OUR MISSION

McLean Hospital is dedicated to improving the lives of people and families affected by psychiatric illness. McLean pursues this mission by:

- Providing the highest quality compassionate, specialized and effective clinical care, in partnership with those whom we serve;
- Conducting state-of-the-art scientific investigation to maximize discovery and accelerate translation of findings towards achieving prevention and cures;
- Training the next generation of leaders in psychiatry, mental health and neuroscience;
- Providing public education to facilitate enlightened policy and eliminate stigma.
Stories of Compassion, Innovation and Dedication

From left: Scott L. Rauch, MD, president and psychiatrist in chief, and David S. Barlow, chairman of the board.
Dear Friends,

Each of us has a story about who we are, the experiences that helped shape us and what moved us to be a part of the McLean community. Some of us have witnessed firsthand the pain, fear and uncertainty experienced by a loved one with psychiatric illness. Others have seen how stigma can be a caustic deterrent from preventing people from seeking psychiatric care. Each of us has been motivated by different circumstances, but despite the varied paths that led us to McLean, there is one common denominator—our collective drive to accomplish McLean’s mission of improving the lives of people with psychiatric illness and their families.

In 2013, we made great strides in fulfilling that mission—growing clinical programs, strengthening research, and increasing educational outreach to professionals, patients and families. As a team we have made meaningful progress, and through our expansion of services and our work in the community, we continue to respond to the needs of patients and families across Massachusetts and around the globe.

In this 2013 Annual Report, aptly titled A Year of Stories, you will meet a sampling of our dedicated team who make up the fabric of McLean. On the following pages, you will read their compelling stories, including these:

- Despite coming from very different places geographically, two of the world’s most esteemed neuroscientists—Vadim Bolshakov, PhD, and Uwe Rudolph, Dr med—found opportunity half the world away in the very same place: McLean Hospital.
- Through treatment, research and education that appreciate the biological, sociocultural and environmental factors that are unique to women, Shelly F. Greenfield, MD, MPH, and the clinicians within the Division of Women’s Mental Health are promoting wellness for girls and women throughout the life span.
- As the newly named directors of the Massachusetts General Hospital (MGH)/McLean Hospital Adult Psychiatry Residency Program and the MGH/McLean Child and Adolescent Psychiatry Residency Program, Felicia Smith, MD, and David Rubin, MD, are dedicated to providing unparalleled training and guidance to tomorrow’s psychiatric leaders.
- The McLean Anxiety Mastery Program is one of only a handful of programs in the country to provide intensive and evidence-based treatment for youths suffering from debilitating anxiety disorders.
- United States President Barack Obama recently called for a national dialogue about mental health. In support of the president’s charge, McLean Hospital launched its first social media campaign with the goal of encouraging more public conversation about mental health and reducing the stigma with which it is often associated.
- Rose-Marie and Eijk van Otterloo want to make a difference in the lives of people with psychiatric illness. Through their continued support of McLean Hospital, including making a generous gift to establish the Rose-Marie and Eijk van Otterloo Endowed Chair of Psychiatry at McLean Hospital, they are doing just that.

As you read A Year of Stories, we hope that you will be inspired by the clinicians, researchers, educators, donors, faculty and staff who have committed their lives to delivering on the mission of McLean Hospital.

With warmest regards,

Scott L. Rauch, MD
President and Psychiatrist in Chief

David S. Barlow
Chairman of the Board
Despite coming from very different places geographically, two of the world’s most esteemed neuroscientists found opportunity half the world away in the very same place: McLean Hospital.

As a graduate student at the Russian Academy of Sciences in St. Petersburg, Russia, Vadim Bolshakov, PhD, could not have predicted that his career path would lead him out of his home country to America. In fact, before accepting a postdoctoral position at Columbia University, Bolshakov had never even visited the United States.

“I was excited at the prospect of working at Columbia, where I could develop and possibly flourish under the mentorship of Dr. Steven Siegelbaum,” said Bolshakov. “After six years there, having published several high-profile papers, I knew that I was ready to take the next step. Fortunately, while I was coming to this realization, McLean was performing a national search for an assistant professor and invited me to interview. The rest is history.”

In 1997, Bolshakov made the move to McLean, where he founded the Cellular Neurobiology Laboratory, and today is considered one of the world’s foremost psychiatric neuroscientists.

