Singer, Actress Selena Gomez Accepts McLean Award

“I think we are better for telling the truth. So again, I am telling my truth,” said Selena Gomez, international actress and recording artist, to the nearly 400 guests at McLean’s 2019 Annual Dinner on September 13 at Boston’s Intercontinental Hotel. Only 27 years old, Gomez captivated the audience with poise and star power suffused with genuine gratitude and humility.

As the 2019 McLean Awardee, Gomez spoke from the heart — thanking the men and women of McLean for their tireless commitment to improving the lives of patients and families impacted by mental illness and then sharing her own personal experience.

At times confident and powerful, at others tremulous and vulnerable, Gomez told the crowd, “Last year I was really suffering mentally and emotionally, and I wasn’t able to stay all buttoned up and together. I wasn’t able to hold the smile — to keep things looking normal. It felt as though pain, anxiety and fear washed over me all at once and it was one of the scariest times of my life.”

She sought treatment and felt the relief of a diagnosis. She educated herself, reading everything she could and talking to others who had experienced similarly debilitating bouts of depression and anxiety. Gomez admitted to worrying about being misunderstood or judged harshly for her openness but said it felt right to share her story and is committed to using her voice and global platform to help reduce the stigma associated with a psychiatric diagnosis.

“I have been given opportunities that have made my life exceptionally beautiful and sweet, and yet I struggle with my own thoughts and feelings ... but this doesn’t make me faulty. This doesn’t make me weak. This makes me human.”

Selena Gomez

On the Horizon

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Dear Friends

Our Fall/Winter 2019 edition of Horizons brings you stories of celebration.

Our first story celebrates the importance of truth and openness. At McLean’s Annual Dinner in September, our 2019 McLean Award honoree Selena Gomez captivated guests with her courage and honesty. It was a wonderful evening of celebration, heartfelt gratitude and stirring aspirations for the future.

This year we also celebrated the major contributions of two important members of the McLean community — Dr. Joe Gold and Edward P. Lawrence — with the establishment of the Edward Peabody Lawrence Endowed Chair in Psychiatry and the installation of Dr. Gold as its inaugural incumbent.

Our third story honors the struggles of a Holocaust survivor and celebrates his life through the promise of research. His family’s dogged efforts to ease the struggles of their beloved father brought about a chance discovery — one that has now led to some promising research in the realm of Alzheimer’s disease and related dementias.

And finally, our last story celebrates the extraordinary success of a project launched by philanthropy. The School Nurse Liaison Project, as you will read, is helping thousands of children in the community through the ubiquitous — and now better informed — school nurse.

Enjoy, and I wish you celebration and joy as we approach the holiday season.

Lori Etringer
Vice President and Chief Development Officer

Selena Gomez continued from cover

“There is so much guilt and shame surrounding this topic ... [but] we do not have to be afraid to speak out,” said Gomez. “I have been given opportunities that have made my life exceptionally beautiful and sweet, and yet I struggle with my own thoughts and feelings ... but this doesn’t make me faulty. This doesn’t make me weak. This doesn’t make me less than. This makes me human.”

McLean President and Psychiatrist in Chief Scott L. Rauch, MD, spoke to the “ocean of need” for quality mental health care and acknowledged the extraordinary community of researchers, clinicians, staff, donors and friends who give time, expertise, passion and support to the hospital.

“Every day, real people reach out to us for care and counsel, often at a frightening or even desperate moment — for themselves or for a loved one,” said Rauch. “This is what we find most moving and motivating — the journey of recovery, better access and better lives — bringing together the best of science and compassion to drive toward the ultimate goals of prevention and cures.”

THE McLEAN AWARD IS GIVEN ANNUALLY TO AN INDIVIDUAL WHO HAS SUBSTANTIALLY RAISED PUBLIC AWARENESS AND FURTHERED THE PUBLIC’S UNDERSTANDING OF BEHAVIORAL AND MENTAL HEALTH ISSUES.

