Thanks to decades of clinical expertise and the support of McLean’s philanthropic community, McLean Hospital has become a preeminent training center for one of the most promising therapies for Borderline Personality Disorder (BPD): mentalization based treatment (MBT). One of five empirically validated treatments for BPD, MBT helps patients develop the ability to understand the mental state of themselves and others—a skill that is critical for regulating emotional responses and having positive interpersonal relationships.

“We are creating a system of basic training and supervision in MBT, which will translate into better care for many more individuals throughout North America,” said Lois Choi-Kain, MD, who oversees the trainings with colleague John Gunderson, MD, a pioneering BPD researcher and clinician. Dr. Choi-Kain is also the program director of McLean’s Gunderson Residence, a residential program established thanks to donor support that treats women with BPD.

BPD is characterized by an unstable self-image and a pervasive pattern of impulsive behavior, volatile emotions and tumultuous relationships. It occurs in about 1 percent of the population and accounts for approximately 20 percent of all psychiatric hospitalizations in this country. People
Dear Friends,

As one of the leading psychiatric institutions in the country, McLean has a responsibility to maximize its positive impact by disseminating its good works as far and wide as possible. You’ll see several examples of our deep commitment in this issue of Horizons. The first is McLean’s training program for Mentalization Based Treatment, which attracts clinicians from across the country and is helping to increase access to effective therapy for people with borderline personality disorder.

You’ll also learn about our College Mental Health Program, which has grown from a small, grassroots initiative working with a handful of colleges and universities and a diverse population of student patients into a robust program that is proactively touching the lives of thousands of youths each year.

In this issue, we’ll also explore the many possibilities of planned gifts, including the bequest of Janet Churchill, which will foster new discoveries while nurturing the next generation of brain researchers.

Enjoy the issue.

Catharine Cook
Senior Vice President and Chief Development Officer

---

Bequests Promote Progress and Strengthen McLean

When Janet Churchill was a young girl, she visited her grandmother who was a patient at McLean. She recalls impressive buildings set atop a hill, majestic trees and a sweeping landscape. A Massachusetts native who later settled in Delaware, Churchill retained over the years a sense of McLean’s excellence—from the care it provides to people like her grandmother to its cutting-edge brain research to its robust training environment for mental health professionals.

While neuroscience is only one of Churchill’s many deep and varied interests— which range from law to aviation to Labrador retrievers—McLean’s prominence in the field inspired her to incorporate the hospital into her estate plan. In 1999, she established a unitrust of which McLean is the beneficiary; then in 2012, she made a provision for McLean in her will. The resulting gift will fund the Janet I. Churchill Endowed Research Fellowship at McLean to support young investigators doing promising brain research.

Churchill, a retired pilot, published author and active community volunteer, hopes her gifts will nurture generations of talented scientists at McLean. “It’s the young researchers with the new ideas who are the future of brain science,” said Churchill. “There is a great need to support them and their work.”

By making a legacy gift, Churchill became a member of the John McLean Society, named after the Boston merchant whose bequest in 1823 helped establish the institution that would later become McLean Hospital.

Churchill’s gift takes two forms. The first is a straightforward bequest that directs a certain percentage of her estate to the hospital. The second is the assets of a charitable remainder unitrust, which also pays interest to Churchill during her lifetime.

“Academic research requires both persistent effort and a long-term view,” said McLean President and Psychiatrist in Chief Scott L. Rauch, MD. “Ms. Churchill’s gift provides the resources to fuel the pursuit of new ideas and, as such, it is a direct investment in future discoveries in the field of mental health. Her generosity will positively impact countless individuals’ lives in perpetuity.”

Scott L. Rauch, MD

Continued on page 3
Bequests Promote Progress  Continued from page 2

impact countless individuals’ lives in perpetuity.”

Personalized Impact

Gifts and their motivations are as personal and varied as the ways they’re used. Gertrude Waldron, a lover of literature and a volunteer at McLean’s library, made a bequest in appreciation for the superb care she received as an outpatient. Another legacy gift by an anonymous donor helped establish McLean’s Center for Depression, Anxiety and Stress Research. Still others have funded research in bipolar disorder and Parkinson’s disease, supported education and training initiatives, and provided resources for nursing and social work programs as well as child and adolescent services. Some donors make unrestricted bequests, which allow McLean to direct support to new initiatives that might otherwise not be funded.

Over the past decade, McLean has received more than $6 million in planned gifts and bequests, ranging in size from $1,000 to $1 million. Though the most common type of planned gift is a straightforward bequest, there are other vehicles, including:

- Charitable gift annuity
- Charitable annuity trust
- Life insurance
- Retirement plan
- Real estate
- Charitable lead trust

Although nearly two centuries separate Churchill’s act of philanthropy from John McLean’s, they both ensure that McLean continues to serve as a beacon of hope for people with psychiatric illnesses and their families.