“McLean has offered me many opportunities to expand my research and to collaborate with colleagues both within the hospital and globally,” said Bolshakov, whose influential work has advanced the understanding of fear mechanisms in the brain and how they influence conditions such as post-traumatic stress disorder and anxiety. “Collaboration is an integral part of research because it allows us to build on one another’s strengths in order to produce results that have great implications for the scientific community.”
“We are working together in order to advance our knowledge of the brain, and such advances may ultimately help to improve people’s lives,” said Uwe Rudolph, Dr med, director of the Laboratory of Genetic Neuropharmacology at McLean.

“Today, most successful research is teamwork. My junior colleagues in the lab put in countless hours, doing all the experimental work and making valuable intellectual contributions.”

Like Bolshakov, Rudolph could have never predicted he would someday be one of McLean Hospital’s leading investigators. His path to Belmont started in Germany, where he completed both medical school and a research thesis in molecular pharmacology before receiving postdoctoral research training at Houston’s Baylor College of Medicine’s Department of Cell Biology. It was at Baylor, under the mentorship of Lutz Birnbaumer, PhD, that he was first able to combine his medical background with his newly acquired skills in mouse molecular genetics.

His unique skills led him to the University of Zürich in Switzerland, where he applied the techniques he learned at Baylor to neuroscience.

“In Zürich, I was fortunate to land in a highly collaborative environment with excellent institutional resources that enabled me to pursue an untested and thus high-risk approach to generate new knowledge relevant for future drug development,” explained Rudolph.

Rudolph was recruited to McLean in 2005. His pioneering and innovative research on the functions of specific neurotransmitter receptor subtypes in the brain has led to important advances in designing novel therapeutic approaches to treat numerous disorders or conditions. Strategies based on research by Rudolph and colleagues to treat anxiety, spasticity and chronic pain are currently being pursued by the pharmaceutical industry.

In recent years, both Bolshakov and Rudolph have been recognized for their contributions to McLean, Harvard Medical School and the science community by being named professors of psychiatry by Harvard Medical School. Bolshakov was honored in 2012, while Rudolph was promoted in 2013.

Inspiring hope through research

As a trained certified public accountant (CPA), Raquel Espinosa followed a unique path to McLean, where she oversees the hospital’s Research Administration Department. However, the detail-oriented work involved in becoming a CPA turns out to have been a perfect training ground for Espinosa, who uses her love of numbers and details each day to provide infrastructural support for the hospital’s 66 laboratories and 388 research scientists and staff.

Although she lived in the United States for the first 10 years of her life, Espinosa spent the next 17 years living in Uruguay, a small South American country located between Brazil and Argentina. After becoming a CPA, she moved back to America the week following graduation and quickly found her calling while working at Tufts Medical Center.

“From Tufts, I moved to Massachusetts General Hospital, where I was given opportunities to learn and grow. I was able to hone my skills and better understand the needs of researchers and how to help them,” she said. “I discovered a passion for research and the hope that it inspires.”

Espinosa joined the McLean team in 2009 as a per diem employee and quickly became an invaluable resource to the research community. In 2011, she was promoted to director of Research Administration—a position she takes great pride in holding.

“McLean has outstanding researchers and there are so many opportunities to make a difference by simplifying the administrative burden on scientists,” said Espinosa. “I am passionate about what I do because I believe in McLean’s mission.

While there are some challenges that are harder than others, we work as a team to overcome obstacles, knowing that our results will directly impact our research community.”

Raquel Espinosa, director, McLean Hospital Research Administration Department
Established in 2013, the McLean Anxiety Mastery Program (MAMP) is one of only a handful of programs in the country to provide intensive and evidence-based treatment for anxious youth. The program offers treatment for children and adolescents, ages 9 to 18, who suffer from social anxiety disorder, separation anxiety disorder, panic disorder, specific phobia(s) and obsessive compulsive disorder. During intensive treatment, children and adolescents participate in group-based cognitive behavior therapy (CBT) with an emphasis on exposure and response prevention. Also central to the treatment are family work, parent guidance groups, psychopharmacology, and collaboration with schools and outpatient providers.

The brainchild of Jacqueline Sperling, PhD, Kathryn Dingman Boger, PhD, and Mona Potter, MD, the program was developed to address the gap in available community treatment that would allow students to attend school and participate in intensive therapy.

“We developed the Anxiety Mastery Program because we recognized that many children need more than once-a-week treatment that specifically addresses their anxiety, in addition to having opportunities to practice skills at home and at school on a regular basis,” said Sperling.
Participating children and adolescents attend the program every weekday afternoon after school for at least a month. “The idea behind providing intensive treatment over a shorter duration is to promote rapid progress. We want to get students back on track and re-engaging with the various aspects of their lives more quickly,” explained Boger, who serves as the program director.

