

H McLean Hospital Horizons

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FOR FRIENDS AND SUPPORTERS



Roya Ostovar, PhD, director, Center for Neurodevelopmental Services, and Helen Murgida, EdD, head of school, Pathways Academy, on the new basketball court.

Simches Gift Offers Pathway Students Computers and Time at the Hoops

Thanks to generous gifts from the Joanne B. Simches Charitable Foundation and Nancy Simches, students at Pathways Academy now have new computers, new desks, a basketball half-court and new TV/DVD/VCRs to enhance their learning and physical development. Soon, they also will be getting a second basketball half-court, outdoor wooden furniture and outdoor play structures.

Pathways Academy, a year-round school offering comprehensive therapeutic and educational services to children with Asperger's syndrome (a high functioning form of

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autism) and related disorders, is one of just a few day schools of its kind in the country. Pathways was founded in 1998 to address the pervasive need for positive educational experiences for children whose disabilities prevent them from succeeding in a traditional school system.

The Joanne B. Simches Charitable Foundation was established in 1992 by Nancy and Richard Simches in loving memory of their youngest daughter. According to Nancy Simches, "We

dedicate the Foundation to perpetuating Joanne's legacy of care and concern for disadvantaged and disabled children and young adults."

In 2003, the Foundation donated funds to provide scholarships to students at Camp New Connections, the summer program at Pathways Academy. The following year, the Foundation helped purchase new electronic equipment and construct the first basketball half-court. In 2005, Nancy Simches then contributed additional funds for the second half-court and supplemental outdoor equipment.

Nancy and her late husband, Richard, supported McLean for many years and Nancy continues their strong support. To them the Pathways program "touches the lives of children with the same degree of compassion and support that Joanne displayed during her lifetime," Nancy says. She hopes that her family's funding "will facilitate the students' growth, development and welfare, not only academically, but socially and emotionally as well."

The Simches family believes that "when giving to McLean, you get back far greater riches. The opportunity to be part of the advancement of science, from both the research and clinical perspectives, is tremendous and personally gratifying." ♦



"McLean is a stellar institution – a true center of excellence among providers of medical care and explorers into the realms of neuroscience and psychiatry." Nancy Simches (right), pictured here with daughter Joanne and husband Richard.

McLean Ranked Top Psychiatric Hospital

McLean Hospital once again earned top honors in the *U.S. News & World Report* annual "best hospitals" survey. For the 16th consecutive year, McLean was ranked the top psychiatric hospital in the United States, and for the third year, it ranked fourth among all hospitals with a psychiatric specialty.

"We are delighted to again be recognized for the exceptional care we deliver at McLean, and we commend and thank our nurses, doctors and other caregivers who are the reason for our high rankings," says Bruce Cohen, MD, PhD, McLean president and psychiatrist in chief.

To develop the rankings, *U.S. News & World Report* surveyed psychiatrists nationwide, asking them to list the five hospitals they consider best in their specialty for difficult cases, without considering cost or

location. Slightly under half of the 3,400 doctors surveyed responded. Ranked hospitals were cited by at least 3 percent of responding physicians.

Also, according to newly released rankings, McLean continues to be the largest recipient of National Institutes of Health (NIH) funding of any psychiatric hospital in the United States. McLean was one of only 24 hospitals in the country to receive more than \$10 million annually in federal funds. McLean received \$33 million in federal research dollars last year, a figure that is projected to exceed \$35 million in the current fiscal year.

"We are proud of the exceptional accomplishments and contributions of our researchers who make McLean an unmatched resource for psychiatric care and investigation," says Cohen. ♦



"McLean's achievements are a testament to our staff's dedication and commitment."

*Bruce M. Cohen,
MD, PhD*



Cynthia A. Montgomery, PhD



Thomas J. Swan, Jr.

McLean Welcomes New Board Members

McLean is pleased to announce the addition of two new members of the Board of Trustees.

Cynthia A. Montgomery, PhD, brings both professional and personal experience to the McLean board. A professor at the Harvard University Graduate School of Business Administration, Montgomery specializes in corporate strategy and governance. She feels her business experience will be helpful in leading McLean during a period of unprecedented opportunities in mental health research and treatment. “There is a sea change afoot, with important opportunities to make a difference in this evolving environment,” Montgomery says.

But Montgomery brings much more than her business acumen to McLean. In 1999, her family lost a 14-year-old son, Bjorn Wernerfelt, to suicide. “[Bjorn was a] tremendously creative and bright child who, at the same time, was locked in by things he could not describe, and none of us could understand.” The experience gave Montgomery first-hand experience with the challenges mental illness brings to families. Montgomery believes her son was “born

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Thomas J. Swan, Jr. has had a lifetime interest in helping those with mental illness. For more than 10 years, he served as a trustee and chairman of the Family Counseling and Guidance Center (now part of Catholic Charities), where he came to realize the great toll psychiatric illnesses take on individuals and their families. As a new member of the McLean board, he is impressed with the hospital’s commitment to individuals and to all affected by mental disorders.

