

H McLean Hospital Horizons

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FOR FRIENDS AND SUPPORTERS



Scott L. Rauch, MD

Scott Rauch Becomes McLean's 10th President

McLean Hospital is pleased to announce the appointment of its new president and psychiatrist in chief, Scott Rauch, MD. A highly respected psychiatrist and administrator from Massachusetts General Hospital (MGH), Rauch took the helm of McLean on Nov. 1, 2006. He also assumed the role of chair of Partners Psychiatry and Mental Health. Rauch replaces Gary Gottlieb, MD, MBA, McLean's interim president of six months.

In his more than 15 years at MGH, Rauch served as a clinician, educator, researcher and mentor, earning a reputation as a knowledgeable and talented psychiatrist and outstanding administrator. He has contributed more than 250 publications to the scientific literature and serves on eight editorial boards. He has worked in a variety of mental health settings—experiences that he says helped him “appreciate the role of family, community and culture in psychiatric illness and treatment.”

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Born in Amherst, Mass., to a genetics professor father and schoolteacher mother, Rauch was always interested in the sciences. He earned a Bachelor of Arts with honors in neuroscience from Amherst College and a Doctor of Medicine from the University of Cincinnati.

Rauch recalls stepping onto the McLean campus as a senior medical student 20 years ago. "My earliest impressions were of a place that embodied compassionate care, exceptional teaching and innovative research," he says. From the beginning,

Rauch felt at home at the hospital—whose campus reminds him of Amherst. "I fell in love with McLean, so it is especially gratifying to come back here to take on this new, exciting role," he says.

The McLean Hospital Board of Trustees is equally excited about Rauch's appointment. Board Chair Kate Feldstein, PhD, calls Rauch "an exceptional choice to lead McLean. As a faculty member at Partners HealthCare, MGH and Harvard Medical School, Dr. Rauch is both familiar

with and deeply respectful of McLean's rich history and the role that the hospital plays in the advancement of psychiatry," she says. "He is committed to carrying on McLean's tradition of excellence, as well as growing the impressive array of clinical services, research protocols and training programs we have established over the years."

Rauch's research interests include neuroimaging and the treatment of obsessive compulsive disorders and related conditions, including anxiety and mood disorders. "Passionately interested" in exploring the brain mechanisms that underlie psychiatric diseases, Rauch says he



is "motivated by a desire to improve clinical care by advancing science."

He is also a strong advocate for changes in both the national culture and health-care system with respect to mental illness. "It is critical that we work toward alleviating stigma, eradicating treatment disparities, improving care and developing effective measures of quality," he says.

Although Rauch has only been at McLean a short time, he has embraced his new role with great enthusiasm, saying he is "honored and elated" to have been selected.

"I cannot imagine a more ideal environment within which to pursue the compelling missions of contemporary psychiatry and mental health," he says. "This is an especially exciting time in psychiatry, when progress in science and technology offers such promise for revolutionary advances in the quality of care." ♦

McLean ranked top psychiatric hospital for 17th consecutive year

Did you know that when you support McLean, you are supporting one of the best hospitals in the country?

In its annual "Best Hospitals" survey, *U.S. News & World Report* ranked McLean Hospital as the nation's top freestanding psychiatric hospital for the 17th consecutive year.

One of the largest providers of mental health services in New England, McLean now serves more patients than at any other time in its 195-year history, with 5,400 admissions and 280,000 outpatient and partial hospital visits a year. ♦



Andrew Solomon Speaks on Finding Hope in Despair

“The whole day thus far has been an exercise in forcing myself to do the tiniest things and trying to evaluate how serious my situation is. ‘Am I really depressed? Am I just lazy?’... This self-assessment process itself made me start to weep. I looked at old photos and they seem like they are snapshots of someone else’s life.”

With this excerpt from his book *The Noonday Demon: An Atlas of Depression*, acclaimed writer Andrew Solomon provided listeners at McLean’s annual Spring Dinner a candid look into the struggles of depression. McLean’s Trustees, National Council members, donors, clinicians, researchers and staff were inspired by Solomon’s personal and riveting insights into the disorder.

In the talk “Depression, Too, is a Thing with Feathers: Finding Hope in

Noonday Demon as “a candid and genuinely compassionate examination of the personal, sociological and scientific experience of depression.”

Solomon describes the book’s vision as “synthetic.” “I wanted to connect the philosophical, medical, historical and psychodynamic aspects of depression,” Solomon says.

He was inspired to write *The Noonday Demon* after a piece in *The New Yorker* about his own depression generated 2,000 letters from people touched by his story.