In addition to focusing on clinical care, Sperling, Boger and Potter are deeply committed to advancing education and research through MAMP. The trio has developed and implemented an intensive CBT training course and established a weekly brown bag seminar for trainees and clinicians looking to learn more about CBT and anxiety disorders. Additionally, in collaboration with Courtney Beard Elias, PhD, a research psychologist at McLean Hospital, the MAMP team is in the process of launching a research project that will examine the effectiveness of various components of treatment. The program’s research goals are to inform and improve the quality of care within the program and to disseminate the findings. “Our hope is that by aligning with McLean’s mission of emphasizing clinical work, training and research, we will be able to provide the best care possible for anxious children and adolescents,” said Potter.

With the hustle and bustle of day-to-day clinical work and treatment taking place, few patients and visitors pay close attention to the details that Andrew Healy, director of McLean Hospital’s Facilities Department, toiled over for months while a hospital program was being constructed. Ensuring that every detail is attended to in order to make McLean programs comfortable, aesthetically pleasing and state of the art keeps Healy and his team awake at night.

“From the moment we are asked to renovate a building or an area for clinical, research or educational use, our number one priority is always to create the best environment possible for McLean patients, their families and the hospital staff,” said Healy, a native of Sligo, Ireland, who has overseen more than 75 major construction projects at McLean during his 40-year tenure. “While I don’t treat patients, conduct research or educate trainees, the work of the Facilities team plays a major role in helping the hospital achieve its mission. That is something I am very proud of.”

Healy’s latest project—renovating space on the campus of Sancta Maria Hospital in Cambridge—allowed McLean to relocate its child and adolescent outpatient program. Made possible by an anonymous donation, the relocation has allowed the hospital to expand its 3East dialectical behavior therapy (DBT) program to provide outpatient care for adolescents and college-age patient populations, in addition to DBT training for clinicians. Sancta Maria is also home to a new program for children with anxiety and obsessive compulsive disorders.

“As McLean responds to the urgent needs of youth and families in distress, we create new programs and then adapt and expand them,” said Joseph Gold, MD, McLean’s chief medical officer and chief of the Nancy and Richard Simches Division of Child and Adolescent Psychiatry. “The renovated space at Sancta Maria has provided us with a tremendous opportunity to grow our outpatient services profile and to provide care in new and exciting ways.”
On a quiet cul-de-sac nestled in the small town of Middleborough, Massachusetts, McLean Hospital has transformed a former nursing home into a cutting-edge psychiatric care facility.

The site is the new home to McLean SouthEast (MSE), the most comprehensive program serving adults, children and adolescents in southeastern Massachusetts. Not only is the building visually appealing, it is equipped with the latest safety features recommended for psychiatric hospitals by the Joint Commission, an independent, not-for-profit organization that accredits and certifies health care organizations and programs in the United States.

MSE moved from Brockton to Middleborough in January 2014 after extensive renovations were completed. The remodel allowed for in-depth input from the clinical teams on how the space could be modified to enhance the patient care experience.

"Having the ability to play such an active role in designing the physical makeup of the program gave us the opportunity to think more strategically about how we use the space and how we can maximize efficiency," said Mark Longsjo, MSW, LICSW, program director for the MSE adult and partial hospital programs. "In addition, we also incorporated the latest safety features into the building, making MSE a truly state-of-the-art facility."

One example of how the staff of MSE influenced the final design of the program is the open construction inside the Adolescent Residential Treatment (ART) program.

"Instead of the traditional nursing station with windows serving as a separator from the unit, we opted to go with an open model in order to facilitate more interaction and communication between our staff and patients," explained Mark Picciotto, PhD, program

From left: Mark Picciotto, PhD, Richard Silva and Mark Longsjo, MSW, LICSW

Reaching more People by Transforming McLean SouthEast
Increasing access to care through innovation

Kathryn McHugh, PhD, is determined to increase access to quality mental health care for people in need. Through her research to improve the effectiveness of behavioral therapies and innovative treatment delivery models, such as computer-based treatments, she hopes to address the public health crisis of untreated mental illness across the United States.

“I have seen how effective behavioral therapy can be and how it can transform a person’s life,” said McHugh, associate psychologist in the Division of Alcohol and Drug Abuse. “When I started diving deeper into public health statistics, and speaking with people who struggled to access effective care, I realized that effective treatment was not readily available to the vast majority of those who need it.”

