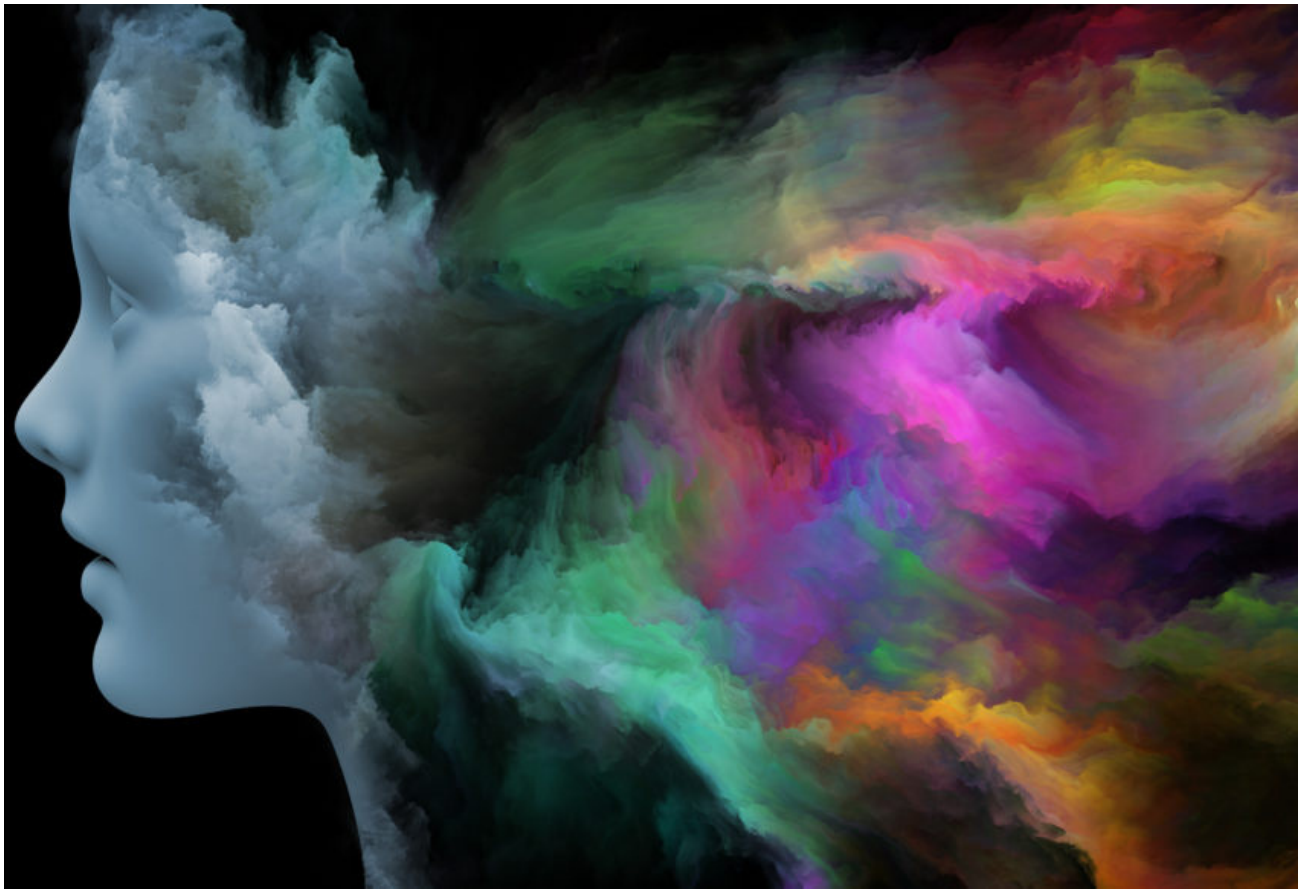
Stanford Center for Precision Mental Health and Wellness

PMHW Newsletter

Issue No. 1 | March 2022

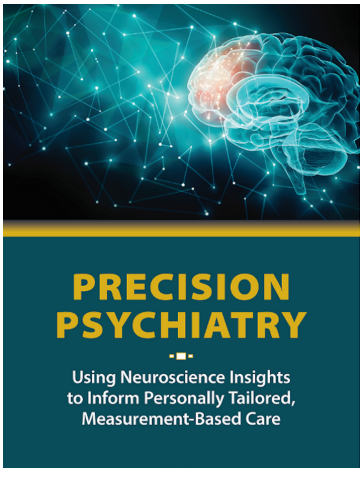


"A **'Must Read'** for psychiatric educators, students and clinicians; Bridging the mind-brain gap"
- A. John Rush, MD, Adjunct Professor, Dept. of Psychiatry & Behavioral Sciences, Duke University

Release of Precision Psychiatry Book

Dr. Leanne Williams, Stanford Professor of Psychiatry and Behavioral Sciences, and Assistant Professor Dr. Laura Hack proudly introduce their book on Precision Psychiatry. The American Psychiatric Association says, "Precision psychiatry, as outlined in this groundbreaking book, presents a new path forward. By integrating findings from basic and clinical neuroscience, clinical practice, and population-level data, the field seeks to develop therapeutic approaches tailored for specific individuals with a specific constellation of issues, characteristics, strengths, and symptoms."

Read about it on Stanford Medicine's blog **SCOPE**. Order your very own copy **here**.



