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FOR FRIENDS AND SUPPORTERS



The McLean Center at Fernside.

New McLean Center at Fernside Offers Longer Stays for Substance Use Disorder Recovery

In today's climate of managed care, the once-standard 28-day stay for patients recovering from substance use disorder is now a thing of the past. Most inpatient programs offer four to five day stays—a time frame many clinicians feel is not long enough to address the complex needs of patients with substance use disorders, particularly those who have co-occurring psychiatric illnesses, such as anxiety and depression.

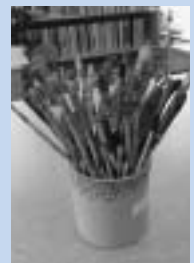
According to Roger Weiss, MD, clinical director of McLean's Alcohol and Drug Abuse Treatment Program (ADATP), 40 percent of people who are alcohol dependent have had mood disorders during their lifetimes, and one-third have had anxiety disorders. For those who are drug dependent, the numbers are even higher: 60 percent and 42

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The McLean Center at Fernside specializes in treating co-occurring substance use and psychiatric disorders, with no limitations on length of stay.

percent, respectively. In general, co-occurring illnesses mean worse outcomes. “These patients are typically hospitalized more often, are less likely to adhere to treatment and have higher suicide rates,” Weiss says. “But there are few programs that treat both substance use disorders and psychiatric disorders at the same time.”

McLean is trying to fill this gap with the McLean Center at Fernside, a new residential treatment facility in Princeton, Mass., that specializes in treating co-occurring substance use and psychiatric disorders, with no limitations on length of stay. A former country inn, the 7,000-square-foot property, built in 1835, includes 8 private rooms with private baths, a modern kitchen, comfortable common areas and tranquil grounds. According to Philip Levendusky, PhD,

Levendusky, who spearheaded the project with Weiss and others, says the McLean Center, made possible in part by an anonymous gift of \$500,000, “fills a vacuum in New England” for those who can afford to pay for longer stays and who want to be in an elegant, comfortable setting. The comprehensive program offers an “around-the-clock therapeutic and educational milieu designed to include individual therapy, assessment, education, group therapy and more holistic treatments such as yoga and meditation,” he says.

According to Nancy Merrill, APRN, BC, program director for ADATP, a flexible-stay, self-pay model is particularly beneficial for those with co-occurring psychiatric illnesses because patients and clinicians have the chance to work together for longer periods. Staffed by leading



McLean’s vice president for Network Development, the beautifully appointed inn is “the perfect place” for patients to recover. “It is quiet, has lovely views and sits on 15 acres of pristine land in a quintessential New England town,” he says.

psychiatrists, nurses, social workers and counselors—and backed by McLean’s expertise—the center will be ideally equipped to treat the challenges that come with psychiatric and substance use disorders.

Shelley Greenfield, MD, MPH, associate clinical director for ADATP, says one of the benefits of the new program is that it “allows patients to be in a safe, healthy environment and work on long-range issues before they transition back to their communities.”

Merrill agrees. “Longer stays give patients the opportunity to be immersed in treatment. By staying for more than a few days, they engage in lifestyle changes that can lead to long-term sobriety,” she says. ♦

There are still many opportunities available to support the McLean Center at Fernside, from providing vital resources for expanded programs and activities to naming the Center, treatment rooms or recreational spaces (see story, page 8).

If you are interested in contributing to this unique project, please contact the Development Office at 617.855.3415.

Donors Offer Flexible Unrestricted Funding Opportunities

In the world of psychiatric research, unexpected opportunities often arise, and McLean researchers need to pursue them quickly. Yet funding limitations often inhibit investigators from jumping in to explore these potential breakthroughs. That's why the hospital recently established Opportunity Funds, named giving options starting at \$25,000. An Opportunity Fund is a substantial, flexible gift that can help support exciting, cutting-edge research, innovative clinical programs and young investigators who have the passion and technological know-how to make breakthrough discoveries.

According to McLean Trustee David Barlow, who recently established one of McLean's first Opportunity Funds, unrestricted giving is critical to the success of a leading research institution like McLean. These funds provide "maximum flexibility to pursue projects that are the highest priority for the hospital," Barlow says.

