One researcher is looking at how administering xenon gas may minimize injury to a traumatized brain. Another is studying how childhood sexual abuse affects brain function and increases the risk of re-victimization. A third is trying to understand the connection between early tobacco use and later vulnerability to drug abuse. Each study is likely to make important contributions to the field of psychiatry in the near-term, yet none of them would likely be funded through traditional channels.

That’s where donor Ann O’Keefe from a local charitable foundation comes in. “These young scientists are caught in that basic catch 22: you can’t get a job without experience, or in their case, you can’t attract funding without a track record of scientific discovery,” said O’Keefe. “There have been many major discoveries that almost didn’t happen, were byproducts or accidents, or were simply started with a question that no one had thought of before. Here was an opportunity to promote fresh ideas and see where young researchers would focus their inquiry if given a chance.”

Thanks to O’Keefe’s generosity, McLean has

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To give online, please visit mcleanhospital.org/gift
Dear Friends,

Nurturing the next generation of clinicians and researchers is a vital part of McLean’s mission. In this issue of Horizons, you’ll read about the unique ways two very generous donors are investing in the future of psychiatry. The O’Keefe Family Junior Investigator Awards for Excellence in Imaging Research give seed funding to young scientists conducting novel studies that would probably not attract funding from traditional sources. Meanwhile, the Nellie Blumenthal fellowship provides one advanced practice nurse with invaluable hands-on experience at McLean through the nursing equivalent of a medical residency.

The theme of nurturing also plays out in our story about the Barr Foundation’s support of McLean’s Program in Education, Afterschool and Resiliency (PEAR), a powerful multi-pronged effort to tend to the socio-emotional needs of vulnerable adolescents.

Of course, we could not sustain the full breadth of our comprehensive mission without the leadership of our board. In these pages I invite you to meet two new trustees.

Enjoy!

Catharine Cook
Senior Vice President and Chief Development Officer

O’Keefe Awards  Continued from page 1

awarded O’Keefe Family Junior Investigator Awards for Excellence in Imaging Research to six young scientists, all of whom use imaging as their chief investigative tool (see sidebar on p. 8).

“The O’Keefe Awards are providing critical seed money that allows our junior investigators to explore ideas that are all their own,” said Scott E. Lukas, PhD, director of the McLean Imaging Center and a co-advisor to the investigators. “And the gifts go well beyond the dollar amounts provided, because they’re likely to act as a springboard to much bigger grants.” For example, the researcher studying tobacco use has already leveraged her award to secure a $600,000 grant from the National Institute on Drug Abuse. The other scientists all are at various stages of applying for federal grants.

According to Diego Pizzagalli, PhD, director of the McLean Imaging Center and mentor to O’Keefe grantee Pia Pechtel, PhD, research on mental illnesses is becoming increasingly multi-disciplinary, making awards like this a valuable platform for talented young investigators to launch bold, interdisciplinary projects. “We envision that such intellectual freedom and the associated mentorship opportunities across fields will pay large dividends for our awardees,” said Pizzagalli, who also serves as director of the Center for Depression, Anxiety and Stress Research.

The Funder’s Thinking

For O’Keefe, who has a background in mental health research, the appeal of nurturing promising young scientists was just one of many reasons she wanted to work with McLean. “I also like that the hospital is local—I can go there, meet the neuroscientists and learn about their work—but at the same time McLean is a world-renowned institution with global impact,” she said. She was also attracted to McLean’s interdisciplinary approach to research and treatment; its work to decrease the stigma of mental illness; and its Imaging Center’s quest to understand the neural underpinnings of psychiatric disorders and develop targeted interventions that bring quicker relief to patients.

“What better response can we have to human suffering than to participate in the solution?” said O’Keefe. “This is the opportunity at McLean.”

Sidebar on page 8

If you are interested in supporting research at McLean, please contact Director of Development Lori Etringer at 617-855-3840 or letringer@partners.org.
Two Trustees Join McLean Board

McLean welcomed Stacey J. Lucchino and Jennifer Guckel Porter to its board of trustees in July. “We are delighted to add two such talented and passionate people to our community,” said Chairman David S. Barlow. “I know both of them will make distinct and important contributions as stewards of the hospital’s mission.”