Upon joining McLean, McHugh set out to identify methods that would bring much-needed behavioral therapy to a larger audience by developing and testing behavioral treatments that may be more easily disseminated, while also being actively involved in training providers to better identify and treat mental illness.

In a recent paper published in the *Journal of Clinical Psychiatry*, McHugh and her colleagues reported that 75 percent of patients interviewed preferred psychological talk therapy to medications for the treatment of anxiety and depression.

“People reported that they would prefer psychological or talk therapy at a rate of 3-to-1,” said McHugh. “Studies like these are important—improving the availability of evidence-based treatments that are in line with patient preferences will likely lead to both more accessible and more effective mental health care.”

McHugh has identified a need for increased access to mental health care and is working to address this issue through innovative research and treatment methods. Through her work, she hopes to bring effective behavioral therapy to a larger audience and improve the availability of evidence-based treatments that align with patient preferences.

In addition to her research, McHugh is also working to increase access to care through innovation. She is actively involved in training providers to better identify and treat mental illness, and has set out to identify methods that would bring much-needed behavioral therapy to a larger audience.

“Increasing access to quality mental health care is crucial for addressing the public health crisis of untreated mental illness,” said McHugh. “Through my work, I hope to bring effective behavioral therapy to a larger audience and improve the availability of evidence-based treatments that align with patient preferences.”

Thanks to the new building and its modern renovations, MSE has been able to increase its adult inpatient program from 25 to 30 beds. In addition, MSE was able to expand its capabilities to accommodate more child, adolescent, and adult partial hospital patients.

According to McLean’s Executive Vice President and Chief Operating Officer Michele Gougeon, MSS, MSc, who spearheaded the move to Middleborough and oversaw the regulatory approvals and renovations, MSE is now a prototype for other programs.

“This is an exciting development for McLean, as it allows us to showcase our commitment to innovation and to setting standards for hospital programs,” said Gougeon. “The work completed at MSE will serve as a model for future renovations and program development throughout McLean.”
In 2013, McLean launched the Division of Women’s Mental Health (DWMH) under the leadership of Chief Academic Officer Shelly F. Greenfield, MD, MPH, whose vision is to enhance opportunities for clinical, research and educational collaborations across McLean that will improve the understanding of women’s mental health and provide better care for the disorders that are prevalent in women.

Through treatment, research and education that appreciate the biological, sociocultural and environmental factors that are unique to women, Greenfield and the clinicians within the DWMH are promoting wellness for girls and women throughout the life span.

“The divisional structure allows us to treat women more holistically and encourages cross-collaboration among programs,” said Amy Gagliardi, MD, medical director for the Gunderson Outpatient Program. Gagliardi noted that her program, which typically treats women ages 18 to 30 with borderline personality disorder, offers treatment for women who are reentering the workforce, going to college or working in the community but still need intensive treatment and support as they rebuild their lives.

As the medical director for the Hill Center for Women, a program for women with histories of trauma and related disorders, Milissa Kaufman, MD, PhD, is using opportunities afforded by the division to not only advance clinical care but to conduct research into the neurobiological basis of dissociation in women with trauma-spectrum disorders.

“The overall goal of my research is to identify the biological mechanisms of dissociation in two related but distinct clinical syndromes: post-traumatic stress disorder and dissociative identity disorder, and to explore possible biomarkers using genetics...
and neuroimaging that might help predict patterns of risk and resilience in clinical populations exposed to trauma,” said Kaufman.

Training is equally vital to the DWMH. Lois Choi-Kain, MD, medical and program director for McLean Gunderson, in partnership with John Gunderson, MD, director of Psychosocial and Personality Research, has developed the Borderline Personality Disorder Training Institute to educate other clinicians around the world about personality disorders and the most effective methods of treatment.

“We know that borderline personality disorder (BPD) is prevalent across the United States, but there are few clinicians who have the expertise to treat it,” said Choi-Kain. “Through the Institute, we are giving clinicians the tools to better diagnose and treat BPD in their patients before the illness becomes so acute that it requires repeated hospitalization.”

According to Greenfield, even though the DWMH has just launched, its tripartite mission is already making a difference.

“Many of us in the division are treating women with disorders that commonly co-occur, such as eating disorders, trauma-related disorders, borderline personality disorder, and substance use disorders,” said Greenfield. “Our goal is to continue to enhance clinical care for women with these disorders through state-of-the-art treatment informed by research, as well as to investigate the neurobiological basis for these disorders and create educational models to train others regarding best practices in this field.”