Featured News & Media



Catch the New Episode of PMHW's 'Chat with the Experts' series

Episode 1 of PMHW's new 'Chat with the Experts' series features Stanford Assistant Professor of Anesthesiology, Perioperative and Pain Medicine Dr. Boris Heifets and Assistant Professor of Psychiatry and Behavioral Sciences Dr. Laura Hack. This episode dives further into ***"Science at the border of anesthesia and psychiatry" and the use of psychedelics in the treatment of mental health disorders.***

Learn more about the innovative work at Stanford on rapidly acting psychedelics and its potential to help an unmet need in the treatment of mental health. Check out the latest episode **here**.

PMHW welcomes Boehringer Ingelheim as a Founding Corporate Member for Precision Psychiatry & Therapeutics

Improving the health and quality of life of humans and animals is the goal of **Boehringer Ingelheim**. Family-owned since its foundation in 1885, the research-driven pharmaceutical company has a rich pipeline in all phases of development, including mental health. The Stanford Center for Precision Mental Health and Wellness and Boehringer Ingelheim share a mutual interest in identifying neuroscience-based behavior and imaging markers to guide the development of targeted therapies for major mental illnesses and subtypes for which no satisfactory treatment option exists to date. By advancing new and innovative approaches and technologies to inform treatment development, we share the goal of redefining mental health to enable people to thrive.

If you are a corporate thought leader interested in becoming a member of the Stanford PMHW Corporate Members Program, click **here** to learn more.

Boehringer Ingelheim

How COVID-19 Has Hurt Health Care Workers' Mental Health

By: Helen Santoro

The COVID-19 pandemic has taken a significant toll on our mental health. To better understand the psychological consequences of the pandemic on health care workers, Stanford Medicine clinical psychologist and postdoctoral fellow Sarah Hagerty, PhD, and Leanne Williams, PhD, Director of the Stanford Center for Precision Mental Health and Wellness, surveyed 1,122 health care workers from across the United States early in the pandemic.

Read **Stanford Medicine's SCOPE interview** with Dr. Hagerty to learn more about this research, findings and how this study can inform future research on the psychological consequences of the pandemic.





Sign Up Now for the Upcoming PMHW Seminar Series Featuring Drs. Anish Mitra and Weidong Cai

PMHW hosts internal seminar series for Stanford Research Members and students.

Check out our upcoming talks featuring:

- Anish Mitra, MD, PhD, Research track resident and postdoctoral fellow in the Stanford Department of Psychiatry and Behavioral Sciences, presenting on ***'Temporal relationships in resting state fMRI'*** on *March 17th at 10:30am.*

- Weidong Cai, PhD, PMHW Research Member and Department of Psychiatry and Behavioral Sciences Clinical Assistant Professor, presenting ***'Dynamic brain mechanism in cognitive control function and dysfunction'*** on *March 24th at 10:30am*.

Sign up now for the internal PMHW Seminar Series. The site also includes recordings of previous talks from Drs. Neir Eshel, Lorenzo Pasquini, and Ph.D. candidate in Neuroscience Adam Pines.

Center Outreach



Buy Now, While Ticket Supplies Last! Support Voices for Hope!

Attend the *Music for Mental Health Benefit Concert* on **April 3rd**, presented by *Voices for Hope*, where students across the Bay Area are using the arts to cope with impacts of mental health. The event will include several notable community and corporate leaders sharing their impactful work on mental health.

Speakers include: YouTube CEO Susan Wojcicki, U.S. Representative Ro Khanna, Head of Menlo School Than Healy and our very own Dr. Leanne Williams, Director of the Stanford Center for Precision Mental Health and Wellness.

The devastating impacts of mental health and suicide have increased in the face of the pandemic. Dr. Williams is honored to speak on her transformative work to effectively scale mental health treatments through an understanding of the brain.



PMHW has multiple opportunities to get involved for those looking to change the landscape of mental health across the globe.

I want to become a...

- Stanford Research Member
- PMHW Corporate Member
- Creative Science Communications Group Member

Sign up now to receive announcements and join the PMHW community to learn about our trailblazing research and outreach events.



Want to make an impact? **Donate** and make all the difference in:

- Accelerating High Risk/High Reward Research
- Fostering Research Careers
- Fostering Physician-Scientist Careers
- Accelerating the Translation of Our Discoveries to the Field
- Acquiring Specialized Equipment

To show your support, contact **Lyra Ghose** at lghose@stanford.edu

Center Resources



Stanford Center for Precision Mental Health & Wellness' Datasets Available Now!

Over the years, PMHW has built an extensive dataset for mental health research. Their database comprises of data collected across clinical and healthy populations using several different modalities.

Some highlights of the data collected by PMHW include:

- **6600+** brain scans
- **5200+** standardized cognitive tests
- **2700+** data on genetic single nucleotide polymorphisms
- **7000+** questionnaires pertaining to various aspects of mental health & wellbeing
- **1800+** free-form text descriptions of subjective experiences of mental illness

PMHW welcomes proposals from scientists who would like to access this data for their research and for collaborations. The Center has many opportunities for students or volunteers that involve analyzing data or helping the Center maintain and quality check the database.

Interested in working with the Center's data, click **here** to submit your request now.

The Stanford Center for Precision Mental Health & Wellness' Biotype Circuit Masks Now Available!

The Stanford Center for Precision Mental Health and Wellness is now sharing regions of interest (ROIs) used for the quantification of circuits of interest in the following **article** published in Biological Psychiatry, 2021:

Mapping neural circuit biotypes to symptoms and behavioral dimensions of depression and anxiety. Andrea N. Goldstein-Piekarski, Tali M. Ball, Zoe Samara, Brooke R. Staveland, Arielle S. Keller, Scott L. Fleming, Katherine A. Grisanzio, Bailey Holt-Gosselin, Patrick Stetz, Jun Ma, Leanne M. Williams

To learn more, click **here**.