“McLean integrates research and clinical work in extraordinary ways that bring advances on all levels—modalities of treatment, knowledge of the brain and the development of medications,” he says.

As a 30-year board member at the St. Sebastian’s School in Needham, Mass., Swan helped that institution become one of the most prestigious, desirable private schools in the region. He hopes his leadership there, as well as his business experience as chairman of the Swan Group, a privately held business whose disciplines are multi-channel

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Cynthia A. Montgomery, PhD

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Thomas J. Swan, Jr.

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Gifts Enrich Curriculum at Arlington School

On June 3, 2005, at McLean Hospital, 11 seniors received their high school diplomas. Like millions of other graduates, these young men and women have had creative, fulfilling high school careers. But these students are special: as graduates of the Arlington School, they have achieved success in high school after facing difficulties in mainstream educational settings.

Second Chance at Success

Founded in 1961, the Arlington School offers individualized education to middle and high school-aged children with learning, social and emotional disabilities. Many of the school's students come to the Arlington School because their public schools' curricula do not fit with their unique needs and learning styles. According to retiring Dean Ken McElheny, "The Arlington School helps students achieve normalcy and success, but still gives them the emotional and clinical support they need."

For many graduates—including well-known singers Livingston Taylor (who spoke at this year's graduation) and Kate Taylor, and radio talk show host Ellen Ratner—the Arlington School helps students get a second chance. "Arlington gives kids a safe framework in which to think about their lives and to understand that while it's important to color within the lines, they can still maintain their creativity," Ratner says.

In fact, creative expression is an integral part of the school's curriculum, which emphasizes art, photography and computer graphics. McElheny feels the arts offer "not just a way to accommodate special needs; they are linchpins for all good

education, and especially for sensitive and vulnerable young people like our students."

Gifts Enhance Innovative Curriculum

The school's curriculum is also designed to accommodate non-traditional learning styles. Many students, especially those with psychiatric or neurological disorders, learn better through visual, auditory and even kinesthetic (physical) means.

The school has worked hard to infuse its curriculum with unconventional teaching methods, including whole brain-based and technology-driven learning. A

"Despite Ms. Alden's difficult life, she was still able, in her will, to do this wonderful thing—to help children at McLean." William Tyler, *trustee of the Alden Trust*

whole brain-based curriculum emphasizes the use of multiple avenues of sending and receiving information (including visual, auditory, tactile, kinesthetic and social/emotional) in order to accommodate students' individual learning styles.

Thanks to two \$50,000 gifts from the John W. Alden Trust and the van Otterloo Family Foundation, the Arlington School is expanding its use of whole brain-based learning methods and making extensive technology upgrades. These curriculum enhancements give students a more holistic, flexible educational experience.

According to McElheny, scientific research on learning and the brain supports the idea of multiple "intelligences," or learning styles, and emphasizes the need for extra support for students with special needs. "Schools, such as Arlington, lead in the response to this need and we are very fortunate to have the Alden Trust and van Otterloo Foundation step forward to

"The Arlington School promotes lifelong learning. The truly educated never graduate."
Ken McElheny



For more information visit www.mclean.harvard.edu/patient/child/as.php

support our efforts,”
McElheny says.

For William Tyler, trustee of the Alden Trust, the gift to the Arlington School is a good fit with donor Priscilla Alden's wishes. In her will, Alden made it clear that she wanted to help children, particularly those at the Arlington School. “Despite Ms. Alden's difficult life, she was still able, in her will, to do this wonderful thing—to help children at McLean,” Tyler says.

A significant portion of the Alden grant will be used to provide new curricula, books and supplemental materials that optimize the use of technology in the classroom and are geared toward the unique learning needs of Arlington students. It will also allow professional development for Arlington faculty, including opportunities to engage in on- and off-site workshops and courses, tap into outside expertise and observe best practices in place at other schools. Nearly one-third of the grant will go toward the purchase of new computers and a large-format graphics printer for students.

The \$50,000 from the van Otterloo Family Foundation, which supports unique educational programs, is being used to provide additional technology for every classroom as well as teacher training needed to redesign the school's core curricula and to deliver the sights, sounds and interactive media that engage today's “digital generation.”

Together, these two grants will provide comprehensive upgrades to curricula across all subjects with a specific focus on methods that meet the unconventional learning needs of Arlington students.

