

McLean Hospital Horizons

Spring 2011

Volume 9

Issue 1

FOR FRIENDS AND SUPPORTERS



From left, McLean President and Psychiatrist in Chief Scott L. Rauch, MD, Massachusetts House Speaker Pro Tempore Patricia Haddad, Senate President Therese Murray and MGH President Peter Slavin, MD

A Bicentennial Year: Marking 200 Years of Compassionate Care

McLean is celebrating its 200th anniversary this year, a milestone it formally marked on Feb. 25 with the re-signing of the 1811 charter that established it together with Massachusetts General Hospital. A ceremony at the Massachusetts State House, attended by legislators, descendants of the hospitals' founders and McLean leadership, took place in the Senate Chamber, across the hall from where the founding document was signed two centuries earlier.

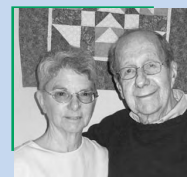
At the turn of the 19th century, Boston did not have a public hospital. Most patients were nursed at home by their families, with the help of visiting doctors. But many families lacked the resources to provide care. In 1810, Rev. John Bartlett, who ran the Boston Almshouse, urged two prominent Boston physicians, Drs. John Collins Warren and James Jackson, to lobby the city's wealthiest and most influential residents for the creation of a hospital to serve both the mentally and physically ill.

This petition led to the legislature granting a charter establishing the "Massachusetts General Hospital Corporation," which would treat both physical and psychiatric illness in separate facilities. It would be the third such hospital in the country, following in the footsteps of ones in Philadelphia and New York City. McLean Hospital, first known as the "Asylum for the Insane," opened on October 1, 1818 on an 18-acre estate in

Continued on page 3



*Kistler Foundation
Supports Healing
Through Artistic
Experience
Page 2*



*A Boost for Borderline
Personality Disorder
Page 4*



*Better Balancing the
Risks and Benefits
of Medication: the
Metabolic Syndrome
Initiative
Page 6*





Dear Friends,

As we celebrate McLean's 200th anniversary, we are deeply grateful to the many people who have helped shape McLean into the internationally acclaimed institution that it is today.

Philanthropy has always played a critical role in the life of this hospital, beginning with the founding campaign from 1812-1816 to our current efforts to leverage philanthropic funds to advance McLean's ambitious agenda. In the following pages you will learn about the people and motivations behind several creative and generous gifts of which we are privileged to be stewards.

It is thanks in large part to the loyalty of our supporters that McLean is embarking on its third century as one of the leading psychiatric institutions in the world. We look forward to many, many more years of honoring and building on that tradition for the benefit of individuals and families affected by psychiatric illness.

Sincerely,

Catharine Cook
Senior Vice President
and Chief Development
Officer

Kistler Foundation Supports Healing Through Artistic Expression

Jay Kistler would have loved the art room that is infused with his spirit and memory, and prominently displays his name on one wall.

Located at The McLean Center at Fernside, the once-spare space has been transformed into a warm and colorful hub of creativity and healing, thanks to a \$25,000 donation from the nonprofit created in the young man's memory—the Jay Kistler Foundation-A Better Life,™ Inc. The foundation's generosity not only underwrote the renovation of the room, but also stocked it with furniture, easels, art supplies, musical instruments and a digital media center.

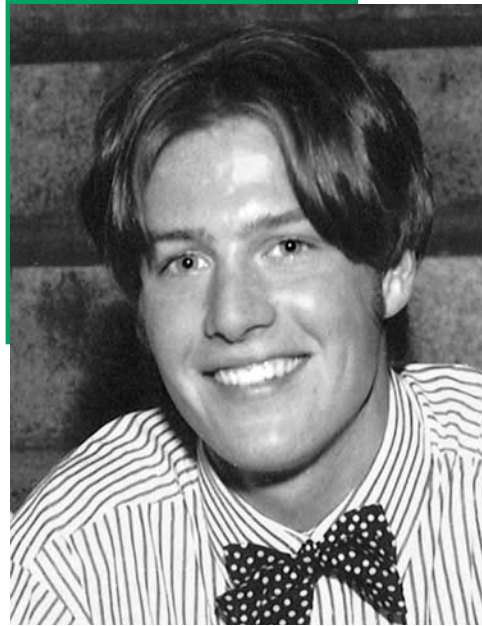
"Jay was a sweet young man, very caring, blessed with an artistic and gentle soul, but he struggled to find his place in life," said his aunt and godmother, Michelle Herlihy, who created the foundation and serves as its president. The foundation's gift is also supporting culinary sessions, visiting artists and professional development for the expressive therapy program at Fernside, McLean's comprehensive residential treatment center for people with substance use and other psychiatric disorders located in Princeton, Massachusetts.