Stacey Lucchino

Lucchino’s involvement with McLean dates back a decade when she joined the advisory board—which she now chairs—of McLean’s Program in Education, Afterschool and Resiliency (PEAR) (see “PEAR,” p. 4). Over the years, she has focused her efforts on the fields of mental health, education and healthcare, working with and supporting organizations such as the Samaritans, YMCA of Greater Boston, Dorchester’s Epiphany School and Boston Health Care for the Homeless Program.

Lucchino also has a personal connection to McLean. Her daughter was successfully treated at the Klarman Eating Disorders Center, and—like her mother—is an advocate for mental health causes. “She became an active volunteer for Samaritans, and then I got involved to support her efforts,” said Lucchino. “But it was her experience at the Klarman Center that really shaped her life and was so moving to me. She is a force of nature, and I’m so proud of her.”

Given her daughter’s experience, Lucchino is looking forward to learning more about and possibly working with McLean’s College Mental Health Program, among others. “My daughter fell through the cracks, even at a university that is considered to have a strong mental health system,” she said.

Lucchino holds a bachelor’s degree in marketing and business administration from the University of Texas, Austin. She received honorary doctoral degrees from Emmanuel College and The New England School of Law.

Jennifer Guckel Porter

Porter is the founder and managing partner of The Boda Group, a leadership development firm. She began her career at the Boston Consulting Group and has held leadership positions with Einstein Bros Bagels, Circles (a corporate concierge service) and Sentient Jet (a private jet membership company) before transitioning to executive coaching. Her philanthropic work until now has been in the fields of education and animal welfare.

Given her background in executive coaching, it was McLean’s Institute of Coaching (IOC) that caught Porter’s eye several years ago and in which she currently plays an advisory role. “My focus is on bridging the art and science of leadership and team performance,” she said. She looks forward to continuing her involvement with the IOC, and hopes her leadership development work and her experience as a trustee and co-chair of Bates College’s annual fund will benefit McLean.

Porter said that there is much overlap between the fields of psychology and coaching, which is another reason she was attracted to the trustee position at McLean. “I’m a student of psychology,” she said. “Connecting with the field in a deeper way, through my role at McLean, will undoubtedly help me with my work. And conversely, the work I do will help me be more thoughtful about how I serve McLean.”

Porter holds a BA in economics from Bates College and an MBA from Stanford University.
In ten Boston classrooms last year, students who habitually “acted out” were handed cameras and asked to document the things that angered them and offended their sense of justice. Their images ranged from the commonplace to the profound, everything from a crumbling school bathroom to a sidewalk memorial for a murdered youngster. After participants wrote about their photos, they created a school-wide exhibit. And in the process, remarkable things happened.

“You’ve taken these youngsters who are angry at the world and suddenly they’re being celebrated by the entire school community,” said Gil Noam, EdD, PhD (Habil), founder and director of the Program in Education, Afterschool and Resiliency (PEAR), who created the 12-week curriculum with his team of clinicians and researchers. “They’ve learned to express their concerns collectively and creatively without acting out toward individuals.”

Photo Justice, as the intervention is called, is classic PEAR. It takes adolescents who struggle with any number of issues—sadness, anxiety, attention problems—and provides them with targeted activities and support that will help them learn, grow and thrive. The program perfectly represents PEAR’s grounding in developmental and psychological theory: intervene early before issues fester; encourage positive peer and adult relationships; and cultivate resiliency by nurturing strengths rather than focusing only on deficits. PEAR’s model works because it has been tested, refined and measured for efficacy and weaves together the worlds of education, psychiatry and youth development in a manner that is innovative, deliberate and seamless.

PEAR at a Crossroads

Founded in the late 1990s to address the disconcertingly large number of adolescents with a psychiatric illness or at risk of developing one, PEAR is now at an exciting crossroads. Building on years of translational research and hands-on work in educational settings, Noam and his staff are now training cadres of leaders in education, mental health and youth development to carry out resiliency-building work in a growing number of school, after-school and summer settings.