Barlow entrusted his gift to Bruce Cohen, MD, PhD, president and psychiatrist in chief *emeritus* and director of the Frazier Research Institute, who supervises a wide range of multidisciplinary research programs related to bipolar disorder and schizophrenia. Barlow chose to honor Cohen because he "represents integrity, compassion and leadership, and is a clinician and scientist of the highest caliber. In order to give unrestricted funds, you have to have full confidence that those funds will be well-managed. I have complete faith in Bruce Cohen and in McLean," Barlow says.

For Cohen, his Opportunity Fund allows him to "take interesting approaches, which have both an extra degree of risk and extra potential for success, and try them out." That doesn't happen with most funding sources, especially federal ones, he notes. "Many funders want to know that what you propose will definitely work. So while there's less risk, there's also less

potential for a major scientific advance."

McLean researcher Beth Murphy, MD, PhD, agrees. The recipient of an Opportunity Fund from McLean National Council members William and Barbara Boger, Murphy is conducting promising studies on drugs that affect kappa-opiate receptors and their potential as new treatments for bipolar disorder. Gifts like the Bogers', she says, are "so important



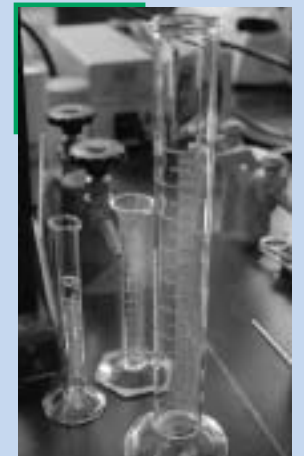
Bruce M. Cohen, MD, PhD, and Beth Murphy, MD, PhD

because they encourage researchers to try new things. They also attract young investigators at the beginning of their careers, when funding is difficult to obtain."

Barbara Boger views Opportunity Funds as "seed money that supports promising ideas in the hands of bright, thoughtful, prepared young minds." Impressed with Murphy's "energy and potential," the Bogers believe that her work could lead to innovative treatments for bipolar disorder and depression.

"Opportunity Funds give researchers the chance to grapple with psychiatric illnesses in wonderful and unique ways," Boger says.

To learn more about establishing a named Opportunity Fund at McLean, please contact the Development Office at 617.855.3415. ♦



To give online please visit www.mclean.harvard.edu/gift



The Institute for the Study of Aging and its affiliated public charity, Alzheimer's Drug Discovery Foundation, accelerate drug discovery for Alzheimer's disease through venture philanthropy. As of September 2005, ISOA/ADDF have awarded approximately \$25 million for 155 research programs and conferences in 12 countries.

McLean received a gift of \$75,000 to support the work of Anne Cataldo, PhD.



Anne Cataldo, PhD, with Anne Boyer-Boiteau and Elena Chartoff, PhD.

Nerve Regeneration Studies Offer Promise for Alzheimer's and Parkinson's Patients

Neurodegenerative disorders, such as Parkinson's disease and Alzheimer's disease, have devastating effects on patients and society; they are difficult to predict, diagnose and treat and weigh heavily on families and the health-care system. Nearly 1.5 million Americans suffer from Parkinson's disease, while Alzheimer's disease affects 5 million Americans. Medications can ameliorate the symptoms of these disorders, but none reverse the degeneration of nerve cells. That is why McLean investigators, including Ole Isacson, Dr Med Sci and Anne Cataldo, PhD, are looking at novel avenues—namely stem cells—for brain-cell regeneration.

According to Isacson, director of McLean's Center for Neuroregeneration Research, by the time patients present symptoms, significant brain damage has already occurred. "Repairing damaged connections and preventing further degeneration are the major thrusts of our research," Isacson says. "If you implant new cells, those cells can build

new connections."

For 10 years, Isacson's research on Parkinson's has identified specific dopamine neurons involved in the disease and studied the feasibility of neural replacement cell therapy—implanting stem cells that "grow into" and function as cells that have degenerated. His recent research has shown that when specific kinds of dopamine neurons derived from human fetal tissue were implanted in Parkinson's patients, the neurons not only survived, but also "grew new connections to the brain and functioned as specific dopamine neurons. Over three to four years—the time it takes for cells to establish connectivity—the patients improved significantly," he says.

