

PROMOTION RECOMMENDATION  
UNIVERSITY OF MICHIGAN  
MEDICAL SCHOOL  
DEPARTMENT OF PSYCHIATRY

Marcia A. Valenstein, M.D., associate professor of psychiatry, with tenure, Department of Psychiatry, Medical School, is recommended for promotion to professor of psychiatry, with tenure, Department of Psychiatry, Medical School.

Academic Degrees:

M.S.	1997	University of Michigan School of Public Health
M.D.	1981	University of Michigan
A.B.	1977	Harvard University

Professional Record:

2007–present	Associate Professor of Psychiatry, University of Michigan
2002-2007	Assistant Professor of Psychiatry, University of Michigan
1997-2002	Clinical Assistant Professor, Department of Psychiatry, University of Michigan
1990 - 1997	Clinical Instructor, Department of Psychiatry, University of Michigan
3/1989-8/1989	Assistant Clinical Professor, Department of Psychiatry, State University of New York at Stony Brook

Summary of Evaluation:

Teaching: Dr. Valenstein teaches and mentors at many different levels. She supervises third-year medical students rotating in adult ambulatory services and at the VA. She maintains extensive mentoring activities for residents and junior faculty, three of whom are in the Department of Psychiatry, have Career Development Awards, are productive, and are making rapid academic progress. A fourth University of Michigan mentee will soon be applying for a Career Development Award.

Research: Dr. Valenstein's research has focused on assessing the quality of care for patients with mental health conditions, particularly for those with serious mental illness (SMI) and depression. She has also worked extensively on developing and assessing innovative, efficient, and lower cost strategies for improving the care of these patients. To assess the quality of care for patients with SMI or depression, she has developed expertise in using large health system data sets to assess treatment practices, including the delivery of high quality pharmacological care. Understanding how one might use large data sets to answer questions regarding medication safety as well as adherence has resulted in a line of research on clinical pharmacoepidemiology, some of which she has led and others which have been led by colleagues and mentees. One

example of this is a junior faculty member for whom she serves as a co-mentor, recently published work on opioid prescribing safety in *JAMA*, using team methodologies.

In tandem with assessing the quality of care, Dr. Valenstein has gained expertise in developing interventions that involve collaborations among a variety of health care professionals to improve mental health services to patients with SMI or depression. More recently, she has reached beyond traditional providers in developing collaborative services that might assist individuals with recovery. Several of these interventions have been or are currently being examined in rigorous Random Control Trials (RCTs).

Scholarly contributions to the field of mental health services since Dr. Valenstein's promotion include demonstrating the ability of large health care systems to monitor suicide deaths among patients with depression, and detailing risk factors for suicide and assessing medication safety. Early work on suicide among depressed patients led to an ongoing clinical service of suicide monitoring for all VA patients, directed by Drs. Frederic Blow, professor of psychiatry and John McCarthy, research associate professor. She has continued work in the area of medication adherence, using large data sets and has reported the results of a large RCT of a pharmacy based intervention to improve medication adherence among patients with serious mental illness. She has also continued to work in the area of innovative treatments for patients with depression, and served as co-investigator and senior psychiatrist on a recently published RCT of nurse delivered cognitive behavioral therapy (CBT) for patients with both diabetes and depression. More recently, she has begun to make contributions to the field in involving peers in improving well-being for depressed individuals or connecting community Veterans with mental health needs to services.

#### Recent and Significant Publications:

Piette JD, Richardson C, Himle J, Duffy S, Torres T, Vogel M, Barber K, Valenstein M: Randomized trial of telephone counseling plus walking for depressed diabetes patients. *Medical Care*.2011;doi: 10.1097/MLR.0b013e318215d0c9

Pfeiffer PN, Heisler M, Piette JD, Rogers M, Valenstein M: Efficacy of peer support interventions for depression: A meta-analysis. *General Hospital Psychiatry* 33:29–36, 2011.

Valenstein M, Kim HM, Ganoczy D, McCarthy JF, Zivin K, Austin KL, Hoggatt K, Eisenberg D, Piette JD, Blow FC, Olfson M: Higher risk periods for suicide among VA patients receiving depression treatment: Prioritizing suicide prevention efforts. *Journal of Affective Disorders* 112:50-58, 2009.