Solomon feels honored by the warm reception he received at the Spring Dinner. “McLean is an astonishing and wonderful institution,” he says. Feldstein says McLean, too, was honored by Solomon’s presence. “We work hard at McLean to improve the lives of people with mental illness. Hearing about Andrew

Solomon’s experience with depression and his recovery gives hope to all of us—patients and families, clinicians and researchers. We are grateful to him for sharing his story with us.”

In concluding his talk, Solomon emphasized the importance of “extracting from the depression a greater sense of being alive. When I wake up and don’t feel depressed, I have a sense of joy that I would never have known without that dark experience,” he concluded. ♦



Kathleen Feldstein, PhD, and Andrew Solomon

Despair,” Solomon described his own bout with depression, which he said “ambushed” him in 1994. He also tenderly portrayed the trials and triumphs of some of the many people he interviewed for *The Noonday Demon*. Published in 2001, the book has won 11 awards, including the National Book Award, was a finalist for the Pulitzer Prize and has been translated into 21 languages.

In introducing Solomon, Chair of the Board Kate Feldstein, PhD, referred to *The*

“We work hard at McLean to improve the lives of people with mental illness. Hearing about Andrew Solomon’s experience with depression and his recovery gives hope to all of us—patients and families, clinicians and researchers. We are grateful to him for sharing his story with us.”

*Kathleen Feldstein,
PhD*

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Private Support Funds Stress Hormone Research

Most people experience periods of stress throughout their lives, but for those with psychiatric diseases, stress can elicit or exacerbate psychiatric symptoms. In fact, research has shown important links between stress, the stress hormones (adrenaline and cortisol) and psychiatric disorders.

At McLean's Laboratory of Molecular and Developmental Neurobiology, Dona Lee Wong, PhD, is focusing on how

committed to psychiatric research and they believe in what we are doing," she says.

Wong believes that innovative, unconventional research such as hers simply could not be done without private support. At a time when federal funding targets specific kinds of illnesses and research paths, she points to the significance of private funds that allow for focused research and the possibility of "serendipitous discoveries. Serendipity has

"These individuals are committed to psychiatric research and they believe in what we are doing." Dona Lee Wong, PhD

dysfunction of the hypothalamic-pituitary-adrenal axis (HPA) or "stress axis" might lead to a higher susceptibility to stress in psychiatric patients. Her research group is investigating the possibility that in affected individuals, abnormal expression and responses of adrenaline and cortisol may alter the normal physiological changes that help individuals cope with stress.

"Very few people are examining the hormone adrenaline as it relates to stress among those with psychiatric illnesses," Wong says. "We are using state-of-the-art molecular biology to decipher the genetic pathways responsible for these changes."

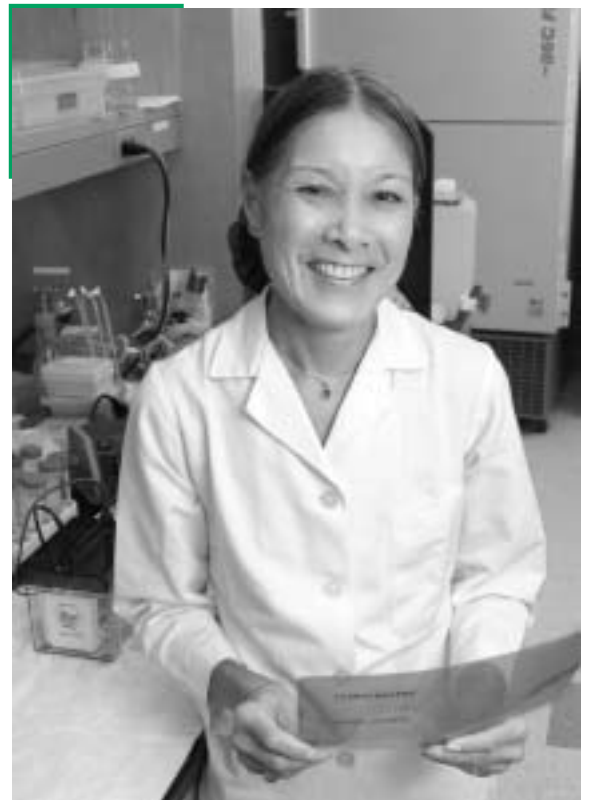
Wong is also looking for a link between stress, altered adrenaline and the high incidences of heart problems and smoking found among psychiatric patients. For instance, smoking is two to three times more prevalent in people with schizophrenia than within the general population. Wong hopes her work will translate into new and better psychiatric medications that may also minimize cardiovascular side effects and associated premature death.