Supporters of Isacson's research are heartened by these results. Carl Lehner, a person with Parkinson's disease and member of the Orchard Foundation, a family foundation supporting Isacson with a three-year, \$300,000 challenge grant, says, "Right now, Parkinson's is an annoyance for me, but what's scary is not

For more information visit www.mclean.harvard.edu/research

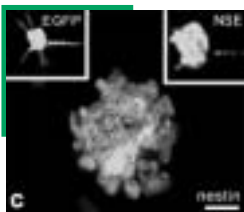
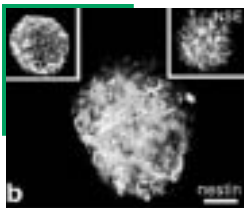
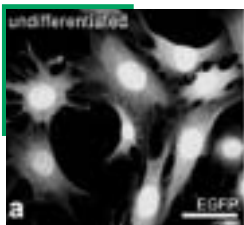
whether I will get worse, but how fast the disease will progress. If there were a treatment that could halt this progression, I'd be ecstatic."

His sister, Brigitte Kingsbury, executive director of the Orchard Foundation, agrees. "(Our family) believes we are funding cutting-edge work that will help Carl and many others within as little as eight to ten years," she says. "If you want innovative research like this to move along quickly, you have to put private money behind it."

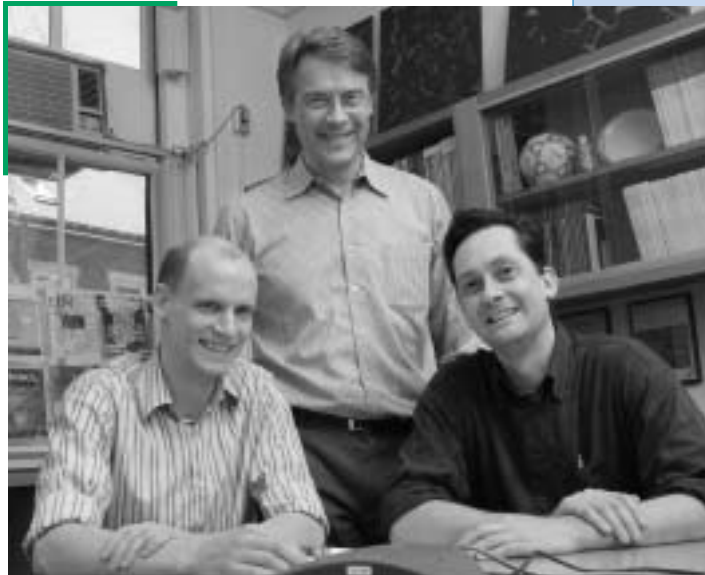
According to Isacson, private funding "accelerates the pace of discovery." Federal grants are often slow in coming and require "proof" of preliminary findings.

Anne Cataldo, director of McLean's Laboratory of Molecular Neuropathology agrees. She has been studying the earliest mechanisms associated with Alzheimer's disease development for the past 18 years. She says, "Private donors who will take a chance on novel, progressive ideas are critically important for identifying new therapeutic strategies. Without private funding sources, researchers rarely perform these 'high-risk' but promising exploratory investigations."

For this reason, Cataldo says she is "forever indebted" to the Institute for the Study of Aging (ISOA), which helped her get started on work that is now awaiting federal funding. A New York-based private foundation that supports drug discovery for Alzheimer's disease, ISOA awarded Cataldo a one-year, \$75,000 grant to support her groundbreaking cell-mediated Alzheimer's research, which uses adult bone marrow-derived stem cells to regenerate brain cells, thereby replacing those that have died.



Nerve cells arise from bone marrow.



Ole Isacson, Dr Med Sci (Center), with Jan Pruszk, MD, and Kai Sonntag, MD, PhD

According to ISOA Executive Director Howard Fillit, MD, his organization tries to bridge the funding gap in the early stages of drug research. ISOA funded Cataldo not only because she is a leading expert on Alzheimer's, but also because "she brought to the table a novel approach that was both practical and immediate," he says.

Cataldo is "loading" adult stem cells, found in bone marrow, with a special growth factor. Once in the brain, the stem cells deliver the growth factor to keep damaged cells from dying. "We're raising the question: 'If you had Alzheimer's disease, could you use stem cells from your own bone marrow to rescue cells in your brain that are damaged or lost?'" she says.

