

The McLean Center at Fernside Treatment Team and Senior Clinical Staff Biographies

Treatment Team

Sherry Nykiel, MD Director

Dr. Sherry Nykiel is board-certified in psychiatry and completed the Partners Addiction Psychiatry fellowship in Boston, MA. She is Director at The McLean Center at Fernside and instructor of psychiatry at Harvard Medical School. Dr. Nykiel has special interest in developing innovative, evidence-based psychosocial treatments for dual diagnosis populations and is currently a McLean Hospital Maria Lorenz Pope Research Fellow studying a novel integrated treatment for patients with co-occurring borderline personality disorder and substance use disorders. Prior to her medical career, Dr. Nykiel was an accomplished musician, music teacher and middle school teacher; these talents are reflected in her current dedication to medical education and training. In addition to clinical teaching, she is editor of The Massachusetts General Hospital and McLean Hospital Residency Handbook of Psychiatry (2010), designer of a flexible curriculum to train clinicians in the effective use of Alcoholics Anonymous as an adjunct for patients with alcohol use disorders, and a trainer for buprenorphine prescribing. She has significant experience as a mental health advocate and is the founder of the University of California at Davis' Student Initiative for Psychiatric Education and Services (SIPES) to promote awareness of mental illness and mental health care. Dr. Nykiel is an active member of the American Academy of Addiction Psychiatry, the American Society of Addiction Medicine, and the American Psychiatric Association. She maintains a discreet private practice in Belmont, MA.

Benjamin Silverman, MD Psychiatrist-in-Charge

Benjamin Silverman, M.D., is a psychiatrist-in-charge at the McLean Center at Fernside (McLean Hospital) and is an Instructor in Psychiatry at Harvard Medical School. He serves as Vice-Chair of Panel B for the McLean Hospital Institutional Review Board. He is board-certified in Psychiatry and completed a Fellowship in Addiction Psychiatry at Partners HealthCare System (McLean Hospital/Massachusetts General Hospital/Brigham and Women's Hospital). Dr. Silverman completed his psychiatry residency at the Massachusetts General Hospital and McLean Hospital Adult Psychiatry Residency Training program, where he served as the Chief Resident of Outpatient Services at McLean Hospital. He has completed fellowship training with the Division of Medical Ethics at Harvard Medical School, where he remains on the faculty and teaches ethics to first year medical students. He additionally serves on the Ethics Committee at McLean Hospital. Dr. Silverman completed his undergraduate and medical school education at Johns Hopkins University.

Dr. Silverman's interests in medical ethics center on the ethical dilemmas that emerging information technologies, such as the Internet, present to clinicians. He has authored a

manuscript addressing the ethical issues encountered by clinicians who consider searching for their patients on the Internet, a term he and his colleagues have coined “patient-targeted googling” or PTG. He received a research fellowship from the American Psychiatric Institute for Research and Education (APIRE)/Janssen Scholars Research Program to support this work and has been invited to present this work locally and nationally.

Dr. Silverman’s clinical interests include understanding and developing innovative, evidence-based treatments for evolving addictions and compulsive behaviors, such as pathological Internet and computer use. He is currently a McLean Hospital Maria Lorenz Pope Research Fellow studying a novel manual-based treatment for “Internet addiction.”

**Andrew Gill, MD
Psychiatrist**

Dr. Gill graduated from Harvard College and Case Western Reserve University School of Medicine. After a rotating internship at Cambridge Hospital, he trained in psychiatry at Boston's Beth Israel Hospital and completed course-work at the Boston Psychoanalytic Institute. For the past 30 years, he has balanced a private psychotherapy practice with a variety of hospital, clinic and teaching work. For the past nine years, he has served as medical director of McLean at Naukeag, a satellite treatment program of McLean Hospital. McLean at Naukeag is a dual diagnosis program for patients who suffer from concurrent substance abuse and psychiatric conditions. He brings his experience in treating the "whole patient", not just the substance abuse, to his work at The McLean Center at Fernside.

Dr. Gill is also a co-author/editor of *Lifelines: Clinical Perspectives on Suicide*, Plenum Press, 1982.

**Carmine DiChiara, PsyD
Case Manager**

Dr. DiChiara received his doctorate degree in clinical psychology at the Massachusetts School of Professional Psychology. He received a diverse set of clinical experiences during his training, culminating in an internship at Faulkner Hospital's adult inpatient unit and Rhode Island College's counseling center. His dissertation focused on the problematic use and the social aspects of massively multiplayer online video games (MMOGs). He joined Fernside after completing his postdoctoral training at McLean Hospital, which included a year-long fellowship at the Klarman Eating Disorders Center and a ten-month fellowship at Fernside. Before his decision to enter psychology, Dr. DiChiara received a Bachelor's in Computer Science and Electrical Engineering from the Massachusetts Institute of Technology and worked as a software engineer for several years. His varied professional experiences have led to interests in technology-based therapeutic interventions and the treatment of behavioral addictions.