Most of this research is being fueled by two anonymous donors, who have given Wong more than \$2 million over the past several years. "These individuals are

led to many great findings," she says. "Researchers find something and ask, 'What does this mean?' Without philanthropy, such breakthrough discoveries are less likely." ♦



Wong hopes her work will translate into new and better psychiatric medications that may also minimize cardiovascular side effects.



Dona Lee Wong, PhD

McLean Creates Results for Those With BPD

Before Amy* came to McLean, she had been through three unstable marriages and experienced ongoing fears of abandonment. Her moods fluctuated intensely and she had contemplated suicide. Amy recovered at McLean's Center for the Treatment of Borderline Personality Disorder (BPD) and says, "I truly believe McLean saved my life."

McLean's Center for the Treatment of BPD is a unique, comprehensive program that evaluates and treats individuals who suffer from this complex and debilitating disorder. Approximately one to three percent of the population has BPD, 75 percent of whom are women. Like Amy, these individuals face a pervasive pattern of unstable relationships, self-image problems and emotion and impulse control. They often experience inappropriate rage, depression, anxiety, suicidal thoughts and failure at school, jobs and relationships, as well as frequent legal and medical struggles.

According to the Center's Clinical Director John Gunderson, MD, BPD is a difficult problem to treat and presents a challenge to health professionals, many of whom do not have expertise in this area. Patients typically receive intermittent individual therapy by clinicians who often feel overwhelmed. Yet, research has shown that BPD patients who receive comprehensive, long-term care by knowledgeable professionals usually get well and many will fully recover. "As a group, these patients typically do better than those with other major forms of psychiatric illnesses," he says.

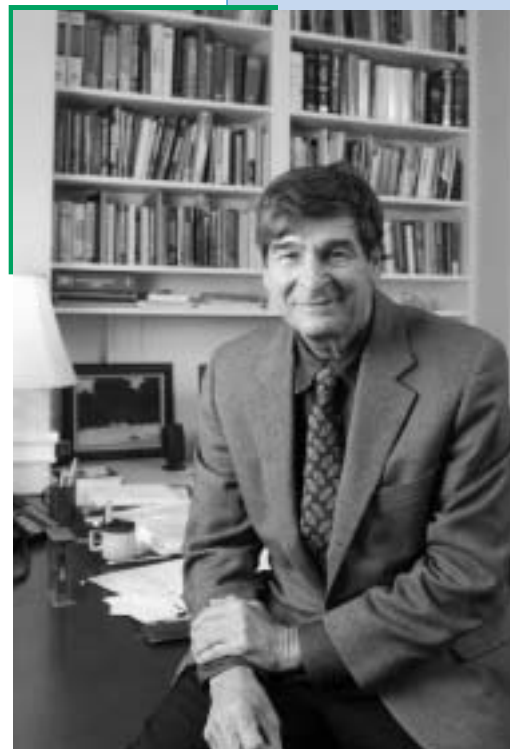
The McLean Center for the Treatment of BPD offers a unique blend of cognitive-behavioral and psychodynamic therapies, medication management and psychoeducation to help patients develop interpersonal skills and impulse control. Cared for by therapists who specialize in

BPD, patients at the Center go through an intensive four-to-six week day-treatment program, then receive comprehensive outpatient services including therapy, coaching, homework and family education. "McLean's strong tradition in cognitive-behavioral and psychodynamic approaches and our extraordinary expertise in BPD give us a unique ability to treat this disorder. There aren't many other places in the world that can offer these services," Gunderson says.

The Center's focus on the treatment of BPD also makes it an ideal forum for research. The Center hosts a research fellowship supported by private donors designed for young professionals with a special interest in learning to treat BPD patients. Gunderson and his team are also engaged in the first major genetic study of BPD, developing a gene bank to help determine the biological basis for the disorder. The Center is also developing and testing other potential therapeutic options, both pharmacological and psychological.

According to Gunderson, all of the Center's research and clinical initiatives have "changed the landscape" of BPD—a disorder that was formally recognized in 1980. "This Center has transformed our expectations about the course of BPD," he says. "We used to think that people didn't get better, but now we know that many of them can get better and stay better in ways we never knew were possible." ♦

** Name has been changed.*



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John Gunderson, MD

Learn more at www.mclean.harvard.edu/patient/adult/bpd.php



“Exploratory grants are among the most important types of funding as they provide the means for a researcher to take an interesting idea and turn it into funded research. Without this type of support, new ideas may never see the light of day.”

