David O. Russell was back in Boston Friday, but not to make a movie. The director of “The Fighter” and “Silver Linings Playbook” was at the InterContinental Hotel to receive an award from McLean Hospital for his efforts on behalf of people with mental health issues. Russell’s 19-year-old son, Matthew, has long suffered from bipolar disorder, and that experience helped inform and inspire Bradley Cooper’s character in “Silver Linings Playbook.” “I’ve been dealing with this world for my son’s entire life, it was a gift from my son, a silver lining from my son,” Russell told us. “I probably would not have paid attention to the material otherwise.” (He wrote the film’s Oscar-nominated screenplay based on the book by Matthew Quick.) Earlier in the day, the director toured McLean, which he called the “gold standard” of such facilities. “There’s a whole population of people who need something that is as caring and thoughtful and experienced as McLean is,” said Russell. “When I saw the novel, I immediately seized upon it and said this is a story I can tell. I have a lot to say about what it’s like for a family to live with this, and do it in a way that people haven’t seen before.”