PREVIOUS MCLEAN Awardees

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<th>Year</th>
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<tr>
<td>2018</td>
<td>NFL Wide-Receiver Brandon Marshall</td>
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<td>2017</td>
<td>ABC News anchor Elizabeth Vargas</td>
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<td>2016</td>
<td>Singer Judy Collins</td>
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<td>2015</td>
<td>Representative Patrick J. Kennedy</td>
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<td>2014</td>
<td>Actress Jane Fonda</td>
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<td>2013</td>
<td>Director David O. Russell</td>
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<td>2012</td>
<td>Author Patricia Cornwell</td>
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<td>2011</td>
<td>Actress Mariel Hemingway</td>
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<td>2010</td>
<td>Actress Glenn Close, her sister Jessie Close and nephew Calen Pick</td>
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<td>2009</td>
<td>Astronaut Buzz Aldrin</td>
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<td>2008</td>
<td>ABC Journalist Lee Woodruff and ABC News anchor Bob Woodruff</td>
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Edward P. Lawrence and Joseph Gold, MD, both important influencers of the mental health care landscape, were lauded at a July event for their significant contributions to McLean Hospital, Partners HealthCare and the greater field of behavioral and mental health.

The two organizations established the Edward Peabody Lawrence Endowed Chair in Psychiatry to honor Lawrence’s longtime service, which culminated with his role as Partners Board Chair ending in 2017. The chair endows the chief medical officer position at McLean, a role currently held by Gold.

Lawrence served on the McLean Board from 1998 to 2011, on the Partners Board for 16 years and as chair of the Massachusetts General Hospital (MGH) Board for nine years. In 2007, MGH established the Edward P. Lawrence Center for Quality and Safety in his honor. Lawrence continues to support all three organizations as an honorary trustee.

Lawrence’s particular passion is quality of care, and he brought this focus to bear on improving the way McLean serves patients and families. This interest inspired Lawrence to establish the McLean Board of Trustees Quality of Care Committee where he worked closely with Gold and McLean’s Chief Quality and Risk Management Officer Gail Tsimprea, PhD, to develop an all-inclusive approach to patient care assessment and quality improvement.

“Ed has been a remarkable champion for McLean, its patients and families. His clear vision, exemplary leadership and relentless pursuit of care quality are appropriately honored through this chair,” said McLean President and Psychiatrist in Chief Scott L. Rauch, MD. Partners HealthCare CEO Anne Klibanski, MD, praised Lawrence’s major contributions to the field. “Ed was ahead of his time in recognizing the special and vitally important role that McLean would play in our local and national healthcare landscape,” said Klibanski.

The other half of the celebrated duo is Joseph Gold, MD, McLean’s chief medical officer and chief of the Simches Center of Excellence in Child and Adolescent Psychiatry. Gold is also clinical co-lead of Partners Center for Population Health Pediatric Behavioral Health Primary Care Integration Work Group and associate medical director of the Massachusetts Child Psychiatry Access Project (MCPAP). And now, he is the inaugural incumbent of the Edward Peabody Lawrence Endowed Chair in Psychiatry.

In recognizing Gold on his appointment, Rauch said, “I have never known any other physician or care provider of any kind who more embodies the ideals of compassionate, evidence-based care.”

The evening included a surprise video message from media mogul Oprah Winfrey who has known Gold for years. “From the moment I met you, you offered such a calmness ... an aura of spirit, compassion, kindness and understanding,” said Winfrey in her message. “Around the world [McLean] is revered for that compassion and understanding. That is, to a great extent, because of the heart, the soul and the understanding that you bring to your work every day.” Winfrey thanked Gold for being available to those who needed him in times of crisis.
A member of the Dutch underground and survivor of two concentration camps, Spier immigrated to Massachusetts in 1945 and had careers as a watchmaker, jewelry store owner, builder, developer and philanthropist. In the final years of his life, he suffered from dementia and became severely agitated. Though he seldom spoke of his experiences to his family, Spier began having traumatic flashbacks to his time in the death camps during the Holocaust. Medications were ineffective, and Spier’s suffering was heartbreaking for his family to watch. Hoping to find ways to alleviate the distress Alex was experiencing, his son Greg and daughter-in-law Kathy decided to try cannabis gummies they’d gotten from a relative in Colorado. The results were dramatic and positive. “It helped him sleep and calmed him down when he became aggressive. It was such an incredible relief for him,” said Kathy.