Herlihy's nephew battled addiction for many years and died in 2007 from an accident related to substance abuse. During Thanksgiving that year, Kistler—who had recently moved to Boston to be closer to family—went missing. Desperate to help him get back on track once he returned, Herlihy made a call to Fernside for advice.

"I gave a brief history of Jay and said that he was missing," recalled Herlihy. "The program director laid out the steps he thought we should follow. It was a holiday. I was so impressed that this stranger just stopped what he was doing to help me and he even gave me his cell phone number. That made a huge impact on me." Tragically, Jay's body was

found the Sunday after Thanksgiving.

Several months after her godson's death, Herlihy set up the foundation and it quickly became clear to her that Fernside would be one of its beneficiaries. "I went to visit and when I saw the art room, I thought it was pretty stark—just a couple of tables," she recounted. "It triggered things. Jay was an art major; he loved music and was a great dancer and cook. The idea for the gift evolved from there."



Jay Kistler

As the home of Fernside's expressive therapy program, the art room has become an integral part of treatment. Expressive therapist Stephanie Karlson, MA, knows firsthand how healing art can be for her clients. "We do a lot of work around identifying emotions, because when people first arrive here they often feel numb and disconnected—or overwhelmed," said Karlson. "Expressing emotions through art and learning to differentiate among them is a huge part of the expressive therapy curriculum. Once people jump in and take that first risk, it can often help them access emotions and experiences that may be too difficult to discuss."

Fernside's Medical Director Sherry Nykiel, MD, said that the foundation's gift enables the program to offer something few treatment programs have the resources

Continued on page 3

Kistler Foundation

Continued from page 2

to provide. “It’s not all that common for a treatment program to offer music and art therapy, although we think it should be the standard of care,” said Nykiel, a double bass player and former elementary school music teacher. “I have great



Sherry Nykiel, MD, and Michelle Herlihy

faith in music and art’s ability to help move people toward change. We extend our most heartfelt thank you to Michelle and her foundation for providing such a special gift to us. This is something we couldn’t have done without her and her dedication to Jay and the cause.” ♦

A Bicentennial Year

Continued from page 1

Charlestown. The first tenet of the hospital was and remains today that patients be treated with compassion, dignity and respect.

“The founders and early benefactors of McLean were true visionaries and they would be proud of the superb care this institution has continually provided for



At a celebratory event following the ceremony, Mark Picciotto, PhD, Mark Longsjo, LICSW, Phil Levendusky, PhD, and Thröstur Björgvinsson, PhD, joined an actor portraying former US President John Adams, who was among the signers of the charter signed by the Massachusetts Legislature in 1811.

Philanthropy played an important role in McLean’s growth and evolution. In 1823, Boston merchant John McLean bequeathed a generous portion of his estate, after which the hospital bore his name. Private support remains important to McLean today, fueling a broad spectrum of patient care, research and educational activities every year.

the past 200 years,” said Scott L. Rauch, MD, McLean president and psychiatrist in chief. “The charter re-signing ceremony was a reminder of our rich heritage and the important legacy we continue building today. It also underscored how far we have come in our understanding and treatment of psychiatric illness and the exciting advances that lie ahead.” ♦

“We extend our most heartfelt thank you to Michelle and her foundation for providing such a special gift to us. This is something we couldn’t have done without her and her dedication to Jay and the cause.”

– Sherry Nykiel, MD

A Boost for Borderline Personality Disorder

“The Millers have been generous and creative in establishing this endowment, and I am excited by the opportunities it will offer our patients and clinicians over time.”

— John Gunderson, MD

This past winter, McLean received a very generous donation to establish The Joseph M. and Betty J. Miller Endowed Fund for Borderline Personality Disorder, the first endowed fund at McLean solely dedicated to advancing the knowledge and treatment of borderline personality disorder (BPD).

