

PROMOTION RECOMMENDATION
UNIVERSITY OF MICHIGAN
MEDICAL SCHOOL
DEPARTMENT OF PSYCHIATRY

Approved by the Regents
May 20, 2010

Heather A. Flynn, Ph.D., assistant professor of psychiatry, Department of Psychiatry, Medical School, is recommended for promotion to associate professor of psychiatry, with tenure, Department of Psychiatry, Medical School.

Academic Degrees:

Ph.D.	1996	Florida State University
M.S.	1992	Florida State University
B.S.	1990	Florida State University

Professional Record:

2003-present	Assistant Professor of Psychiatry, University of Michigan
2003-present	Adjunct Assistant Professor, Department of Psychology
1998-2003	Assistant Research Scientist, Department of Psychiatry

Summary of Evaluation:

Teaching: Dr. Flynn has had a significant role in the Department of Psychiatry's training programs and clinical implementation of evidence-based psychotherapeutic treatments. She is a nationally recognized trainer in evidence-based psychotherapies (Motivational Interviewing [MI], Interpersonal Psychotherapy [IPT]), and is the director of psychotherapy services in Adult Psychiatry. In these roles, Dr. Flynn conducts national and local training and supervision in these treatments, including Department of Psychiatry faculty, staff and trainees in Psychiatry, Social Work, Psychology and Medicine. As director of psychotherapy services for the Department, Dr. Flynn has provided a greater emphasis (through programmatic and operational changes) on training in and use of evidence based psychotherapies (MI, IPT, Cognitive Behavioral Therapy, Dialectical Behavioral Therapy) in clinical care services and in all of the department's training programs. The implementation and evaluation of evidence-based psychotherapy is also a focus for Dr. Flynn's current NIH funded research. She is also providing statewide training in psychotherapy for community clinicians under the auspices of the University of Michigan Depression Center. In addition, as part of the National Network of Depression Centers (NNDC), Dr. Flynn has initiated and will be coordinating the formation of a National Women's Mental Health network of academic centers within the NNDC, which will serve initially as a foundation for multi-site women's health research studies.

Research: Dr. Flynn's overall academic focus, which includes integrated clinical research, teaching, and service activities, is centered on psychological factors related to improving depression and health outcomes for women and their children. Depression is one of the most disabling illnesses worldwide, and as many as one in four women experience depression, most commonly during the childbearing years. To document the extent of the problem, the initial

phase of Dr. Flynn's research (which has been continuously funded by the National Institutes of Health since 2000) screened approximately 11,000 women in prenatal care settings. That work demonstrated that less than 20% of women with depression were treated around the time of pregnancy. Subsequent studies demonstrated that pregnant and postpartum women with severe clinical depression were seldom identified or treated by their healthcare providers, and those receiving any depression care were drastically under-treated as evidenced by poor clinical outcomes. Based on those findings, Dr. Flynn's research then aimed to understand psychological and external barriers to depression care in this population, test feasible interventions in medical care settings aimed to improve use of depression services, and improve the effectiveness of available depression treatments. Dr. Flynn and her colleagues have recently expanded their work to include NIH funded projects examining the impact of depression treatment on key infant and child outcomes. For example, recent projects have shown that infants born to mothers with depression have poorer obstetrical outcomes, as well as sleep and neurobiological impairment as compared to infants of non-depressed mothers. This work has now expanded to focus on early interventions for both mothers and infants aimed at reduction of poor illness and functioning outcomes with the goal of prevention of intergenerational transmission of psychiatric and health risk. Dr. Flynn is also in the final stages of developing a new, adapted psychological treatment for depression in pregnancy aimed at improving treatment adherence and clinical outcomes. Dr. Flynn's research has received national attention due to the public health importance of the topic and to the contribution to the scientific literature. Dr. Flynn's article documenting the under-treatment of depression around the time of childbearing continues to be widely cited. She is the principal investigator on a grant awarded by the Michigan Institute for Clinical and Health Research (MICHHR). She is PI on an R34 with the National Institute of Mental Health: Improving Psychosocial Treatment for Perinatal Depression and co-investigator on a National Institute of Mental Health: Infant Outcomes and Depression Treatment in Pregnancy. In October, she submitted an R01 to NIMH: Sensitive periods for sleep interventions for infants of depression mothers. Dr. Flynn is the author of 31 peer-reviewed publications with an additional four currently under review, three chapters, and one multimedia psychoeducational website link.

Recent and Significant Publications:

Armitage R, Flynn HA, Hoffman R, Vazquez D, Lopez J, Marcus SM: Developmental changes in sleep in infants: The impact of maternal depression. *Sleep* 32(5): 693-696, 2009.