**Nancy Hibey Hezel, MS, LMHC, MAC, LADC I, CADC II
Therapist/Case Manager**

Ms. Hezel has been a Case Manager/Therapist at The McLean Center at Fernside since its inception in July 2006. She is a Licensed Mental Health Counselor, Licensed Alcohol and Drug Counselor (Level I), and is certified as a Master Addictions Counselor. She received her BA Degree from LeMoyne College and her Masters Degree in Counseling from Syracuse University. Prior to joining the staff at Fernside, she spent 25 years working as a substance abuse counselor/mental health counselor in an outpatient clinic working primarily with court-mandated individuals arrested for DUI and other substance abuse related offenses. In the past, Ms. Hezel has also worked as a probation officer in the Boston Municipal Court, a counselor for the Department of the Army at The Presidio of San Francisco, a high school teacher and counselor, and a research assistant at Beth Israel Deaconess Hospital in Boston.

An avid Red Sox fan, Ms. Hezel enjoys spending her free time cheering on the home-team, reading, and spending time with her family.

Igor Weinberg, PhD
Case Manager

Dr. Weinberg received his doctorate in Clinical Psychology in Bar Ilan University, Israel and came to McLean Hospital in 2003 to specialize in research and treatment for personality disorders, suicide, and thereafter for substance abuse disorders. He is trained and certified in a number of empirically supported treatments for borderline personality disorder and suicide and he published a number of studies on the subject. He conducted a randomized controlled study funded by the Borderline Personality Disorder Research Foundation that supported positive effect of a six-session intervention for reduction of self-harm in borderline personality disorder. He published empirical and clinical reports on treatment factors in effective treatments of suicide and of borderline personality disorder as well as on treatment alliance in treatments of suicidal patients. He is actively involved in clinical practice, teaching, and research.

Senior Clinical Staff

Roger D. Weiss, MD
Chief of the Alcohol and Drug Abuse Treatment Program, McLean Hospital

Dr. Weiss is a professor of psychiatry at Harvard Medical School. Through research, international teaching, clinical work, and writings, Dr. Weiss has made significant contributions to the field of substance abuse and dual diagnosis. He has been Principal Investigator on numerous NIH grants, and is currently principal investigator of the Northern New England Node of the NIDA Clinical Trials Network. He has authored over 220 articles and book chapters, and has recently developed a new group therapy, Integrated Group Therapy, for patients with bipolar disorder and substance dependence.

Hilary S. Connery, MD, PhD
Clinical Director, Alcohol and Drug Abuse Treatment Program, McLean Hospital

Dr. Connery is board-certified in psychiatry and is Medical Director of residential and ambulatory services in the Division of Alcohol and Drug Abuse (DADA); she also

designed and directs the outpatient buprenorphine stabilization program for patients with opioid dependence and co-occurring psychiatric illness and received a Harvard Medical Scholars research award to study treatment outcomes in this population. She is currently a principal investigator for the Harvard University Northern New England Node of the NIDA Clinical Trials Network, part of a national multi-site clinical trial studying outcomes of buprenorphine treatment and counseling for patients with prescription opioid dependence. Prior to that, she was a principal investigator for NIDA CTN study of buprenorphine treatment in adolescents and young adults with opioid dependence. Dr. Connery is an author of the American Psychiatric Association Practice Guidelines for treatment of patients with substance use disorders, and a recognized member of Best Doctors in America. She maintains a discreet private practice with adult consultation services and treatment.

Shelly F. Greenfield, MD, MPH

Associate Clinical Director of the Alcohol and Drug Treatment Program at McLean Hospital

Director, Addiction Psychiatry Fellowship at McLean Hospital

Dr. Greenfield is associate professor of psychiatry at Harvard Medical School and director of the Alcohol and Drug Abuse Treatment Program at McLean Hospital in Belmont, Massachusetts where she also directs the outpatient substance abuse treatment program and consultation services. Dr. Greenfield directs the substance abuse clinical rotations of the Adult Psychiatry Residency of the Massachusetts General and McLean Hospitals. Dr. Greenfield serves as principal investigator and co-investigator on federally funded research focusing on treatment for substance use disorders, gender differences in substance disorders, and health services for substance disorders. She is also co-principal investigator of the Northern New England Node of the NIDA Clinical Trials Network. Dr. Greenfield served as the founding scientific director of National Alcohol Screening Day, past chair of the American Psychiatric Association's Council on Addiction Psychiatry, and chair of the NIDA Clinical Trial Network's Gender Special Interest Group, and she is editor-in-chief of the Harvard Review of Psychiatry.

Nancy Merrill, APRN, BC

Program Director, Alcohol and Drug Abuse Services at McLean Hospital

Ms. Merrill brings almost 30 years of addiction and psychiatric nursing experience to the program. She has participated in several major substance abuse research projects including integrated treatment for bipolar addicts; Combining Medications and Behavioral Interventions for Alcoholism (COMBINE) clinical trials; mild traumatic brain injuries; perceptions of quality of care; and a medication trial using Topamax.