Indiana University CoE, on domestic violence at the beginning of their Obstetrics/Gynecology clerkship. The entire group (those who received the CD and those who did not) received pre- and post-tests at the beginning and end of the clerkship regarding their knowledge of domestic violence. The results are being analyzed. The "control" students received the CD-ROM after the post-test. All students were given an Objective Structured Clinical Exam with an actor depicting a victim of domestic violence as part of their clinical testing at the end of the third year. Videotapes are made of the student's interaction with the actor and are analyzed by faculty, graded, and discussed with students. All third-year students will receive the CD-ROM next year.

- ◆ Center: University of Michigan Health System  
Contact: University of Michigan Center of Excellence,  
734-763-0984  
Internet: <http://www.med.umich.edu/whrc/ctr.excel.html>

In an effort to develop new educational materials, the University of Michigan CoE partnered with the UMHS Women's Health Initiative to fund and develop the content of the Women's Mental Health CD-ROM. This CD-ROM currently deals with depression in pregnancy/postpartum and will be adapted to various life stages.

The Psychiatry Clerkship department, and affiliate of the University of Michigan CoE, has established partnerships with

neuroscience, obstetrics, and gynecology, among others. These collaborations allow psychiatric issues to be presented across disciplines, ensuring the majority of students receive this information several times over the course of their medical education. For example, during the second year ob/gyn rotation, students hear a detailed lecture on depression in women.

- ◆ Center: Tulane and Xavier Universities of Louisiana  
Contact: Tulane Xavier Center of Excellence, 504-585-6156  
Internet: <http://www.tulane.edu/~tuxcoe/NewWebsite/>

Tulane University School of Medicine presented a “Women’s Mental Health 2000” conference (May 4-6, 2000) designed for family practitioners, internists, gynecologists, psychiatrists, general practitioners, social workers, psychologists, counselors, and other allied health professionals. This program provided topical overviews of specific issues in women’s physical and mental health across their life span.

Tulane CoE sponsored a Women’s Health Lecture Series, “Treatment of Depression” with Kari Zansler, M.D.

- ◆ Center: Wake Forest University Baptist Medical Center  
Contact: Wake Forest Center of Excellence, 336-713-4220  
Internet: <http://www.bgsm.edu/women>

The Women’s Health rotation elective provides internal medicine residents an opportunity to expand their knowledge on the causes, implications and treatments for eating disorders. The internal medicine elective was created by one of the WFU CoE clinicians and is conducted through the CoE, Internal Medicine-Based Clinic.

The Women’s Health Center of Excellence hosts a monthly Seminar Series on a variety of topics for health care professionals.

Past topics include “The Psychobiology of Social Stress and Depression in Females,” “Clinical Manifestations of Eating Disorders,” “Socio-cultural Aspects of the Infant Feeding Decision” and other seminars on rape and sexual assault held on the undergraduate campus.

The WHCOE works with the Office of Continuing Education to provide seminars and lectures on a variety of women’s health topics, including depression, eating disorders, and domestic violence. Attendees receive CME credits for their participation.

- ◆ Center: University of Wisconsin-Madison  
Contact: University of Wisconsin Center of Excellence,  
608-267-5566  
Internet: <http://www.womenshealth.wisc.edu/home.htm>

CoE and Department of Psychiatry clinicians and faculty are engaged in the *Gender and Minority Issues in Therapy* seminar as participants and presenters.

The CoE has collaborated with the UW School of Social Work’s Dane County Women and Mental Health Study to promote professional participation in “cross trainings.” These professional education conferences are co-developed with consumers and aim to cross the professional boundaries of the mental health, AODA treatment and trauma treatment systems to improve services to women.

The CoE participates in the Dane County Community Coordinated Response to Sexual Assault healthcare professional working group.

- ◆ Center: Yale University  
Contact: Yale Center of Excellence, 203-688-5180  
Internet: <http://info.med.yale.edu/womenshealth/>

To increase the visibility and accessibility of women's health services within the Medical Center and throughout the greater New Haven community, the CoE has developed a brochure that describes the CoE Clinical Care Model and the full range of medical, mental health, and other support services available to women throughout the Medical Center. This information is distributed to patients, physicians, and women in the community.