While preliminary, Cataldo's cell-mediated research shows great promise, not only for patients with Alzheimer's disease but for many other disorders as well. "The promise of stem-cell therapies doesn't stop at neurodegenerative diseases, but may impact other diseases of the brain. If we can develop bone marrow cells into brain cells lost in Alzheimer's disease, maybe we can transform them into other subpopulations of nerve cells, such as those that may be lost or compromised in schizophrenia and bipolar disorder. This kind of translational research has important implications for clinical care in a wide

Founded in 1990, the Orchard Foundation is a private charitable foundation that supports the environment and children, youth and families in New York and New England. It chose to support Isacson's research due to the family's personal interest in Parkinson's disease.

"If you want innovative research like this to move along quickly, you have to put private money behind it."

Brigitte Kingsbury, executive director of the Orchard Foundation

The Arts Get a Boost at the Arlington School



The Arlington School has received wide acclaim for its arts program. Every year, students compete in the Small Independent School Art League (SISAL) show, an anonymous, juried competition for young artists. Invariably, Arlington School students win awards. This year, the school submitted 60 pieces, 28 of which were judged into the show, 17 of which won awards.

“The stigma of ‘special ed’ just drops away when our kids compete—and win—against their peers at prestigious private schools,”
Jeanne Garrison

For students at McLean’s Arlington School, art really does imitate life. As integrated, important and valid as English and math, the arts program at Arlington provides its students—who have learning, social and emotional disabilities (*Horizons*, Fall 2005)—with tremendous cognitive benefits. “What our children learn in the arts—to take risks, to develop a sense of accomplishment, to feel good about their abilities—generalizes to all other subjects and to life,” says Principal Karen Clasby.

Having adequate space and materials for doing art are, of course, integral to the program. While the Arlington School has an airy, sun-filled art studio, it had not been renovated in years—not until the school received a generous gift from Mrs. Frederic (Marty) G. Corneel and her daughter Katy Corneel Stromland. With this gift, the school has been able to create a “space that is ideal for the arts,” says art teacher Jeanne Garrison. The money was used to upgrade the physical plant of the classroom, build storage cabinets for supplies and purchase new art tables, chairs and materials.

Garrison says the makeover has helped students feel more comfortable at the Arlington School. “The new art studio is like a refuge to them.”

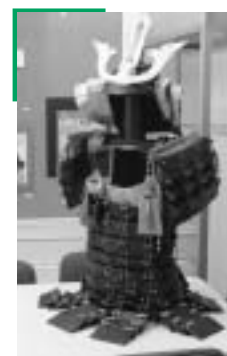


Principal Karen Clasby and Art Teacher Jeanne Garrison

The Corneel family is also delighted with the classroom’s transformation. “Being creative in the arts seems to be a healing activity for many people. It helps to focus on the world outside of oneself, to appreciate and experience the world in a new way, to give one a feeling of accomplishment. Young students need this kind of experiences as they grow toward mature selves,” says the Corneel family.

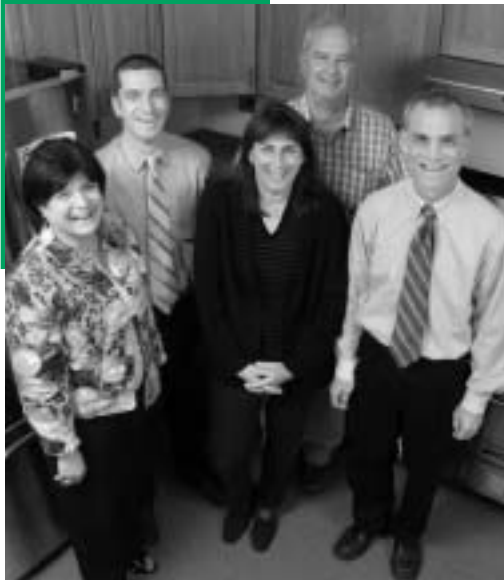
Garrison adds that giving students at the Arlington School venues to express

themselves can “mean the difference between success and failure. As one teacher put it, ‘The arts provide keys to unlocking aspects of students that aren’t unlocked anywhere else.’” ♦



Examples of student art submitted to the Small Independent School Art League competition

Upgrades and “Homey” Feeling to Adolescent Program



ART staff (from left to right) Sara Hunt, Keith Chiappa, PsyD, Cynthia Kaplan, PhD, Paul B. Jay, LCSW, and Michael Rater, MD

Some of McLean's most vulnerable patients are young people, especially those in the Acute Residential Treatment (ART) program. These children come to ART with difficult psychiatric histories that may include substance abuse, suicidal tendencies and post-traumatic stress.