Peter Paskevich



Susan Andersen, PhD

RAP Funding Accelerates Innovative Drug Studies

Securing support for early, experimental research is one of the biggest funding challenges medical investigators face. Federal sources often require “proof of concept”—evidence that a treatment or technology works—before awarding funds. That’s one reason why in 2004, Partners HealthCare launched its Research Accelerator Program (RAP)—a novel initiative designed to link medical and psychiatric researchers with technology executives, venture capitalists and entrepreneurs interested in funding their work. McLean was recently awarded two RAP gifts, which will support innovative medication studies going on at the hospital.

The brainchild of Executive Director Ron Guerriero, RAP is designed to “create a bridge between the remarkable research technology going on within the Partners hospitals and the rest of the technology community.” RAP members receive health-care related benefits, while researchers gain access to philanthropists who can help get

promising studies off the ground.

At McLean, the recent RAP funding will help investigators develop novel drug compounds. With a \$25,000 gift, Cécile Béguin, PhD, William Carlezon, PhD, David Lee, PhD, and Bruce Cohen, MD, PhD, will continue work on a compound called salvinorin A, which could help treat depression. Derivatives of a naturally occurring plant component, salvinorin compounds have been shown in pre-clinical studies to relieve some of

the symptoms of mood disorders.

While Béguin and her colleagues have identified five salvinorin derivatives with potential, in order to reach the clinical trial stage, these compounds require much more study.

“The RAP funding



Cécile Béguin, PhD

For more information visit www.partners.org/about/RAP/about_RAP.html

will allow us to further determine the pharmacological and pharmacokinetic properties of salvinorin derivatives. Without such information, these promising compounds could never be developed," she says.

According to Béguin, the McLean investigators are the first to study salvinorin's effects on mood; she hopes the project will lead to greater understanding of mood disorders and help identify new treatments for patients who don't respond to existing medications.

A RAP gift of \$10,000 is funding research on steroids—medications used for a wide range of illnesses and often associated with debilitating side effects.



Martin Teicher, MD, PhD, and Susan Andersen, PhD, are trying to synthesize a steroid conjugate (chemically modified steroid) that does not cross the blood-brain barrier—and therefore, eliminates neurological effects, such as headaches, convulsions, increased aggression and memory loss.

According to Andersen, the study is in the very early stages of steroid compound synthesis; the RAP funding will allow for initial testing to provide proof of concept. Andersen's group will eventually seek a pharmaceutical or biotechnology partner to help develop the drugs but first they need to "create a prototype and show that it

can work," Andersen says. "The RAP money will help us do this so we can attract seed money."

In fact, this is a key goal of the RAP initiative, says McLean's Vice President for Research Administration Peter Paskevich, who impanelled a selection committee to award Béguin and Andersen the RAP gifts. "Exploratory grants are among the most important types of funding as they provide the means for a researcher to take an interesting idea and turn it into funded research. Without this type of support, new ideas may never see the light of day."

Guerriero believes that it is this kind of innovative research that makes RAP a worthwhile program for investment dollars.

"Today, venture capitalists see the value of investing in the life sciences. RAP is working to grow its membership so we can continue to fund important projects like those at McLean."

RAP is a Partners membership program that connects like-minded philanthropists with current innovative studies at four of the Partners Hospitals (McLean Hospital, Massachusetts General Hospital, Brigham and Women's Hospital and Spaulding Rehabilitation Hospital).

For more information, please contact the McLean Development Office at 617.855.3571. ♦

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You may be able to make charitable contributions from your IRA if:

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- you make the gift on or before Dec. 31, 2007.
- you transfer funds directly from an IRA or Rollover IRA.
- you transfer the gift outright to one or more public charities, such as McLean.

Please consult your financial advisor to see if this giving opportunity is right for you.

A New Way to Give... *Creative Giving with IRAs*

Did you know that you can now support McLean with a donation from your IRA?

In August, President George W. Bush signed into law the Pension Protection Act of 2006. This new legislation allows donors who are 70½ years of age or older to make gifts using funds from their individual retirement accounts (IRAs) without paying income tax. Previously, any charitable donation taken from an IRA had to be reported as taxable income. A charitable deduction could be taken for the gift, but only up to 50 percent of adjusted gross income.

Now, a donation from your IRA can be used to fund exciting new research, improve a clinical program, provide training for a resident or support the hospital's general needs.

If you would like to learn more about this creative giving opportunity, please contact the McLean Development Office at 617.855.3571. ♦



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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