For Rose-Marie van Otterloo, spokesperson for the van Otterloo Foundation, keeping students and teachers abreast of new technology and addressing alternative learning styles is critical to ensuring children's success in school and in life. “Technology is a gift that keeps on giving. If you give a child an education, you give him or her a life.” ♦



Livingston Taylor speaks at the Arlington School graduation.

Arlington School Scholarship Honors Retiring Dean ‘Mr. Mac’



Ellen Ratner and Ken McElheny

For students at the Arlington School, Dean Kenneth McElheny is simply “Mr. Mac.” Known for his sense of humor, intelligence, leadership and effusiveness, “Mr. Mac” retired in June 2005 after serving as an educator for 39 of the school's 44 years in existence.

Over the years, McElheny helped build a successful model of highly individualized, alternative

education and developed the Arlington School's renowned arts program. Adored by students and faculty alike, McElheny committed himself to maintaining a supportive, creative community in which young people could flourish while earning a high-school diploma.

At graduation this past June, Arlington alumna and radio talk show host Ellen Ratner presented the first Kenneth McElheny Scholarship, awarded to a graduating Arlington School senior for college expenses. Ratner, who is funding the scholarship along with fellow alumna singer Kate Taylor, says, “Ken has devoted his heart and soul to educating children who would otherwise not have an opportunity. It is important to recognize this significant body of life work with a scholarship in his name.”

If the words of one graduating senior are any indication, McElheny has certainly left his mark. As she wrote in her Psalm of Honor to “Mr. Mac:”

We enter carrying hardships,

That he treats with the same respect he would give

To battered soldiers fighting a good cause—

For our own happiness, for our own lives.

RAP Program Introduces Researchers to Executives and Entrepreneurs



William Carlezon, PhD

When William Carlezon, PhD, director of McLean's Behavioral Genetics Laboratory, spoke on Sept. 8 about his research into revolutionary new treatments for depression, his audience wasn't made up of other psychologists and doctors, but rather technology executives, venture capitalists and entrepreneurs. Carlezon addressed members of a new Partners HealthCare initiative called the Research Accelerator Program (RAP). Launched in 2004, RAP is designed to accelerate medical research funding by appealing to successful business people for support.

RAP is the brainchild of executive director Ron Guerriero, who wanted to "create a bridge between the amazing research technology being used within Partners and the rest of the technology community." His answer was RAP, which connects like-minded philanthropists with innovative studies being conducted at four Partners hospitals: McLean, Massachusetts General, Brigham & Women's and

Spaulding Rehabilitation. For an annual fee, RAP members receive benefits, such as personal health consultations and invitations to quarterly meetings and lectures about new discoveries and treatments. In return, researchers gain access to philanthropists who have the ability to provide much-needed funding to get promising studies off the ground.

According to Guerriero, RAP links researchers with philanthropists who are interested in, but perhaps unfamiliar with, what's going on in biomedical and psychiatric research.

"For many of our members, RAP is their very first foray into supporting the life sciences," he says. "Our goal is to develop relationships between two groups of people who are both using technology in innovative ways. From there, many members come forward on their own to support projects that spark their interest."

If you are interested in learning more about RAP, please contact the McLean Development Office at 617.855.3415. ♦

"Our goal is to create a curiosity—a 'gee whiz' factor—about what scientists are doing"

Ron Guerriero

Land Sale Strengthens McLean's Future

A historic moment—nine years in the making—occurred this spring with the sale of 26.2 acres of McLean land to the Northland Residential Corporation of Burlington, Mass., which is building clustered residential housing on

the site. The sale is the first phase of the McLean Land Development Plan, which will also include the sale of an additional 12.8 acres to be used for a senior community and 11.6 acres for a research and development facility.

This event marks the first major implementation of the McLean Land Development Plan, created in collaboration with the Town of Belmont, Mass., to enable the

hospital to redevelop portions of its property while offering extensive benefits to Belmont. The benefits include land for a new town cemetery and affordable housing, increased tax revenue opportunities and the protection of more than 120 acres of open space. McLean received \$14.7 million in the initial land sale, which has been invested in a permanent endowment fund for the long-term support of the hospital.

According to Michele Gougeon, McLean's executive vice president and chief operating officer, "This is an enormous milestone for McLean and for Belmont."

"The sale is a wonderful example of how towns and academic institutions can collaborate and is testimony to what great things can happen when people work together to achieve a common goal," says Bruce Cohen, MD, PhD, McLean's president and psychiatrist in chief. ♦



An artist's rendering of the residential housing under construction.