Alexander Spier wanted to leave the world a better place than he found it. As a philanthropist, he gave generously, and despite his wealth, he lived simply. Now his family foundation is funding a first-of-its-kind study investigating the use of cannabis in quelling anxiety and agitation in patients with dementia.

Family Foundation Funds Study to Help Alzheimer’s-Related Anxiety

The study’s genesis is Spier’s own experience at the end of his life.

An Opportune Meeting
Meanwhile, the Spiers had become acquainted with Brent Forester, MD, MSc, chief of McLean’s Center of Excellence in Geriatric Psychiatry, through their mutual interest in Alzheimer’s disease. After learning of the gummy bears’ efficacy, Forester was intrigued. Perhaps the elder Spier’s experience could be replicated in a study. Forester tapped McLean colleague Staci Gruber, PhD, one of the foremost cannabis researchers in the country, to co-lead the study. The Spiers agreed to underwrite the research, which is pending approval from government entities and McLean’s Institutional Review Board before it can begin enrolling patients. “This research is so important because the U.S. Food and Drug Administration has never approved a single compound to treat any of the behavioral symptoms of Alzheimer’s disease — such as psychosis, aggression, agitation and anxiety,” said Forester.
The Pilot Study

Medical marijuana is now legal in 30 states and Washington, D.C. The 10-week study will look at the effects of a cannabis-derived solution that Gruber spent years developing for another study — one that looks at its effects on anxiety disorders in adults. “So far, results are rather striking and extremely promising for those suffering with anxiety,” reported Gruber. The product has very little THC, the psychoactive ingredient responsible for cannabis’s “high”, but is high in cannabidiol (CBD), a non-intoxicating component of cannabis. The solution will be administered to 12 patients with mild to moderate Alzheimer’s who suffer from anxiety and agitation — common symptoms of the disease and the source of much of the disease’s burden. “Agitation and anxiety are the symptoms that cause people to lose their independence and end up in long-term care facilities sooner,” explained Forester. “They’re also often responsible for loved ones and caregivers becoming overwhelmed and burning out more quickly.”

Using gold-standard scales, researchers will measure whether the CBD product lessens the frequency and severity of both symptoms. If the product causes side effects like delirium, which is common in Alzheimer’s patients, the amount administered will be reduced or the patient will be pulled from the study. The research could lead to a larger investigation with federal funding if results are promising.

Federal research dollars for Alzheimer’s have increased in recent years in recognition of the dramatic rise in cases expected in coming decades. Currently about 6 million people suffer from Alzheimer’s and that number is expected to more than double in the next 30 years. Forester considers Alzheimer’s to be the next major public health crisis.

According to Forester, the Spiers have been invaluable collaborators in the study’s design, thanks to their personal interest in the research and their experience caring for a loved one with Alzheimer’s. In turn, the Spiers said they are pleased with the partnership. “We’ve been blown away by the enthusiasm of the entire research team,” said Greg Spier. “My father taught us that as stewards of philanthropy, we want to make sure we get good return on our investments. That’s why we feel so great about McLean.”

“This research is so important because the U.S. Food and Drug Administration has never approved a single compound to treat any of the behavioral symptoms of Alzheimer’s disease — such as psychosis, aggression, agitation and anxiety.”

Brent Forester, MD, MSc

Staci Gruber, PhD

Brent Forester, MD, MSc
School Nurse Liaison Pilot Brings McLean’s Expertise Directly to Schools

School nurses know better than anyone that a child who shows up in their office with chronic stomach aches may actually be suffering from something more serious — perhaps depression, maybe anxiety.

Increasingly, schools are on the front lines of the surge in mental health conditions in children and adolescents, and since 2014, McLean has been helping school nurses deal with this increase.

The School Nurse Liaison Project provides education and consultative services to nurses and other staff at 526 schools of all types — public, private, charter and vocational. These schools educate nearly one-quarter of the state’s students, so the project’s impact is considerable. While the program focuses on southeastern Massachusetts and the Cape and Islands, more and more schools from other areas of eastern Massachusetts are asking for help. The service is free to schools, thanks to the generous support of McLean National Council members Bob and Nancy Anthony, long-time adolescent mental health advocates and philanthropists, who funded the program for its first five years.