According to Joseph Gold, MD, clinical director of McLean's Child and Adolescent Psychiatry Program, “the ART offers a creative, spirited and effective model of treatment that provides kids with the coping and social skills they need for success after discharge.”

The ART provides an intensive, 24-hour-a-day therapeutic milieu that is less restrictive than inpatient care and gives teens a chance to transition back to family or community-based living. “The program teaches a full range of skills to help teens avoid substance abuse relapse, manage anger and learn healthy recreational options,” Gold adds.

According to Administrative Director Cynthia Kaplan, PhD, the ART's emphasis is on “teaching children to be invested in their own recovery. We focus on repairing

past emotional damage so that the children can become more pro-social and develop a hopeful outlook about their futures.”

As such, it is critical that East House, where the ART patients live, feel like home; yet until recently, the “physical plant was getting in the way of providing optimal care,” Kaplan says. The common areas needed new furniture, the rooms needed new curtains and the kitchen could not accommodate the needs of a large group.

A recent gift from the Joseph LeRoy and Ann C. Warner Fund has helped McLean give East House a more home-like feel. The funds paid for durable, comfortable couches, attractive window treatments, sturdy dressers and bookshelves in patients' rooms and other home accessories, including games and televisions. McLean also updated the kitchen with new cabinets, heavy-duty stainless steel countertops, a stove and freezer, new pots and pans and safe cooking utensils so that residents can cook and eat together. “We want the kids in the kitchen. We are trying to teach them daily living skills,” Kaplan says.

McLean donors Kevin and Claudine Curran also contributed to the kitchen renovations. Claudine Curran says, “McLean has the best doctors and staff, but the facilities are important too. A warm, friendly kitchen provides a homey atmosphere where teens can feel safe and at ease.”

For the residents of the ART, these gifts have not only given East House a face lift; they also have given these adolescents an immeasurable boost that goes far beyond comfy couches and kitchen appliances. “These donors have been our ‘angels,’” Kaplan says. “Children's self-esteem is so tied into how they look, what they wear, where they live. If we want to break the downward cycle for these kids, we need to give them an enriched, comfortable environment that shows them how to be part of the world.” ♦

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Share McLean's Vision: Name a Building, Room or Fund

More than 180 years ago, a Boston merchant named John McLean bequeathed a momentous gift to the hospital. To honor him, the hospital chose to bear his name—a name that has come to be recognized all over the world as a premier institution for psychiatric care, research and training.

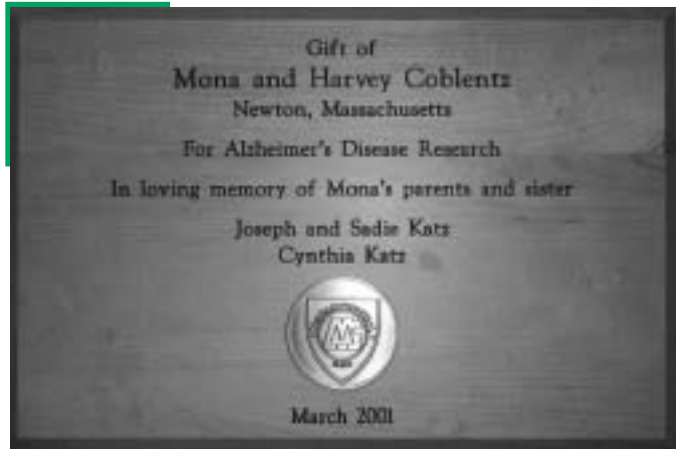
Many people share John McLean's vision of a more hopeful future for those with psychiatric illness and have chosen to give generously to turn that vision into reality. Some of their names adorn buildings, laboratories and clinical rooms around the hospital and provide permanent recognition of their commitment to open more doors for people with psychiatric illness. For many, the choice to name a space is also a deeply personal one, meant to honor the role



McLean has played in their lives or the lives of their loved ones.

As McLean continues to expand its clinical services and research, you—our donors—have new opportunities to bestow your name, or the name of a loved one, on a space at the hospital or on a special program. From the new McLean Center in Princeton, Mass. (see story, page 1) to a high-tech research laboratory or an endowed fund, we offer a variety of ways to recognize your dedication to providing new and better treatments for those with psychiatric illness.

If you would like to discuss specific naming options, please contact the Development Office at 617.855.3571. ♦



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

Horizons

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