Dr. Joseph Miller, a graduate of Harvard Medical School and the Harvard School of Public Health, and his wife, Betty, a non-practicing occupational therapist, are the generous donors who made this much-needed fund a reality.

BPD, a challenging psychiatric illness that affects approximately two percent of the population and accounts for 15 to 20 percent of psychiatric hospital admissions, is under recognized. The

delays that typically ensue before obtaining an accurate diagnosis result in ongoing anguish for both patients and their families. Concerns about depression, anxiety or substance abuse can distract attention from the underlying issues of self-esteem, fears of rejection and self-injurious behaviors that distinguish BPD. Fortunately, evidence-based treatments such as dialectical behavioral therapy (DBT), mentalization-based therapy (MBT) and general psychiatric management (GPM)

have proven successful in treating the disorder and given hope to individuals and families affected by BPD. These treatments serve as the therapeutic underpinnings for McLean’s adult and adolescent programs.

As a Boston internist affiliated with the Brigham and Women’s Hospital from 1951 to 1978, Dr. Miller had encountered patients with the baffling array

of symptoms we now recognize as BPD. However, at that time, the disorder had not been defined, and Dr. Miller experienced a frustrating lack of clinicians who were both knowledgeable and willing to take on the treatment of such patients. More recently, after retiring, Dr. and Mrs. Miller were closely involved in the care of a relative who was suffering from BPD.

It was these experiences that ignited the Millers’ quest to make a meaningful and lasting contribution to an institution on the front lines of BPD treatment, research and education. McLean Hospital, with its renowned academic and research leadership, came quickly to their minds. The fact that McLean is home to one of the pioneers of BPD research and treatment, John Gunderson, MD, and offers an unrivalled spectrum of services for adolescents and adults with the disorder, further motivated their gift, the Millers said.

Gunderson, whose seminal studies on BPD helped legitimize it as an empirically validated diagnosis, said that it is not uncommon for patients and families to have difficulty obtaining care for a loved one with BPD, highlighting the need for increased research and education in this area.

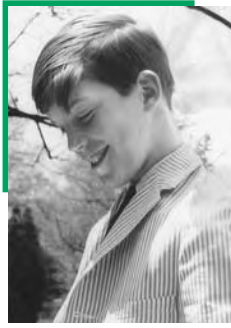
“Many patients with BPD are mistakenly given a diagnosis of depression or bipolar disorder and treated with medications,” says Gunderson. “Medications, although sometimes effective in the short-term, do not help patients develop the skills they need to manage their illness and regain productive lives.”

Training clinicians in the evidence-based treatments for BPD is just one of many needs that the Millers’ fund will support, according to Gunderson. “This is the kind of gift that will grow and serve as a catalyst for advancing research and treatment for BPD,” he said, adding that the yearly interest from the endowment could be used in myriad ways, including funding a promising pilot study, supporting specialized training



Joseph and Betty Miller

Using Facebook to Raise Funds and Awareness



Jonathan Brooking

It began modestly. Liz Brooking created a Cause on Facebook in her brother's memory to raise funds for psychiatric research at McLean. She and her family are long time McLean

donors—ever since her brother's suicide in 1985 at age 28. Years before he took his own life, Jonathan had suffered a psychotic break and was treated at McLean.

Liz donated \$100 to her own cause, then invited a handful of people to join. Right away, several people matched her donation and invited others to join. More than a year after going virtual and leveraging social media, the Jonathan Edward Brooking Memorial Fund for Mental Health Research at McLean has raised over \$7,000 online, attracted more than 120 members from all over the United States and beyond, and distinguished itself as the most highly ranked mental health cause on the platform, based on donation amount.

"Using Facebook was my way of expanding the pool of donors beyond our family and making our endowed fund have greater meaning and impact in my lifetime," said Brooking, who was younger

Visit www.causes.com/causes/421089-the-jonathan-edward-brooking-fund-for-mental-health-research-at-mclean-hospital to join Jonathan's cause or make a contribution.