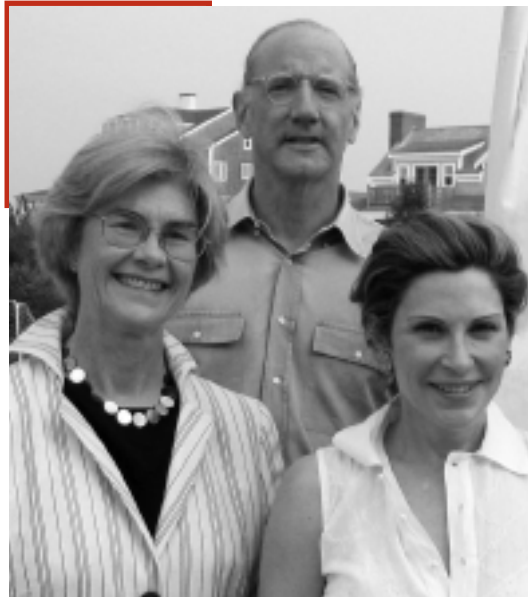
Graham Family Hosts Nantucket Soiree

Loyal supporters and new friends of McLean had the privilege of enjoying a spectacular evening on Nantucket on Aug. 5, when National Council members Stephen and Cathy Graham hosted a cocktail party at their island residence. Amidst a warm, ocean breeze and elegant beachside surroundings, guests enjoyed hors d'oeuvres and the company of people connected to McLean.

According to guests, the party was both beautiful and successful. "It's important to bring people together and have them listen to a persuasive spokesperson like [McLean President] Bruce Cohen talk about what's happening at the hospital," Stephen Graham says. "Many Nantucket people left with a new-found interest in McLean."

In addition to Cohen's entertaining and informative speech, Graham himself spoke with warmth and humor about his own experiences at the hospital. "This was not a dark period in my life. I have good memories," he says.

Graham engaged the crowd to look at McLean as a worthy recipient of their



Kate Feldstein (left), chairman of the McLean Board of Trustees, joined Cathy and Stephen Graham in Nantucket.

philanthropy. "There are not that many places leading the field in clinical work, research and teaching," he says. "Like many people who have had a brush with mental illness, I believe we need first-rate institutions like McLean." ♦

New Board Members *continued from page 3*

Montgomery

too early. The science wasn't where it needed to be to save his life," she says. She is committed to advancing research and treatment so that "someday, we can alleviate the pain, suffering and lost opportunity of people with mental illness."

To achieve this vision, Montgomery believes that the subject of mental illness must become as open and talked about as cancer and heart disease. "We must respect mental illness as the great challenge it is to the lives and health of people we care about." As a McLean board member, Montgomery looks forward to "being at the table as a new age dawns in the treatment and thinking about mental illness." ♦

Swan

distribution, manufacturing and commercial/industrial real estate, will provide support and strategy so McLean can continue "doing what it does best. I believe the role of the board is to help the administration think through issues, opportunities and routes to get to where it wants to be," he says.

According to Swan, one road McLean must continue to navigate is that of managed care, which tends to deemphasize treatment for mental disorders. "McLean needs strong strategies to continue to thrive in the healthcare environment and remain successful," he says. "Institutions are fragile. Even with its long-standing reputation as a leader in mental health research and clinical care, McLean must be nurtured to reach its full potential," he says. ♦

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For more information on ongoing research, go to www.mclean.harvard.edu/research

An Early Supporter Helps Broaden Alzheimer's Research

Alzheimer's research has been conducted at McLean since 1981, and one of its earliest supporters was Seymour Gitenstein, L.H.D., a philanthropist from Florida, Ala. Gitenstein first gave to the hospital in 1982, after his wife, Anna, was diagnosed with the disease. Since then, Gitenstein's support has assisted a number of innovative Alzheimer's investigators in pursuing cutting-edge ideas that have broadened the field of Alzheimer's research.

"At the time Anna was diagnosed, there was very little information about Alzheimer's," Gitenstein says. "McLean was one of the few places doing work in this field."

A few years after Anna died in 1988, Gitenstein established the Anna and Seymour Gitenstein Endowment Fund, designed to support Alzheimer's research and patient care at McLean. Interest from the fund supports key investigators conducting Alzheimer's research. It also benefits McLean's geriatric patients by helping to provide services and items not reimbursable under private insurance or Medicare.

Gitenstein is a careful steward of his philanthropic investments and has made major contributions to a number of organizations. By contributing to Alzheimer's research at McLean, he feels he has achieved his goal of helping patients like his wife.

"I have supported many causes over the years, but one of the most important, without a doubt, has been McLean," he says.

McLean is grateful to long-time donors like Seymour Gitenstein. The principal of his fund continues to grow while earning interest for research and services.

If you are interested in establishing a named endowment fund that would offer ongoing support for psychiatric research, treatment or training, please contact the Development Office at 617.855.3571 for additional information. ♦



Seymour and Anna Gitenstein

For more information on planned giving, please visit www.mclean.harvard.edu/gift/planned

McLean Hospital is the largest psychiatric affiliate of Harvard Medical School.



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