This relatively new arm of the program, PEAR Impact, works with almost a dozen school districts and organizations throughout the region and country, including City Year and...
the Boston Opportunity Agenda (a partnership among the City of Boston, Boston Public Schools and local funders working to improve educational outcomes).

PEAR Impact is currently training City Year managers from 24 metropolitan areas. They in turn will pass on what they’ve learned to corps members who work as tutors, mentors and role models for students who need extra support in classrooms across the country.

Locally, PEAR is collaborating with the Summer Learning Project, a breathtaking array of hands-on learning opportunities for Boston Public School students needing additional academic and socio-emotional support. Since the Summer Learning Project launched in 2010, PEAR has delivered trainings to its staff, which includes school teachers and employees from 25 youth development organizations. “You have a room full of providers and teachers at the PEAR trainings coming from many different disciplines,” said Rahn Dorsey, evaluation director of the Barr Foundation, who invited PEAR to participate in the Summer Learning Project. “PEAR gives everyone a common language to talk about the social and emotional development of these youngsters, bridging the different worlds of the professionals they train.”

Expanded Outreach Thanks to Partnerships

PEAR owes its success to the numerous individuals and foundations that have provided a broad base of consistent support over many years. Thanks to a recent grant from the Barr Foundation, PEAR Impact will be working in Boston Public Schools on a much larger scale in order to reach even more at-risk youngsters.

“We have repeatedly highlighted how important the socio-emotional health of our students is to creating an effective system of learning,” said Massachusetts Secretary of Education Paul Reville. “A lot of the work PEAR has done in the last 15 years has been absolutely essential to framing this new way of thinking about our students, their mental health and the strategies needed to ensure their success in learning and life.”

PEAR was recently awarded priority partnership status at the Massachusetts state level, meaning it is recognized by the state as a key resource for school districts. PEAR’s mission is to do no less than revolutionize the way schools address the mental health and socio-emotional needs of adolescents—with the goal of helping them thrive in every dimension of their lives.

Thanks to its many supporters, PEAR is well on its way to doing just that.

The Board of PEAR
Stacey Lucchino, Chair
Patricia S. Bellinger
Andrew Bendheim
Victoria Croll
Jane S. Feinberg
Robert Kargman
Paul Sidel

If you are interested in supporting PEAR, please contact Director of Development Lori Etringer at 617-855-3840 or letringer@partners.org.

To give online, please visit mcleanhospital.org/gift
Fellowship Advances Master’s-Level Nurses Into Practice

In partnership with a private foundation, McLean is embarking on a pilot effort to enhance the clinical workforce in mental health by offering a one-year fellowship to an advanced practice nurse. The Nellie Blumenthal Fellowship is the nursing equivalent of a medical residency program: it gives a newly minted master’s-level psychiatric nurse invaluable experience—under the supervision of seasoned clinicians—in the process expanding McLean’s ability to deliver high-quality patient care.

There has never been a more important time for such specialized training. Ironically, at the same time psychiatric medications and therapies have advanced through research and practice, a nationwide shortage of psychiatrists is preventing quality care from being delivered to all who need it, especially when that treatment involves medication.

Psychologists, nurses, social workers and allied health professionals have long played important roles in patient care at McLean and elsewhere. However, there are illnesses where medication is critical, and in these cases psychologists and social workers cannot provide the necessary treatment. One way to fill the gap is to employ advanced practice nurses—master’s-level practitioners who have prescribing authority in certain states, including Massachusetts.

A lack of post-graduate training opportunities, however, limits these nurses’ ability to gain expertise in subspecialties such as managing bipolar disorder.

“Fellowships like this one are few and far between—yet, they are essential for facilitating the transition from an academic environment to professional practice,” said Linda Flaherty, RN/PC, senior vice president of patient care services. “Having a new advanced practice nurse see a patient every 15 minutes for medication assessment or review is a tremendous expectation and very stressful. So, a significant component of the Nellie Blumenthal Fellowship will focus on medication management.”