A Boost for BPD

Continued from page 4

for clinicians or developing educational materials for caregivers. "The Millers have been generous and creative in establishing this endowment, and I am excited by the opportunities it will offer our patients and clinicians over time."

than Jonathan by a year. "The stigma that's attached to psychiatric illness is slowing the pace of research. Through this effort, people who I never would have guessed had a connection to mental illness are now speaking up. It gives them permission to tell their stories about something that's very private for many families. It allows them to also make a difference."

Brooking hopes her efforts will also spread the word about McLean, much admired by her and her family as a place where her brother—musical, athletic and sensitive—found a measure of peace and security. "His experience at McLean was really, really good for him and for all of us," said Brooking. "He felt protected at McLean and there were people at the hospital he felt close to. Their care helped him deal with a frightening illness."

As a professional marketer, Brooking knows that generating awareness takes time. For the short term, her goals are modest: to build community and turn a good percentage of her one-time donors into regular supporters. Long-term, she wants to reduce stigma and see more support for psychiatric research. "If I could raise a million dollars, I would be thrilled," said Brooking. "But I wouldn't stop there. It's not just about the money. In a way my brother, Jonathan, lives on through this effort; he would be so pleased to see our progress." ♦

The Millers hope their endowment will serve as the cornerstone for future giving for BPD to improve the lives of patients and their families.

To contribute to the Millers' Fund, contact Lori Etringer, Director of Development, at 617.855.3840 or letringer@partners.org. ♦

"If I could raise a million dollars, I would be thrilled. But I wouldn't stop there. It's not just about the money. In a way my brother, Jonathan, lives on through this effort; he would be so pleased to see our progress."

– Liz Brooking

Better Balancing the Risks and Benefits of Medication: the Metabolic Syndrome Initiative

McLean psychiatrist Dost Öngür, MD, PhD, is keenly aware of the fact—as are most psychiatrists—that certain psychiatric medications have side effects that are almost as worrisome as the conditions they treat.

As clinical director of McLean's Psychotic Disorders Division, Öngür is particularly attuned to metabolic syndrome, a challenging side effect of certain newer antipsychotic drugs. Associated with weight gain and a sedentary lifestyle, the syndrome is a cluster of risk factors that places patients at higher risk for coronary artery disease, stroke and Type 2 diabetes.

"The traditional way of thinking has always been that to get better, you have to stay on medications and yes, there are side effects, but you just have to deal with them," said Öngür. "We have to do better than that. We have to aggressively screen for, recognize and treat the side effects of medications—the antipsychotic medications, in particular."

That's why Öngür is spearheading the metabolic syndrome initiative at McLean—a multi-pronged attack on this precursor to cardiovascular disease and diabetes—funded in part by support from National Council members Barbara and William Boger and an anonymous donor. The first part of

Öngür's efforts is educating clinicians about metabolic syndrome and its warning signs. He and a colleague, Joseph Stoklosa, MD, have developed a pocket-sized laminated card for McLean clinicians to use as a reference

guide and teaching tool with patients and families, laying out the advantages and disadvantages of each type of antipsychotic medication.

Another part of this project has involved collecting data on how patients are faring on atypical antipsychotic medications, with the goal of establishing best practices for prescribing. "As clinicians, we need to pay attention to patient characteristics—their age, co-morbidities, gender, substance abuse issues—so we're tailoring our use of antipsychotic medications to minimize risk and maximize outcomes," said Öngür.

As a result of Öngür's efforts, every

patient who is admitted to McLean's Schizophrenia and Bipolar Disorder Program is now screened for signs of metabolic syndrome. About 40 percent already have the condition, according to Öngür. Because the average length of stay on the unit is only two weeks, he is collaborating with McLean's Nursing Department to design longer-term outpatient interventions emphasizing healthy diets and exercise. One option that staff already encourage and many patients use while they are at McLean, is the fitness center on campus (*see sidebar*). "McLean's fitness center should and will play a leading role in combating metabolic syndrome for our patients," said Öngür.



Dost Öngür, MD, PhD

"As we increasingly extend our efforts to care for the whole patient—and pay attention to medical issues as well as psychiatric ones—the fitness center is an indispensable tool. Patients feel better when they use the fitness center and it's very good for their medical conditions as well."