Support McLean Through Your IRA

A popular tax-law provision that encourages charitable giving has returned, at least until the end of 2013. The IRA charitable rollover allows people who are 70½ or older to transfer up to $100,000 per year directly from an individual retirement account (IRA) to a charity without having to count it as taxable income. An additional benefit is that the transfer counts toward the required minimum distribution for that year.

To take advantage of this tax-free giving opportunity, the gift must be:

- outright — in other words, it can’t be made to fund a gift annuity or trust
- made to a public charity (so donor advised funds and supporting organizations do not qualify)

In addition, no goods or services may be given in exchange for the gift.

If you are interested in making a planned gift to McLean, please consult your financial advisor and contact McLean Director of Development Lori Etringer at 617-855-3840 or letringer@partners.org.

Janet Churchill piloting a Douglas DC-3

To give online, please visit mcleanhospital.org/gift
College Mental Health Program Helps Students Thrive

With three daughters in college and a fourth in high school, Bob and Carroll Pierce are keenly aware of how emotionally challenging adolescence and early adulthood can be. And because parents lose the legal right to their children’s health information when they turn 18, a service like McLean’s College Mental Health Program (CMHP) resonates deeply with them.

“The program ensures that the mental health needs of our children are being addressed at a time when parents may no longer be privy to what is going on with their sons or daughters,” said Carroll, McLean National Council Member and donor to the program along with her husband, a McLean trustee. “It is very reassuring knowing that the CMHP is educating, advocating and working on behalf of college students at a particularly vulnerable time in their lives.”

Now in its fifth year, the CMHP partners with colleges in better addressing the mental health needs of their students. With a focus on prevention, The CMHP aims to keep students’ existing issues from escalating. The program conducts trainings for colleges on issues such as suicide prevention, helps ease the transition back to campus following hospitalization, and increasingly consults with college staff to improve how they support students’ overall mental health. Patient confidentiality is always paramount.

A New Paradigm

Through the CMHP, McLean is dramatically changing how hospitals and colleges interact. “Historically, when students were admitted to an inpatient level of care, it was the responsibility of the school to inform the hospital about the special needs of their students,” said CMHP Director Stephanie Pinder-Amaker, PhD, who previously served as Associate Dean of Students at the University of Michigan. “It’s a paradigm shift for a hospital to be proactive in the process. Instead of waiting for schools to come to us, we ask if we can talk to them about their challenges and how we can work together to help students. We are even inviting them to tour McLean to see how things work here.”

Bob and Nancy Anthony, generous supporters of the CMHP through Nancy’s family foundation, the Sidney Swensrud Foundation, said they have focused much of their professional and charitable work on prevention and admire the CMHP’s emphasis on addressing students’ mental health needs.

Continued on page 5
issues before they escalate. “Most important in my motivation to support McLean’s College Mental Health Program is the fact that three of my relatives left college in their first year due to emotional and behavioral health problems, all of which were preventable,” said Nancy.

The couple is excited about the newest phase of the CMHP’s activities: documenting the in-depth consulting work staff is doing with several colleges and creating resources that can be shared more widely.

“Unfortunately, most schools don’t have physical proximity to McLean,” said Bob Anthony, who serves on McLean’s National Council along with his wife. “If the College Mental Health Program can design educational modules and protocols that can be distributed elsewhere, it won’t matter which school a student attends.”

To that end, Pinder-Amaker and her staff are documenting—in written form and on video—many of the activities they are doing with schools like Amherst College, University of Massachusetts Boston and Dean College with the idea of creating products that will eventually be downloadable from the McLean website for a fee. Examples include training modules for college staff that teach them how to engage with parents more effectively or create critical incident response teams.

“We appreciate the support of the Pierces, the Swensrud Foundation and many other generous donors because it has given us the means to think creatively and strategically about how to reach a larger number of colleges and universities and strengthen our relationships with them in the service of students,” said Pinder-Amaker.

Fulfilling a Growing Need

Bridging the divide between psychiatric hospitals and college campuses is more important now than ever, as increasing numbers of students are experiencing mental health issues on campus. Nationwide, the number of student psychiatric hospitalizations has tripled in the past 20 years, according to Pinder-Amaker. One reason is that advances in medication and therapy have enabled students with serious mental illnesses to enroll in higher education, while in the past, they may have forgone college. Also, the growing awareness of mental health issues has encouraged more students and schools to seek assistance.

