



HORIZONS

Gifts to 3East Expand Services, Access and Training

Imagine your child has a life-threatening illness, yet there are no services in your community that can help her. You learn that there is an effective therapy, but there are very few clinicians in the United States who are trained to deliver it. Finally, you discover a specialized program that is helping other teens with this disorder, but it is not covered by insurance and it is beyond your financial means.

There are three families who faced this illness and its treatment realities—emerging borderline personality disorder (BPD)—and who sought help at McLean. Knowing the scarcity and expense of proper treatment, they now are determined to help other families who share their daughters’ diagnosis.



The clinical team at 3East, an intensive Dialectical Behavior Therapy (DBT) program for teens and young adults with impulsive and self-endangering behaviors.

Thanks to the generosity of these three families, more young patients with emerging BPD, a puzzling illness marked by self-harm and suicidality, will obtain help at 3East at McLean, a unique range of services that include an intensive 28-day residential program, a co-educational day offering and several settings in between. Because of these gifts, 3East is able to

- expand clinical expertise in adolescent dialectical behavior therapy (DBT), the gold standard treatment for BPD;
- create a supervised, community-based residence for young women as they continue therapy and transition toward independent living; and
- provide financial support for McLean adolescent patients to receive care at 3East.

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Dear Friends,

Standing on this side of McLean's 200-year history, it is wonderful to realize that generations of doctors, scientists and philanthropists have shaped McLean into one of the most dynamic, leading-edge medical institutions in the world. In this issue, you'll read about how today's leaders at McLean are continuing that tradition. One exciting example is Dr. Ole Isacson's investigations into the causes and treatments for Parkinson's disease and the donors who support him. You'll also learn about our world-renowned 3East program for young people with emerging borderline personality disorder and three remarkable gifts that are making this specialized care available to more young women and their families. Finally, we are pleased to announce an initiative—funded by an anonymous gift—that places the mental health needs of women on a new platform for delivering compassionate, specialized psychiatric care.

And speaking of change vs. permanence, we have revamped the look of Horizons, while maintaining what we hope is the same interesting content.

Sincerely,

Catharine Cook

Catharine Cook
Senior Vice President and
Chief Development Officer

Neuroregeneration Institute Intensifies Quest for New Parkinson's Treatments



Ole Isacson, MD

Susan Hansen recalls a meeting not too long ago with world-renowned Parkinson's disease researcher Ole Isacson, MD. Hansen, a donor to Isacson's research program, was visiting his laboratory for an update on the investigator's progress.

"Ole was talking about stem cell research," said Hansen, whose husband, Poul, has lived with Parkinson's for 15 years. "He was very animated and began illustrating with different colors, drawing lines on the white board. It was very complicated, but it all made eminent sense."

Hansen, like other supporters, said Isacson has a gift for translating

extremely complex information into terms understandable to a lay person. That—and the scientific promise of his work—are what have attracted a loyal group of donors to Isacson, director of McLean's Neuroregeneration Institute.

"Dr. Isacson passionately shares his discoveries with us so that we, too, can feel part of his successes. He and McLean have made us feel so welcomed and appreciated. Ours has become a personal relationship based on a shared goal."

Donor Ronna Cooper,
whose late husband, Harold, suffered from Parkinson's disease

"He has a way of connecting everything he does to the patient," said Robin Ross, PhD, whose family foundation, Consolidated Anti-Aging Foundation, has been a longstanding supporter of Isacson's research. "No matter what specific area of Parkinson's research he is focusing on, it is always applicable to prevention and treatment."

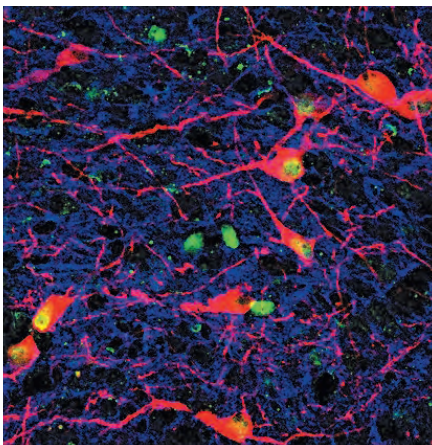
At the moment, Isacson's prodigious research program is taking him and his collaborators in several promising directions. One area of investigation

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Neuroregeneration Institute *Continued from page 2*

looks at the way certain neurons naturally protect themselves from Parkinson's disease, opening up possibilities for augmenting these defenses in more vulnerable neurons to prevent cell death. And because Parkinson's affects cells throughout the body, Isacson's work goes beyond the brain. "There are debilitating symptoms that we are now working on, including gastrointestinal malfunction," he said. "Our work looks at the disease from a holistic perspective."