Flynn HA, Marcus SM, Blow FC: Rates and predictors of depression treatment among women seeking prenatal care. *General Hospital Psychiatry* 28(4):289-295, 2006.

Flynn HA, O'Mahen HA, Massey L, Marcus SM: The impact of a brief obstetric clinic-based intervention on treatment use for perinatal depression. *Journal of Women's Health* 15(10):1195-1204, 2006.

Flynn HA, Davis M, Marcus SM, Cunningham R, Blow FC: Rates of maternal depression in pediatric emergency department and relationship to child service utilization. *General Hospital Psychiatry* 26(4):316-22, 2004.

Marcus SM, Flynn HA, Barry KL, Blow FC: Depressive symptoms among pregnant women screened in obstetrics settings. *Journal of Women's Health* 12(4):373-380, 2003.

Service: Dr. Flynn has been invited to speak on panels at national meetings and has served on NIH grant review groups. She consults on a statewide perinatal depression task force, and serves on the editorial board of an international women's health journal. She was asked to join a workgroup focused on gender differences for the development of the current revision of the Diagnostic and Statistical Manual as part of the American Psychiatric Association. She is a journal reviewer for many scientific journals and is on the editorial board of *Archives of Women's Mental Health*. In conjunction with her research, Dr. Flynn has developed a clinical research infrastructure in obstetric sites, both within UMHS and throughout Southeastern Michigan, which has had a simultaneous impact on clinical care delivery. Depression screening is now routine care at most of these sites, as there is a systematic clinician notification of screening results. With Dr. Sheila Marcus, Dr. Flynn developed the Perinatal Depression Clinic in the Department of Psychiatry in 2003, which accepts direct referrals from obstetric sites' depression screening efforts. Dr. Flynn has created a research registry based on this clinic screening which allows systematic determination of obstetric patient eligibility for clinical research opportunities. These combined efforts have led to Dr. Flynn's establishment of the Women's Mental Health Program, where she is co-director in the Department of Psychiatry. This program consists of integrated clinical research, interdisciplinary training, clinical care services, and community outreach components.

External Review:

Reviewer A: "Dr. Flynn has had a successful academic-research career to date. She has substantially contributed to the research literature related to understanding depression during the childbearing years. Her work has framed some of the key public health issues in this area...As Dr. Flynn has become increasingly prominent in the women's mental health research arena, her unique expertise has been sought nationally...She has recently volunteered to coordinate the first Women's Mental Health network as part of the newly established National Network of Depression Centers. The goal of this is to create a national, multi-site collaboration of Women's mental health researchers in order to facilitate multi-site clinical trials."

Reviewer B: "With a core group of collaborators, Dr. Flynn has made contributions to the field of maternal mental health (with significant attention to underrepresented groups), which have been invaluable for extending scientific inquiry and ultimately, influencing patient care...Her papers...are frequently cited and well known in the field. Dr. Flynn demonstrates a commitment to disseminating her important work both nationally and internationally as she has presented at significant conferences and other venues...Her ability to convey complex concepts creatively and in a format that is accessible to individuals at various levels of training is exceptional."

Reviewer C: "Professor Flynn has clearly initiated an important and productive program of research. She has emerged as a leader in the field of women's mental health and she has done an excellent job of balancing her teaching and service commitments."

Reviewer D: "She has received a K-award, an R03, and an R34, which is quite good...The journals for which she reviews are very relevant to her work and she has just joined the editorial board of the *Archives of Women's Mental Health*...She has a solid record and a very clear focus in her work...I am confident that Dr. Flynn will continue to develop as a respected scholar in the area of perinatal depression and will be [a] great asset to your department and the university."

Reviewer E: "There is no question that Dr. Flynn's scholarship has impacted the field. Her work in mental health care delivery, particularly with minority women, is widely referenced in the literature, and she is seen as a leader in this area...In addition, Dr. Flynn is internationally recognized as an expert in Interpersonal Psychotherapy...Dr. Flynn's work has also been recognized by appointment to several NIMH ad hoc review committees."

Summary of Recommendation:

Dr. Flynn is an accomplished clinician, strong team player, and active collaborator. She is a national leader in evidence based psychotherapy training and in research development. She has a rare combination of clinical and research skills that make her a major asset to the Department of Psychiatry and to the University of Michigan Depression Center. I enthusiastically endorse her promotion to associate professor, with tenure.



James O. Woolliscroft, M.D.

Dean

Lyle C. Roll Professor of Medicine

May 2010