Thanks to those who spurred the DWMH

In 2011, thanks to a $300,000 anonymous donation, McLean launched the Women’s Mental Health Initiative, which was the first step in developing the DWMH. Under the leadership of co-chairs Shelly F. Greenfield, MD, MPH, chief academic officer, and Sherry Winternitz, MD, clinical director of the Dissociative Disorders and Trauma Program, a steering committee was developed to help inform and structure what would eventually become the DWMH.

“Through many hours of collaboration and conversation, the steering committee began developing recommendations for a multidisciplinary approach to improving the mental health and well-being of girls and women, integrating efforts throughout the clinical, research and training programs,” said Winternitz. “Our work will be ongoing and, ultimately, we believe it will result in a strong, well-balanced division that will enhance the hospital’s ability to better care for women.”
Felicia Smith, MD, and David Rubin, MD, are passionate about psychiatry. As the newly named directors of the Massachusetts General Hospital (MGH)/McLean Hospital Adult Psychiatry Residency Program and the MGH/McLean Child and Adolescent Psychiatry Residency Program, respectively, Smith and Rubin are dedicated to providing unparalleled training and guidance to tomorrow’s psychiatric leaders.

Both the child and adult training programs are among the most competitive and influential in the country, collectively drawing more than 1,000 applications annually. The adult residency training program accepts only 16 residents, while the child program only has nine available spots each year.

“Adult and child residency training at McLean has been designed to prepare resident physicians for the practice of psychiatry in the 21st century. The volume and the outstanding quality of our applicants reflect our reputation and our relevancy in the field,” said Smith.

“We have designed this program to foster the development of well-rounded, competent psychiatrists. Above all, we value a serious and passionate commitment to the highest standards of patient care,” added Rubin, who himself is a 2006 graduate of the child residency training program.

Returning to McLean in 2013 after eight years as a site training director for the Child and Adolescent Psychiatry Training Program of Columbia and Cornell Universities, Rubin noted that he is grateful for the education that MGH/McLean provided him and is eager to impart equally good experiences to new generations of child psychiatrists.

“I absolutely loved my time at McLean. The expertise, understanding and compassion of those
within the program—particularly then-director Gene Beresin—left an indelible mark on me and helped shape who I am today,” said Rubin. “There is no match for being trained by someone as passionate and decorated as Gene. Being able to take the reins from an icon in psychiatric training is simply an honor.”

Also no stranger to McLean, Smith is a graduate of the MGH/McLean Adult Psychiatry Residency Program. Following graduation, she remained on staff and, in 2008, was named director of the Acute Psychiatry Service at MGH. It was in this role that she grew her strong interest in medical education, as it allowed her to help guide psychiatric residents, psychology interns and medical students. When the opportunity to become the program director for the Adult Psychiatry Residency Program presented itself, Smith knew that this was her chance to make an even larger difference.

“The Adult Psychiatry Residency Program has a long history of excellence. It is a privilege to be able to serve as the director and I look forward to keeping us at the forefront of psychiatric training and involved in the latest methods of delivering the best in mental health care.”

Rubin is also excited about the possibilities that he can create in his new position. “I fully intend to preserve the spirit of the program while continuing to evolve with the field of psychiatry. I feel that this is the only way in which we can ensure that McLean remains the premier destination for pediatric psychiatric training and care.”

Reaching a new audience through social media

In 2013, United States President Barack Obama called for a national dialogue about mental health. In support of the president’s charge, McLean Hospital launched its first social media campaign with the goal of encouraging more public conversation about mental health and reducing the stigma that is often associated with psychiatric illness.

“President Obama’s call to openly talk about mental illness gave us the idea to ask everyone to promise to start one conversation about mental health,” said Jenna Brown, social media manager for McLean. “We asked our followers on Facebook and Twitter to openly engage with us by pledging to share their stories, photos and videos about the importance of talking shamelessly about mental health issues.”

Using the moniker #startwithone, the six-week campaign met its goal of increasing traffic to the hospital’s social media pages and encouraging awareness and engagement. As a follow-up to the campaign, McLean participated in the global web screening of Hidden Pictures, an award-winning film about global mental health. The innovative media event, titled 1 Film, 1 Worldwide Discussion, brought together a broad group of international organizations and advocates who hosted live and online screenings of Hidden Pictures in an effort to create a global dialogue about mental health issues.

Delaney Ruston, a physician and filmmaker who grew up in the shadow of her father’s schizophrenia, produced the film and spoke at an event for McLean’s National Council—supporters of the hospital who serve as ambassadors—in the fall of 2013.