One of this team's most exciting research endeavors involves transforming the skin cells of Parkinson's patients into cells called induced pluripotent stem (iPS) cells, which can then be coaxed into becoming replacement neurons for those damaged or destroyed by the disease. Because iPS cells are created from patients themselves, they can be used to develop individualized therapies without risk of immune rejection. "The Neuroregeneration Institute is leading a revolution where we look at cell biology as the source of knowledge



The cells appearing in red show new growth and connections occurring among transplanted dopamine neurons.

"I am impressed with Dr. Isacson's approach to Parkinson's disease, with its emphasis on regenerative therapy—repairing the diseased neurons. Contrast that to the current treatment of replacing the dopamine that neurons are no longer producing, which addresses the symptoms, but not the course of the underlying disease."

Donor Bernard Yudowitz, MD, JD,

founder of Wild Acre Inns, which provides community residential mental health treatment programs

for developing therapies to repair or re-grow neurons," said Isacson. "Classically, we depended solely on neurochemistry or pharmacology to develop new treatments, but no longer."

Isacson has spent his career forging research collaborations with investigators from around the country and world, and the institute will enable him to continue growing these joint ventures, including ones that cross into other disciplines, such as psychiatry, imaging and gerontology. His team also interacts with patient groups and governmental agencies as well as the biotechnology and pharmaceutical industries. With a research focus on repairing or replacing damaged cells, the institute will also benefit patients with other diseases where brain connections have gone awry, including Alzheimer's disease, Huntington's disease, Amyotrophic Lateral Sclerosis (Lou Gehrig's disease) and schizophrenia.

Isacson's collaborative spirit is one of the things that has made the Orchard Foundation a perennial supporter, according to Brigitte Kingsbury, executive director of the foundation her family created. "He has colleagues all over the world," said Kingsbury, whose brother, Carl Lehner, has Parkinson's disease. "We

love the idea that he works with people from throughout Europe and Canada. They coordinate and learn from each other, which is so important, especially at times when restrictions in the U.S. on stem cell research can inhibit progress."

Cheryl Ross, sister to Robin and trustee of the Consolidated Anti-Aging Foundation, believes such collaboration not only sets the Neuroregeneration Institute apart, it also is essential to advancing the science. "We view Dr. Isacson's collaboration with other researchers as crucial to accelerating progress."

For Isacson, the importance of donor support goes far beyond the financial: "They are the inspiration for what we do. They are real partners," he said. "Their longstanding relationships with my lab and their understanding of the research process have been of tremendous value."

Hansen may not *herself* be able to explain the concepts Isacson was trying to convey in his complicated diagram, but she is confident that his work will some day yield huge dividends for patients like her husband. "Poul and I firmly believe that Ole and his team will be the ones to find the answers and the means to successfully treat Parkinson's disease with stem cells," she said. ♥

Gifts to 3East *Continued from page 1*

Training More Clinicians

"So many nights I lost the ability to sleep," said Robert Beckwitt, whose daughter Elisabeth attended 3East's day program about a year ago, after admitting she was cutting herself as a way to deal with her psychological anguish. "One of the only things that helped me through the experience was knowing she had this connection to the 3East program and to her therapist, Michael [Hollander, PhD]. I look at the people at McLean as lifesavers."

Beckwitt and his wife, Barbara Hughey, PhD, of Lexington, Mass., have expressed their gratitude by establishing the Beckwitt-Hughey Clinical Psychology Fellowship, which will fund a two-year postdoctoral fellowship. The inaugural fellow, Sarah Little, PhD, will spend this year working with the 3East staff and receiving specialized training in adolescent DBT.

"Therapists often shy away from adolescents in general because they have the reputation as being difficult to work with," said Hollander, who is also director of training, 3East continuum of care and senior consultant, child and adolescent services. "Then, you add on top of that the diagnosis of borderline personality disorder, and clinicians view this as trouble on top of trouble." For these and other reasons, there is a scarcity of therapists trained in DBT, so

patients come from all over the world for treatment by McLean's clinicians.

"When you invest in training young clinicians, you are seeding DBT expertise in the field, which benefits more patients now and in the future," said Cynthia Kaplan, PhD, associate clinical and administrative director, child and adolescent programs. "For that reason, this is an amazing gift."