— Dost Öngür, MD, PhD

Continued on page 7

The Metabolic Syndrome Initiative

Continued from page 6

“As we increasingly extend our efforts to care for the whole patient—and pay attention to medical issues as well as psychiatric ones—the fitness center is an

indispensable tool,” he said. “Patients feel better when they use the fitness center and it’s very good for their medical conditions as well.” ♦

Strong Bodies, Strong Minds



Shannon Collins

McLean’s Fitness Center is an important part of many patients’ recovery because it gives them the chance to take an active role in their treatment and establish healthy behaviors that can continue after discharge.

The center was launched in 2005 after National Council member Kay Kimpton Walker proposed the idea and helped to raise more than \$400,000 to equip and launch the facility. The center remains free to patients and is wholly supported by private donations.

Along with Walker, one of the fitness center’s most generous donors is The Mental Insight Foundation, which recently pledged \$75,000 over three years to the facility. “We’re deeply grateful to The Mental Insight Foundation for understanding and supporting our mission and for recognizing all of the benefits that exercise provides to our patients,” said

McLean’s Director of Managed Care and Business Development Sally Jenks, MPH, who manages the fitness center.

With the guidance of a full-time coordinator, the center offers state-of-the-art equipment, individualized fitness programs, and yoga and exercise groups geared toward specific patient populations.

“I design the programs according to what our patients need cognitively, emotionally and physically,” said Fitness Coordinator Shannon Collins. “That might be chair yoga with our geriatric patients, restorative yoga with our patients at the Klarman Eating Disorders Center or mindfulness yoga for patients with obsessive compulsive disorder. We always try to meet our patients where they’re at.”

To donate to McLean’s fitness center, contact Lori Etringer, Director of Development, at 617.855.3840 or letringer@partners.org. ♦

Horizons

Spring 2011

Horizons is published by the McLean Hospital Development Office
115 Mill Street
Belmont, MA 02478
Telephone: 617.855.3415
Fax: 617.855.3746
E-mail: mcleandevdevelopment@partners.org
website:
www.mclean.harvard.edu

Senior Vice President and Chief Development Officer: Catharine Cook
Director of Development: Lori Etringer
Editor: Anna Beardslee
Copy: Vicki Ritterband
Design: CommCreative
Photography: Brian Currier, Tom Kates

Published: Spring 2011
© 2011 McLean Hospital

McLean Board of Trustees
David S. Barlow, Chair
Jeanne Blake
John F. Brennan, Jr.
Thomas P. Glynn
Richard Kelleher
Edward P. Lawrence, Esq.
Cynthia A. Montgomery, PhD
Robert Pierce, Jr.
Scott L. Rauch, MD
Auguste Rimpel, Jr., PhD
W. Lloyd Snyder III
Carol A. Vallone

Honorary Trustees
Charles D. Baker
Betty Brudnick
Ferdinand Colloredo-Mansfeld
Edith Dabney
Kathleen Feldstein, PhD
John A. Kaneb
George Putnam
Kenneth Rossano
W. Nicholas Thorndike
Rose-Marie van Otterloo

To give online please visit mcleanhospital.org/gift

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



Horizons

McLean Hospital
115 Mill Street, Belmont, MA 02478

Please write to us at 115 Mill Street, Belmont, MA 02478 if you wish to have your name removed from our distribution list for future fundraising materials designed to support McLean Hospital.

Event Roundup

McLean hosts a number of events throughout the year with the goal of engaging more people in the hospital's mission. Two events this spring helped McLean share its work in new ways.

McLean National Council members Holly and David Dreman hosted a reception for friends and supporters of McLean at their home in Palm Beach, Florida, on April 6. McLean's Chief Academic Officer Shelly F. Greenfield, MD, MPH, led discussion

around gender differences in substance use disorders.

On April 20, Rose-Marie van Otterloo, chair of McLean's National Council, and her husband, Eijk, also a National Council member, hosted a private tour of their Dutch and Flemish masterworks collection that is currently on exhibit at the Peabody Essex Museum in Salem, Massachusetts. Following the tour, Stephanie Pinder-Amaker, PhD, director of McLean's College Mental Health Program, spoke about McLean's response to the national college mental health crisis. ♦



Rose-Marie van Otterloo, chair, McLean National Council

Learn more at mclean.harvard.edu