“From my own personal experience, I know too well the obstacles to getting timely services and treatment for mental illness,” said Ruston. “Filming people around the world has exposed the shared struggles faced by the 450 million people living with mental illness worldwide. I hope that by telling their stories and spotlighting moments of profound compassion, we can spark a dialogue and begin to create change.”

Follow McLean on Twitter @McLeanHospital or on Facebook at McLean Hospital.
Joseph Coyle earns the Julius Axelrod Prize

McLean Hospital Chief Scientific Officer Joseph Coyle, MD, was recognized by the Society for Neuroscience (SfN) with the Julius Axelrod Prize during its annual conference in November 2013. The Julius Axelrod Prize recognizes exceptional achievements in neuropharmacology and in mentoring young scientists.

“Dr. Coyle is an outstanding neuroscientist and psychiatrist who has devoted his career to probing the underlying causes of psychiatric disorders and proposing innovative therapeutic interventions,” said Larry Swanson, PhD, president of SfN. “At the same time, he has demonstrated a lifelong commitment to training researchers and clinicians alike.”

Coyle’s research has contributed greatly to the understanding of the neuronal changes associated with psychiatric and neurodegenerative disorders and suggested novel therapies to treat them. Coyle demonstrated that changes in a particular group of cells in the basal forebrain are associated with Alzheimer’s disease, opening up a new avenue of treatment. His current research focuses on the negative symptoms and cognitive deficits associated with schizophrenia.
Greenfield honored with Smithers Award
Chief Academic Officer Shelly F. Greenfield, MD, MPH, recently received the R. Brinkley Smithers Distinguished Scientist Award from the American Society of Addiction Medicine. Established in 1995, the Smithers Award recognizes individuals who have made highly commendable contributions in the advancement of scientific understanding of the prevention and treatment of alcoholism.

“This award is well-deserved for Dr. Greenfield, who is nationally recognized for her research on substance use disorders, particularly in the areas of women’s treatment and health services. Her work has not only influenced addiction treatment and research here at McLean but also has had widespread reach around the country,” said Roger Weiss, MD, chief of the Division of Alcohol and Drug Abuse at McLean.

Greenfield is the principal investigator and co-investigator on multiple federally funded research projects focusing on treatment for substance use disorders, gender differences in substance disorders and health services for substance disorders. In addition, she is the chair of the National Institute on Drug Abuse Clinical Trial Network’s Gender Special Interest Group, editor-in-chief of the Harvard Review of Psychiatry and vice president of the American Academy of Addiction Psychiatry.

New mobile website brings info to people on the go
In September 2013, the hospital launched a user-friendly, visually appealing way for patients, families, visitors, staff, and referral sources to obtain information while on the go. Anyone can now pick up a smartphone or tablet and visit www.mcleanhospital.org to experience the new McLean mobile website.

According to Ian Dowe, director of Marketing and Outreach, the site was launched with consumers in mind. “We are working to make McLean more accessible and welcoming, and we wanted to create a site that would answer people’s questions and quickly get them the information they needed,” said Dowe.

Mobile website features:
- Information about McLean’s programs, services and schools
- Mapping and directions for both Belmont and McLean SouthEast campus locations
- One-touch calling for admissions and hospital services
- Frequently Asked Questions (FAQs) about the admissions process
- Current listing of hospital news and upcoming events
- Easy access to the full McLean website for more information

“People are spending more and more time using their phones and tablets to access the web. By identifying what information our visitors were typically searching for, we created mobile-friendly content that could be easily read on these devices,” said Public Affairs Strategist Scott O’Brien, who, along with Dowe and Senior Director of Business Development Nancy Hoines, MPH, spearheaded the project.

From left: Ian Dowe, director of Marketing and Outreach, and Scott O’Brien, public affairs strategist
Rose-Marie and Eijk van Otterloo want to make a difference in the lives of people with psychiatric illness and in the lives of their families. As longtime supporters of McLean Hospital, they have consistently been strong proponents of the hospital’s dedication to psychiatric care, research and education.

In 2013, in an effort to encourage others to support McLean and to recognize the pivotal role of the president and psychiatrist in chief, the van Otterloos made a generous gift to establish the Rose-Marie and Eijk van Otterloo Endowed Chair of Psychiatry at McLean Hospital.

“McLean is a great organization with a fantastic leader in Scott Rauch,” said Rose-Marie, who served on the McLean Board of Trustees for four years and is currently chair of the McLean National Council. “From the day Scott arrived, he started working on his vision for McLean’s future. Under his leadership, McLean has launched innovative new programs, adopted a divisional structure and risen in status to the number one hospital for psychiatry in the country.