“School nurses are ideally situated to take a major role in child mental health and wellness,” said Bob Anthony. “They have the requisite medical training to discuss prescriptions with pediatricians and are typically the first people outside the family to see somatic symptoms or other warning signals. Beyond helping individual students, Nancy and I think that the school nurse — when allowed a voice — can enhance the entire school climate.”

Julie Love, MSN, APRN, director of the School Nurse Liaison Project, says that despite their pivotal roles in behavioral health care, nurses are often “left out of the loop” once kids start receiving services. “Then, when there’s a crisis, when the child is having a meltdown at school, they want the nurse to solve it,” said Love. “But most schools have little professional development for staff about mental health, and with these issues on the rise, school nurses are looking for resources and training to help them meet this critical need.”

That’s where Love comes in.
“School nurses are ideally situated to take a major role in child mental health and wellness ... Beyond helping individual students, Nancy and I think that the school nurse — when allowed a voice — can enhance the entire school climate.”

Bob Anthony

Education and Consultation

Love gives about 80 presentations to school staff each year on topics ranging from psychiatric medication to coping skills; self harm to substance abuse; ADHD to trauma; and the impact of social media to depression. Anxiety has always been one of her most popular presentations, evidence of how prevalent it is among school children. About 7 percent of children ages 3 to 17 have been diagnosed with anxiety and many cases go undiagnosed. While school nurses initially were the largest part of her audiences, more recently, teachers, paraprofessionals and school psychologists are attending in greater numbers. “Nurses are the access point of this program, but it helps the entire school,” said Love.

Calls to Love for consultations might involve questions about whether to recommend that a child see a therapist, how to access behavioral health care in the community, or how to talk to families about their child’s issues in a way that encourages openness to help. About a quarter of her calls are from non-nurses, including school counselors and principals. Love thinks the beauty of the program is that schools can use it as much or as little as they’d like. “Some schools never call, but others have told me that it’s reassuring to them to know that they can. Other schools seem to have me on speed dial.”

Emily Collins, a nurse at Carney Academy, an elementary school in New Bedford, MA, said Love has been an exceptional support to her and her school. “Julie is always available for my questions and concerns about mental health issues and provides valuable information and suggestions for interventions based on what is best for the student,” said Collins. “Her suggestions include non-medical and medical strategies that are applicable in school as well as at home for the parents. I have also had several physicians contact Julie for assistance with the medical component of a student’s case.”

Eager to continue the program, McLean welcomes new sources of philanthropy. Contact Jeff Smith at 617-855-4597 or jsmith128@partners.org to make a gift in support of this project.
Rappaport Research Fellows Celebrated

For more than 35 years, the Phyllis and Jerome Lyle Rappaport Foundation has been actively promoting the growth of leadership and innovative thinking in the areas of mental health, neurologic diseases, public policy and the arts. Through its Rappaport fellowship at McLean, established in 2001, the Foundation has provided young investigators the opportunity to work and learn side-by-side with world-class psychiatric researchers and neuroscientists at McLean.

On September 4, the Foundation hosted Rappaport Connects Medical Research, an event celebrating the talented and dedicated researchers, doctors and administrators who have brought so much promise and discovery to the world. Galen Missig, PhD, (pictured right) 2017-2018 Rappaport fellow, represented McLean in a “Science Slam” at the event, presenting his work in an accessible and engaging 10-minute talk.

The Rappaport Foundation has funded a total of 22 fellows at McLean. 2019-20 fellows are Antonia Seligowski, PhD, and Matthew Sacchet, PhD.

THIS IS A GREAT TIME TO FOCUS ON YEAR-END TAX PLANNING

If you are 70½ or older, you can reduce your 2019 taxable income and income tax, as well as make a generous gift, by making an IRA qualified charitable distribution (QCD) to McLean. Criteria include:

• You must be at least 70½ at the time of the gift.
• QCD gifts cannot exceed $100,000 per person, per year.
• The IRA administrator must make the distribution directly to McLean.
• There is no income tax charitable deduction for a charitable IRA gift.
• No goods or services can be received in exchange for the contribution. It can be used to fulfill a pledge.

Consult your IRA administrator for a Qualified Charitable Distribution (QCD) form to initiate an IRA QCD gift.

Please contact Keith Raho at kraho@partners.org or 617.855.3421 with questions.