Michael Hollander, PhD

Filling a Gap in Care

Although Elisabeth now lives independently in a dorm at Berklee College of Music, other high school graduates who have completed one of 3East's programs, but aren't ready for that level of autonomy,

will soon have an alternative: the 3East Community Residence, slated to open this fall.

Located in Cambridge, Mass., just a few miles from McLean's Belmont campus, the eight-bed residence offers alumnae of 3East's intensive DBT program a structured, supportive and therapeutic environment to return to after work or school. Made possible through a generous gift from the Patrick B. Sands family, the



New 3East Community Residence

community residence will hone young women's independent living skills as they attain greater self-regulation and independence.

Patrick Sands said his daughter Peyton tried to end her life when she was a young teenager, and his family was distressed to discover that there were precious few programs for teenagers with BPD. "I was scrambling to find the best program out there," said Sands, who lives in Dallas. "I looked all over the country and the best program was at McLean." The program saved Peyton's life and changed his, according to Sands, who would travel weekly to McLean to practice DBT with Hollander and 3East Program Director Janna Hobbs, LICSW. "I learned to become more mindful and to balance the logical and emotional sides of myself, what is called 'wise mind' in DBT. It has

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Robert Beckwitt

Gifts to 3East *Continued from page 4*



Patrick Sands

helped me in my relationship with my daughter," said Sands.

The new residence will benefit many young women like Peyton, whose families live outside the Boston area and otherwise would have difficulty staying connected to their treatment teams as they achieve progress toward academic and employment goals and autonomy.

Offering Financial Support

Like the Sands, Jim and Doreen Clappin were willing to travel any distance to get their daughter Andrea the best care available, which in their case meant more than 6,000 miles from Tokyo to Belmont. Andrea lived at McLean and was treated through the 3East program for about a year and a half. Today she is thriving as a college freshman at St. John's College in Annapolis, Maryland.

Jim Clappin said that he and his wife have been "blessed," and never had to fret about their ability to afford treatment at 3East, which is generally not reimbursed by insurance companies. "I think about people who are dealing with this trauma with their child and have to worry about going bankrupt to get her the care she needs," he said. "Unfortunately, many people have to make the choice not to do it."

A generous gift from the Clappins established the 3East Adolescent Dialectical Behavioral Therapy

Scholarship Fund which provides financial assistance for patients to receive care at 3East's DBT intensive residential or day programs. A clinical team evaluates potential recipients from those currently being treated in McLean's insurance-based adolescent treatment program, based on financial and clinical need as well as their commitment to therapy.

The first scholarship recipient, a teenager whose treatment was cut short because her family's insurance benefits ran out, recently completed a month of intensive DBT treatment at 3East. "We hope the fund will attract other donors and become large enough to enable several young women per year to go through the 3East program," said Clappin.

It is a direct result of the vision and philanthropy of the Clappin, Sands and Beckwitt-Hughey families that more parents—like this young woman's—can now imagine access to the care their child needs and a future where recovery from life-threatening mental illness is possible. ♥

Summer Reception on Nantucket
For friends and supporters of McLean Hospital

Frances and Craig Lindner hosted a reception for friends and supporters of McLean on August 12 at their home on Nantucket. After a breathtaking sunset over the dunes, guests learned about the growth and evolution of McLean's child and adolescent programs from Joseph Gold, MD, chief medical officer, and enjoyed a thought-provoking presentation on the challenges of eating disorders from Esther Dechant, MD, medical director, Klarman Eating Disorders Center. ♥



David S. Barlow, Chairman of the Board of McLean Hospital, Frances and Craig Lindner, and Scott L. Rauch, MD, President and Psychiatrist in Chief of McLean Hospital.

Women's Mental Health Initiative

Focuses on Care, Research and Education



left to right: Dawn Sugarman, PhD, Shelly Greenfield, MD, MPH, and Sherry Winternitz, MD, in front of the Hill Center for Women.

Psychiatric disorders sometimes do discriminate. For example, depression, post-traumatic stress disorder and eating disorders have a higher incidence in women than in men. And while substance abuse is more common in males, women with addiction disorders often get sicker faster and fare worse than men.

Gender differences have driven the creation of a wide array of clinical programs and research initiatives at McLean focused on the mental health of girls and women. Programs range from the Klarman Eating Disorders Center to the Hill Center for Women to 3East and Gunderson Residence—the last two focused on females with Borderline Personality Disorder. In the research arena, McLean investigators are focusing on the intriguing intersection of gender and illness, like the example of Shelly Greenfield, MD, MPH, McLean's chief academic officer, who has developed an empirically

validated, gender-specific therapy for women with substance use disorders.