A residency elective in the Interdisciplinary Women's Health Clinical Service (IWHCS), a partner of the Yale University CoE, was implemented in 1998 within the Department of Psychiatry by Dr. Steiner. Third- or fourth-year residents may participate in the IWHCS for a three to six month block. The resident performs psychiatric consultations under the direct supervision of the Attending Psychiatrist, provides didactic sessions to residents from the Departments of Medicine and Ob/Gyn on pertinent topics from psychiatry, and has the opportunity to enhance her/his knowledge of current practices in women's health.

**NATIONAL CENTERS OF EXCELLENCE IN WOMEN'S HEALTH  
DECEMBER 2000**

- Boston University Medical Center, Boston, MA, Phone:  
617-638-8035, Internet: [www.bmc.org/coewh/](http://www.bmc.org/coewh/)
- University of California at Los Angeles, Los Angeles, CA, Phone:  
800-825-2631, Internet: [www.med.ucla.edu/womens/](http://www.med.ucla.edu/womens/)
- University of California, San Francisco, San Francisco, CA,  
Phone: 415-885-7273, Internet: [www.itsa.ucsf.edu/~ucsfcoe/](http://www.itsa.ucsf.edu/~ucsfcoe/)
- Harvard University, Boston, MA, Phone: 617-732-8798,  
Internet: [www.hmcnet.harvard.edu/coe/](http://www.hmcnet.harvard.edu/coe/)
- University of Illinois at Chicago, Chicago, IL, Phone:  
312-413-1924, Internet:  
[www.uic.edu/orgs/womenshealth/index.html](http://www.uic.edu/orgs/womenshealth/index.html)
- Indiana University School of Medicine, Indianapolis, IN, Phone:  
317-274-2754, Internet: [www.iupui.edu/~womenhlt/](http://www.iupui.edu/~womenhlt/)
- Magee Womens Hospital, Pittsburgh, PA, Phone:  
412-641-6003, Internet: [www.magee.edu/cewh2.htm](http://www.magee.edu/cewh2.htm)
- MCP Hahnemann University, Philadelphia, PA,  
Phone: 215-842-7041, Internet:  
<http://www/mcphu.edu/institutes/iwh>
- University of Michigan Health Systems, Ann Arbor, MI, Phone:  
734-763-0984, Internet: [www.med.umich.edu/whrc  
ctr.excel.html](http://www.med.umich.edu/whrcctr.excel.html)
- University of Pennsylvania, Philadelphia, PA, Phone: 215-898-0147,  
Internet: [www.obgyn.upenn.edu/cewh/](http://www.obgyn.upenn.edu/cewh/)

University of Puerto Rico, San Juan, PR, Phone: 787-753-0090,  
Internet: [www.rcm.upr.edu/2klwhc](http://www.rcm.upr.edu/2klwhc)

Tulane and Xavier Universities of Louisiana, New Orleans, LA,  
Phone: 504-585-6156, Internet: [www.tulane.edu/~tuxcoe/](http://www.tulane.edu/~tuxcoe/)

Wake Forest University Baptist Medical Center, Winston-Salem,  
NC, Phone:  
336-713-4220, Internet: [www.wfubmc.edu/women/](http://www.wfubmc.edu/women/)

University of Washington, Seattle, Seattle, WA,  
Phone: 206-598-8986, Internet:  
[www.depts.washington.edu/~uw98coe/](http://www.depts.washington.edu/~uw98coe/)

University of Wisconsin-Madison, Madison, WI, Phone:  
608-267-5566, Internet: [www.womenshealth.wisc.edu/](http://www.womenshealth.wisc.edu/)

Yale University, New Haven, CT, Phone: 203-737-5820,  
Internet: <http://info.med.yale.edu/womenshealth/>

OFFICE ON WOMEN'S HEALTH,  
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