Valenstein M, Kavanagh J, Lee T, Reilly P, Dalack GW, Grabowski J, Smelson D, Ronis DL, Ganoczy D, Woltmann E, Metreger T, Wolschon P, Jensen A, Poddig B, Blow FC: Using a pharmacy-based intervention to improve antipsychotic adherence among patients with serious mental illness. *Schizophrenia Bulletin* 2009; doi: 10.1093/schbul/sbp121.

Zivin K, Kim MH, McCarthy JF, Austin KL, Hoggatt KJ, Walters HM, Valenstein M: Suicide mortality among individuals receiving treatment for depression in the VA health system:

Associations with patient and treatment setting characteristics. *American Journal of Public Health* 97:2193-2198, 2007.

Service: Dr. Valenstein continues to provide clinical care in the VAAHS Mental Health Clinic. She has also initiated new outreach efforts to rural communities in Michigan. At a State level, she was a key member in a collaborative team that developed a peer outreach intervention, Buddy-to-Buddy, that uses both “in unit” peers for returning National Guard soldiers and community volunteer veterans outside of the Guard to identify Soldiers with need and connect them to appropriate resources. This program was recently highlighted in *Medicine at Michigan* and has also received institutional, state, and national attention. This winter, the National Guard Bureau recommended the first tier of this program to National Guard Organizations in all U.S. States and territories. Nationally, Dr. Valenstein has served as a regular member on VA study sections, *ad hoc* member of NIH study sections, as editorial board member for *Psychiatric Services* and *General Hospital Psychiatry*, and on the advisory board for three VA Mental Illness Research and Education Centers.

External Reviewers:

Reviewer A: “I know that she is a national expert in matters related to delivering mental health services within the Veterans Health Administration (VHA), and her research and publications also establish her as an international expert in depression treatment and patient management....We would hire her at [my institution] in an instant at that rank [professor], and I suspect that is true at any department and medical school around the United States.”

Reviewer B: “Dr. Valenstein’s current grants as well as her extensive portfolio of prior research grants have resulted in her publishing 113 articles in peer reviewed journals, including 21 of which she is first author....many of the publications have been accepted to the highest level of medical and psychiatry journals, including *Medical Care*, *American Journal of Public Health*, *JAMA*, *American Journal of Psychiatry*, and *Annals of Internal Medicine*.”

Reviewer C: “Dr. Valenstein is a go-to person in the VA and the nation on the use of administrative databases to examine the quality and outcomes of care for persons with depression and serious mental illness. Her work on antipsychotic use and her work on suicide risk factors have received national attention, and more importantly, have been used to change policy and care.”

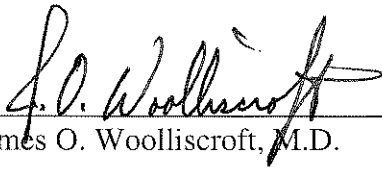
Reviewer D: “She is highly-sought after as a participant or a resource on a wide variety of activities—‘ask Marcia Valenstein’ is a frequently heard phrase....There are few researchers who fill the much-needed role of clinically-grounded mental health specialists who understand care across the continuum and who bring those perspectives, with high methodological skill and precision, to their work across organizational, research and educational activities....I see her importance to her field as only continuing to accelerate.”

Reviewer E: “Dr. Valenstein also serves on a number of national committees, study sections, and participates as a speaker in national conferences. I have had the pleasure of hearing her speak a number of times over the years, and have always been impressed with her knowledge of

the subject, her careful methodological rigor, and her clinical acumen and thoughtfulness. She is an outstanding colleague, an important national resource as a researcher and mentor in psychiatry.”

Summary of Recommendation:

Dr. Valenstein is an extraordinarily talented and accomplished physician-investigator. She has been extremely productive and is regarded nationally and internationally as a leading mental health services researcher. She has published in high profile journals, presents research findings at numerous meetings, has collaborative relationships with investigators within the University of Michigan and the VA, and has been very successful in obtaining grant funding. She continues to make increasingly meaningful contributions within the Department of Psychiatry, the Depression Center, Veteran’s Affairs and the Health System, and the State of Michigan. I am, therefore, pleased to recommend Marcia A. Valenstein, M.D. for promotion to professor of psychiatry, with tenure, Department of Psychiatry, Medical School.

A handwritten signature in black ink, reading "J. O. Woolliscroft", written over a horizontal line.

James O. Woolliscroft, M.D.

Dean

*Lyle C. Roll Professor of Medicine*

May 2012