From this strong foundation, the hospital is launching the Women's Mental Health Initiative, a stage-setter for what is expected to evolve into a Women's Mental Health Division, which would be one of seven divisions created in accordance with McLean's strategic plan.

The initiative—which is funded by an anonymous donation and will be led by Greenfield—will begin with a core set of activities

in the first year, including:

- forming a hospital-wide steering committee to increase collaboration among clinicians and researchers focusing on women's mental health;
- organizing a scientific symposium on women's mental health; and
- providing research support for a junior investigator in women's mental health.

The generous gift behind the initiative already is moving these efforts forward. Greenfield is pleased to have recruited Dawn Sugarman, PhD, a talented early career clinical researcher who specializes in substance use disorders among women.

"The idea for this initiative grew out of a work group that was part of the hospital's strategic planning process," said Sherry Winternitz, MD, clinical director, Dissociative Disorders

and Trauma Program, who co-lead the group with Greenfield and will team up with her again to co-lead a steering committee for the new initiative. "There is tremendous value in bringing together clinicians and researchers from across the hospital to talk about our common interest in women's mental health and to consider ways we can provide better care to women. It is exciting to think about what this project will enable McLean to contribute to the field."

As with the hospital's other divisions, a women's mental health division would enhance the integration of clinical services, research and education focused on women's mental health. "It would provide an overarching umbrella for our clinical and research programs focused on gender differences and women's health through the lifespan," said Greenfield. "For example, it would foster discussions across programs about issues such as the etiology of disorders, best practices, prevention, and triage for women with multiple disorders."

McLean President and Psychiatrist in Chief Scott L. Rauch, MD, said the women's mental health initiative represents McLean's continued commitment to the mental health needs of women and girls through all stages of life. "The last 15 years of research have underscored how gender is often one important determinant of risk, prevalence, presentation, course, and treatment of mental disorders," he said. "We are excited to be on the leading edge of this promising area of research and treatment." ♥

Unrestricted Generosity: The Mary Belknap Society

McLean's donors contribute to the hospital in countless ways and for myriad reasons. Now, the hospital is recognizing the generosity of supporters who make annual unrestricted gifts of \$1,000 or more through the creation of the Mary Belknap Society.



covered by insurance. They are vital to meeting the many high priority needs we face every year."

This leadership annual giving society is named for Mary Belknap, who in 1832 left McLean a bequest of property and cash that totaled nearly \$90,000 and helped

"Unrestricted gifts open up a world of opportunities," said McLean President and Psychiatrist in Chief Scott L. Rauch, MD. "They can seed new areas of research or support core services that may not be fully

fund a new building for female patients. Belknap's gift was one of the largest from an individual donor in the hospital's early years, second only to that of Boston merchant John McLean, the hospital's namesake. ♥

For questions about the Mary Belknap Society, please contact Jeanne Armocida, at 617.855.3571 or jarmocida@partners.org.

The hospital extends its deepest thanks to the following inaugural members of the Mary Belknap Society (donors who made gifts and agreed to be recognized between Oct. 1, 2010 and Nov. 1, 2011).

- Dr. Carmela and Mr. Menachem Abraham
- Elsie Adler
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Unique Gift Option Ends Soon: IRA "Charitable Rollover" Available Through 2011

From now until December 31, 2011, donors 70½ years of age and older can take advantage of a win-win giving opportunity: make a gift directly from their individual retirement accounts (IRAs) without paying income tax.

"We would have made our gift regardless, but this option meant we could increase it from last year because of the tax savings," said Ronna Cooper, a donor who supports the research of Ole Isacson, MD.

Donors are permitted to make these "tax-free rollovers" from both traditional and Roth IRAs. Certain limitations apply, including:

- contributions cannot exceed \$100,000 per person per year;
- the gifts must be outright; they cannot be used to establish a gift annuity or fund a charitable remainder trust; and
- the recipient must be a public charity, not a private foundation.

Without this provision, using IRA funds for a charitable gift requires withdrawing money from the IRA and then contributing it. The amount withdrawn is taxable, and the deduction for the contribution may or may not offset the tax. By contrast, an IRA charitable rollover gift is



made directly to the charity without being taxed.

If you are interested in using this tax-free distribution option to make a gift to McLean, please consult your financial advisor and contact McLean Director of Development Lori Etringer at 617.855.3840 or letringer@partners.org. ♥