Through this endowed chair, we are giving him the resources he needs to continue to implement such positive change.”

According to David S. Barlow, chairman of the McLean Board of Trustees, an endowed chair is one of the highest honors in academic medicine and provides vital, long-term resources to an organization. With the addition of the van Otterloo gift, McLean now has three endowed chairs.

“I am deeply grateful to Eijk and Rose-Marie for their tremendous generosity in making this transformational gift. These resources will very significantly enhance our ability to deliver on McLean’s mission, in perpetuity,” said Rauch.

The van Otterloos first became involved with McLean more than 15 years ago after their son came to the hospital for treatment. Since that time, Rose-Marie and Eijk have been staunch supporters of the hospital as well as active and vocal mental health advocates.

“We have a goal of educating the public and encouraging people to talk about mental illness. It is OK to say that I have a mother with mental illness, that I have an aunt with mental illness, that I have a son with mental illness,” said Rose-Marie.

“Attaching our name to an endowed chair gives a message that our family—like so many others—has been personally affected by mental illness,” added Eijk, who along with his wife, has been a member of McLean’s National Council since its inception in 2002. “We want everyone to know mental illness is an important issue that needs to be openly discussed.”
Mary Belknap Society

The Mary Belknap Society honors donors who make unrestricted gifts of $1,000 or more to McLean each year.

Recurring annual gifts provide crucial resources to strengthen clinical services, seed novel research, and recruit and train talented faculty—all with the goal of better serving individuals and families who are affected by mental illness.

We extend our deepest gratitude to the following members of the Mary Belknap Society for their generosity in 2013 (gifts received January 1–December 31, 2013).

The Mary Belknap Society is named in recognition of Mary Belknap, who in 1832 left McLean Hospital a bequest of property and cash that totaled nearly $90,000 and helped fund a new building for female patients. Belknap’s gift was one of the largest from an individual donor in the hospital’s early years, second only to that of Boston merchant John McLean, the hospital’s namesake.

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Jennifer and Ted Porter
Kathy and George Putnam
Hank and Susan Rauch
Drs. Scott Rauch and Gretchen Kind
Louise C. Riemer
Dr. and Mrs. Auguste E. Rimpel, Jr.
Jeanne and Sanford Robertson
Patrick B. Sands Family
Dr. Marilyn Sarles and Mr. H. Jay Sarles
Deirdre and Skip Snyder
Dorothy Sprague
Amy Starck and Jack Cogen
Mr. and Mrs. Stuart J. Steele
Mr. and Mrs. Joseph E. Swan
Mrs. Thomas Swan
Mr. Thomas J. Swan III
Nick and Joan Thorndike
Kristine and Joseph Trustey
Pamela W. Turner
Wat and Jane Tyler
Carol Vallone and Edward Halsted
Rose-Marie and Eijk van Otterloo
Kay Kimpton Walker
Ted and Janet Werth
Lucy B. Wilton, RN, CPhT

For information about the Mary Belknap Society, please contact Kristin Kilbourne at 617.855.3644 or kkilbourne@partners.org.
Improving Lives, Together
Every year, donors like you make a difference in the lives of people affected by psychiatric illness. These are some of the ways your philanthropy can have an impact at McLean:

Annual Giving and the Mary Belknap Society
Unrestricted gifts to the McLean Fund support a wide range of programs and help launch initiatives that may not have been possible without philanthropy. A leadership gift of $1,000 or more qualifies you for membership in the Mary Belknap Society.

Targeted Giving
Whether a research fellowship, a capital project or clinical care, you can target your gift directly to the program at McLean that is most meaningful to you. A development officer can help identify the funding opportunity that best matches your philanthropic interest.

Tribute Giving
A tribute gift to McLean is a special way to honor a loved one, thank a special caregiver or celebrate a milestone. You decide how best to honor the occasion and we will notify your honoree of your generosity.

Legacy Giving and the John McLean Society
There are many ways to leave a long-lasting legacy at McLean through your estate plan. By joining the John McLean Society, you will become part of a special group of generous donors who will support the hospital through planned giving.