The Need for Nurse Residency Programs

There are other systemic reasons why transition-to-practice programs are greatly needed. First, an ongoing nursing shortage has resulted in the creation of many accelerated nursing programs that allow students with undergraduate degrees in non-nursing fields to obtain a bachelor’s and master’s degree in nursing in just two years. These students have even less hands-on clinical experience than their traditionally trained counterparts, according to Flaherty. And as national healthcare
Fellowship Advances

reform compels the system to deliver more patient-centered, coordinated, prevention-focused care, nurses—who represent the largest segment of providers nationally and are trained in this approach—will take on a larger role. Recognizing that fact, the Institute of Medicine has called for a number of changes to nurses’ responsibilities and training, including the creation of nurse residency programs like this one.

McLean currently employs 15 advanced practice nurses in programs throughout the hospital among a nursing work force of more than 200 registered nurses. Both the hospital and the foundation hope to expand this fellowship program in the future and hope it will serve as a model for similar training opportunities across the country.

The Nellie Blumenthal Fellow

Katherine Cederbaum, RN, PMHNP, was appointed the Nellie Blumenthal Fellow in September 2012. Ms. Cederbaum, a nurse practitioner who earned her master’s in family psychiatric mental health from Boston College last spring, was chosen from a pool of outstanding applicants. Over the next year, she will be mentored by senior-level practitioners such as a medical director and a psychiatrist.

Ms. Cederbaum will spend about two-thirds of her time within a multi-disciplinary team in McLean’s First Episode Clinic, where she will work with patients who have recently been diagnosed with a psychotic disorder and their families educating them about their illnesses and providing therapy and medication management. The rest of her clinical time will be spent in McLean’s Clinical Evaluation Center, honing her diagnostic and treatment planning skills. There will be ample opportunity to take in educational offerings such as grand rounds and conferences, participate in a research project and spend time in other clinical settings.

McLean President and Psychiatrist in Chief Scott L. Rauch, MD, said that the Nellie Blumenthal Fellowship is an exciting way for the hospital to fulfill its mission as a leader in training the next generation of mental health clinicians and researchers. “Advanced practice nurses will play an increasingly important role in the transformation of health care into a higher quality, team-based, patient-centered system,” said Rauch. “We are incredibly thankful to the foundation for enabling us to launch this pioneering program.”

“Fellowships like this one are few and far between—yet, they are essential for facilitating the transition from an academic environment to professional practice.”

Linda Flaherty, RN/PC

If you are interested in supporting nursing or fellowships at McLean, please contact Director of Development Lori Etringer at 617-855-3840 or letringer@partners.org.
**Woods Hole Event**

McLean National Council Member Carroll Pierce and her husband Bob, a McLean trustee, hosted a reception for McLean at their home in Woods Hole on August 10. Friends and supporters of McLean enjoyed a presentation by Dr. Michael Hollander titled "Back from the Brink: Turning Young Lives Around."

From left: Scott L. Rauch, MD; David S. Barlow; Michael Hollander, PhD; Carroll Pierce; Bob Pierce.

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**O’Keefe Awards**  
Continued from page 2

The O’Keefe fellows:

- **Julia Cohen-Gilbert, PhD**  
  Influence of Binge Drinking on the Neural Correlates of Inhibitory Control during Emotional Distraction in Young Adults

- **Yasmin Mashhoon, PhD**  
  Effects of Early Onset Cigarette Smoking on Brain Chemistry and Response Inhibition

- **Edward Meloni, PhD**  
  Does Xenon Have a Neuroprotective Effect in Traumatic Brain Injury?

- **Lisa Nickerson, PhD**  
  Comparing Multi-Modal Neuroimaging Strategies in Drug Abuse and Psychiatric Research

- **Pia Pechtel, PhD**  
  Exploring Neural Substrates of Emotion Dysregulation and High-Risk Behavior in Adolescents with a History of Childhood Sexual Abuse

- **Matthew Puhl, PhD**  
  Examining the Relationship Between Schizophrenia and Alcohol Abuse

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