Each year, McLean cares for about 600 students from more than 200 colleges and universities in inpatient and residential programs, and many more as outpatients. Thanks to Pinder-Amaker’s efforts, the programs within the hospital where the majority of college students are treated now offer enhanced, student-focused services that address their specific needs and concerns.

“It is very reassuring knowing that the CMHP is educating, advocating and working on behalf of college students at a particularly vulnerable time in their lives.”

Carroll Pierce

“McLean has a responsibility to actively engage with the higher education community to provide the help students need to thrive.”

To give online, please visit mcleanhospital.org/gift
with BPD make use of emergency room services at 10 times the rate of people with major depression, which can create financial burden for families and communities. The illness also has profound public health repercussions, in terms of mortality, given that 10 percent of people with BPD die by suicide.

Despite its prevalence and severity, the disease is frequently misdiagnosed and many clinicians are reluctant to care for patients with BPD. With evidence-based treatments like MBT, however, patients can have an excellent prognosis.

**Improving Access**

“Too few clinicians are trained in MBT, making access to treatment a big issue,” said Dr. Gunderson. “But MBT is a very effective BPD treatment, and thanks to our generous donors, we’re able to offer training from the two giants in the field: its creators, Peter Fonagy, PhD, and Anthony Bateman, MA, FRC Psych.”

Starting in 2010, Dr. Fonagy, a psychologist, and Dr. Bateman, a psychiatrist, have traveled from England to McLean several times to present three-day introductory MBT trainings for clinicians, including physicians, psychologists, nurses and social workers. More than 200 clinicians from the United States, England and Mexico have attended the trainings, creating a wider network of treaters who can now practice MBT. Philanthropy from a number of supporters has made this work possible.

The fact that MBT training is only modestly resource-intensive makes it an accessible treatment to patients of all socioeconomic backgrounds, according to Dr. Choi-Kain. “MBT is easy to implement in a public health setting,” she said. “Our trainings are addressing the access issue and making the therapy available to people in all types of communities.”

Through videoconferencing, Dr. Bateman has been providing weekly supervision to a group of McLean clinicians who completed the basic training in order to advance their mastery of MBT. In turn, this cadre of practitioners has supervised several dozen individuals and care teams throughout the United States in MBT. In June, for the first time, Drs. Bateman and Fonagy will offer advanced training at McLean for clinicians who have completed the basic course.

**Paying it Forward**

Priscilla and Kurt Dasse’s philanthropic support of McLean is deeply rooted in the care a relative received at the hospital several years ago. “McLean offered multi-disciplinary, comprehensive care with a laser focus on BPD. I don’t know anywhere else where the clinicians would be as attentive and helpful,” said Priscilla. “We wanted to pay it forward and, through supporting the MBT trainings, help other people access this kind of care.” Today, the couple’s loved one is thriving.
McLean Trains Clinicians

McLean and Gunderson: Pioneers in BPD

McLean has the largest concentration of BPD services of any hospital in the country, including inpatient care, a residential program named Gunderson Residence, and outpatient programs for both women and men. The hospital also has extensive services for children and adolescents, including residential, partial hospital, outpatient and community-based programs—and even offers a residence on campus where adolescents who are unable to live at home can be in treatment while attending a therapeutic high school based at McLean.

McLean’s expertise in BPD is largely due to John Gunderson, MD, whose seminal work helped define borderline personality disorder as a distinct illness with very specific symptoms. Dr. Gunderson built some of the first treatment programs in the country for BPD, and his research helped define criteria for making the diagnosis. Over the years, clinicians have come to McLean from all over the world to train, study and deliver clinical care based on his work.

For more information about giving opportunities at McLean or any of the programs mentioned in this issue of Horizons, please contact Lori Etringer, director of development, at 617-855-3840 or letringer@partners.org.
On February 10, 2013, McLean National Council Chair Rose-Marie van Otterloo and her husband Eijk hosted a reception for friends and supporters of McLean at their home in Naples, Florida.

Guests learned about McLean’s expertise in the field of borderline personality disorder (BPD)—both in defining BPD as a diagnosable illness and in addressing the need for specialized treatments. John Gunderson, MD, director of McLean’s Center for Borderline Personality Disorder Treatment, Research and Training, spoke about McLean’s role in training clinicians across the country in evidence-based therapies for BPD. He also noted that without philanthropy, the great strides McLean has made thus far would not have been possible.

Amy Gagliardi, MD, associate medical director for the McLean Pavilion, shared the story of a patient who recovered from BPD as a powerful example of the effectiveness of evidence-based treatment. “We envision a time not long from now when people with BPD have access to the most effective treatments regardless of where they live, when funding and research keep pace with the prevalence of the disease, and when people are no longer burdened with the stigma of this illness,” she said.