To learn more or to give to McLean today, visit
www.mcleanhospital.org/gift

or contact
McLean Hospital Development Office | 115 Mill Street, Belmont, MA 02478
617.855.3415
McLeanDevelopment@partners.org
### Financials


#### Income Statement

<table>
<thead>
<tr>
<th></th>
<th>FY2013</th>
<th>FY2012</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Revenues</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Net patient revenue</td>
<td>$122,250</td>
<td>$117,668</td>
</tr>
<tr>
<td>Other operating revenue</td>
<td>60,526</td>
<td>59,441</td>
</tr>
<tr>
<td><strong>Total revenues</strong></td>
<td>182,776</td>
<td>177,109</td>
</tr>
<tr>
<td><strong>Expenses</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Employee compensation, benefits, supplies and other</td>
<td>170,825</td>
<td>162,894</td>
</tr>
<tr>
<td>Depreciation and amortization</td>
<td>7,181</td>
<td>7,277</td>
</tr>
<tr>
<td>Interest</td>
<td>1,674</td>
<td>1,063</td>
</tr>
<tr>
<td><strong>Total operating expenses</strong></td>
<td>179,680</td>
<td>171,234</td>
</tr>
<tr>
<td><strong>Income/(loss) from operations</strong></td>
<td>$3,096</td>
<td>$5,875</td>
</tr>
<tr>
<td><strong>Total non-operating gains/(expenses)</strong></td>
<td>347</td>
<td>381</td>
</tr>
<tr>
<td><strong>Excess of revenues over expenses</strong></td>
<td>$3,443</td>
<td>$6,256</td>
</tr>
</tbody>
</table>

#### Balance Sheet

<table>
<thead>
<tr>
<th></th>
<th>FY2013</th>
<th>FY2012</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Assets</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cash and investments</td>
<td>$7,912</td>
<td>$13,991</td>
</tr>
<tr>
<td>Patient accounts receivable</td>
<td>11,078</td>
<td>9,435</td>
</tr>
<tr>
<td>Other current assets</td>
<td>26,939</td>
<td>18,061</td>
</tr>
<tr>
<td><strong>Total current assets</strong></td>
<td>45,929</td>
<td>41,487</td>
</tr>
<tr>
<td>Investments limited as to use</td>
<td>850</td>
<td>820</td>
</tr>
<tr>
<td>Long-term investments</td>
<td>459</td>
<td>118</td>
</tr>
<tr>
<td>Property and equipment, net</td>
<td>55,218</td>
<td>56,127</td>
</tr>
<tr>
<td>Other assets</td>
<td>91,291</td>
<td>80,682</td>
</tr>
<tr>
<td><strong>Total assets</strong></td>
<td>$193,747</td>
<td>$179,234</td>
</tr>
<tr>
<td><strong>Liabilities and net assets</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Accounts payable and accrued expenses</td>
<td>$18,179</td>
<td>$18,371</td>
</tr>
<tr>
<td>Current portion of accrual for settlements with third-party payers</td>
<td>250</td>
<td>375</td>
</tr>
<tr>
<td>Unexpended funds of research grants</td>
<td>3,287</td>
<td>2,280</td>
</tr>
<tr>
<td><strong>Total current liabilities</strong></td>
<td>21,716</td>
<td>21,026</td>
</tr>
<tr>
<td>Other long-term liabilities</td>
<td>6,153</td>
<td>6,885</td>
</tr>
<tr>
<td>Long-term debt</td>
<td>36,024</td>
<td>28,280</td>
</tr>
<tr>
<td><strong>Net assets</strong></td>
<td>129,854</td>
<td>123,043</td>
</tr>
<tr>
<td><strong>Total liabilities and net assets</strong></td>
<td>$193,747</td>
<td>$179,234</td>
</tr>
</tbody>
</table>

### McLean by the Numbers

October 1, 2012 to September 30, 2013

#### Services

- Average Inpatient Beds in Service: **177**
- Admissions: **5,962**
- Inpatient Days: **56,910**
- Partial Hospital Days: **38,362**
- Partial Hospital Visits: **194,846**
- Outpatient Visits: **40,465**
- Child/Adolescent Days: **11,642**
- Residential Days: **28,545**

#### Staffing

- Physicians and Psychologists: **218**
- Residents: **26**
- Fellows: **54**
- Nurses: **175**
- Clinical Social Workers: **109**
- Mental Health Specialists and Community Residence Specialists: **302**
- Other: **577**
- Total FTEs: **1,461**
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We dedicate ourselves each and every day to McLean’s mission of clinical care, scientific discovery, professional training and public education in order to improve the lives of people with psychiatric illness and their families.

In all of our work, we strive to: conduct ourselves with unwavering integrity; demonstrate compassion and respect for our patients, their families and our colleagues; foster an environment that embraces diversity and promotes teamwork; achieve excellence and ever-better effectiveness and efficiency through innovation.
McLean Hospital is the largest psychiatric affiliate of Harvard Medical School and a member of Partners HealthCare.