

HORIZONS

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Run for Gratitude Supports McLean Services for First Responders

They did what they were trained to do: ran toward the explosions to shield and tend the injured and held the hands of the frightened as they were transported to waiting ambulances. The first responders were among the biggest heroes of the 2013 Boston Marathon bombing.

The Richard family suffered an unimaginable loss that day when a bomb killed 8-year-old Martin and injured father Bill, mother Denise and daughter Jane. They've expressed their gratitude to the first responders in countless ways, including creating the Martin Richard Foundation which, in September, launched its first annual 8K race — *A Run for Gratitude*. According to Bill Richard, McLean's LEADER (Law Enforcement, Active Duty, Emergency Responder) program serving those in uniform seemed like the ideal recipient for funds raised by the event.

"I was impressed with LEADER for many reasons, particularly its inclusiveness. It serves every type of first responder — police, EMTs, fire, military — with no regard to rank or type of trauma," said Bill Richard. He and his wife created the foundation to promote the values Martin personified: sportsmanship, inclusion, kindness and peace. "That McLean is a national leader in mental health treatment made the decision even easier," he said. The race began and ended on September 3, 2018 at the TD Garden, home of the Boston Celtics and Boston Bruins and it raised \$100,000 for LEADER.

LEADER's Director of Clinical Coordination Wendy Currie, LICSW, said that while the backdrop was unthinkable tragedy, the atmosphere at the race was amazing. "People were celebrating and honoring Martin's memory," said Currie. "There was overwhelming support for the family — smiles on everyone's faces, families running together, funny outfits. I even saw a woman running with her dog in a carriage. It was incredibly moving. People were crossing the finish line in tears."

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"The foundation's effort to shine a light on gratitude and the heroic work of first responders is deeply meaningful to McLean and the broader community."

Scott L. Rauch, MD, President and Psychiatrist in Chief,
Rose-Marie and Eijk van Otterloo Chair of Psychiatry

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Dear Friends

Our Winter edition of Horizons showcases new partners, old friends, true heroes and a creative way to approach addiction recovery. Our first story features a legacy of kindness honoring the late Martin Richard, the 8-year-old victim of the 2013 Marathon bombing. The Martin Richard Foundation organized an 8k road race to thank the city's heroic first responders and raised \$100,000 to support McLean's LEADER program, which offers treatment specifically designed for law enforcement and emergency responders.

We also introduce you to three new members of the McLean Board of Trustees. Each are leaders in their fields who will lend enormous expertise to McLean's strategic growth and progress.

As the top hospital for psychiatry in the nation, McLean is proud to be a leader in a wide range of behavioral and mental health fields. In this issue, we share an innovative training program for young professionals working in borderline personality disorder and take a moment to applaud the substantial legacy of one of the world's most significant contributors to this field.

Finally, recognizing that the opiate crisis continues to impact communities throughout the nation, we highlight a local, philanthropically supported program aimed at helping patients use art in their recovery.

I hope you enjoy these stories of leadership and innovation.

Lori Etringer
Vice President and Chief Development
Officer



Run for Gratitude continued from cover

LEADER was launched shortly after the marathon tragedy at the request of former Boston Police Commissioner Ed Davis, who was concerned about the psychological toll taken on first responders. It offers mental health and addiction treatment specific to the needs of those whose work puts them face to face with trauma on a regular basis. Since the program began in summer 2013, more than 1,000 people have received inpatient services and between 1,500 and 2,000 have accessed outpatient care. More than 450 men have stayed at the longer-term residence, and about 70 women have been patients at the equivalent facility.

First responders can be more vulnerable to mental health issues because of their constant exposure to injury, death, danger and grief. And because the culture values mental and physical toughness, it can be hard for first responders to seek help for themselves. Confidentiality is a critical component of the program.

"We are tremendously grateful to the Richard family for choosing to support LEADER," said McLean President and Psychiatrist in Chief Scott L. Rauch, MD. "The foundation's effort to shine a light on gratitude and the heroic work of first responders is deeply meaningful to McLean and the broader community."



Boston Police Officer Steve McNulty opened the race by singing the national anthem.

Three Prominent Community Members Join McLean Board

The McLean Board of Trustees recently welcomed three new members: Michelle Williams, PhD, Josef H. von Rickenbach and Gloria Cordes Larson, Esq.



Michelle Williams, PhD

Williams is an internationally renowned epidemiologist and public health scientist and the dean of the faculty at the Harvard T.H. Chan School of Public Health. Much of her research is in the field of reproductive and perinatal epidemiology, which has led to a greater understanding of the causes and disease processes of several dangerous conditions suffered during pregnancy.

Williams has a bachelor’s degree from Princeton University, a master’s degree in civil engineering from Tufts University and Master of Science and Doctor of Science degrees in epidemiology from the Harvard T. H. Chan School of Public Health.

“I am thrilled to be joining McLean’s board and contributing to the hospital’s mission to advance the science of psychiatric care, improve people’s lives and raise public awareness around mental health.”

Josef H. von Rickenbach

von Rickenbach recently retired as chairman and chief executive officer of PAREXEL, the company he founded in 1982 that has grown to be one of the top clinical research organizations (CRO) in the world. CROs provide clinical trial and other research support to pharmaceutical, biotech and medical device companies. PAREXEL estimates that it has contributed to the development of 99 percent of the best-selling biopharmaceuticals in the world.

von Rickenbach has a bachelor’s degree in business economics from the Lucerne University in Switzerland and a Master of Business Administration from Harvard Business School.



“Mental illness is a formidable challenge for healthcare, and McLean is a beacon of hope not only for patients and their families, but for the entire field. It is a great honor and highly inspiring for me to be a part of the leadership of this institution.”



Gloria Cordes Larson, Esq.

Larson is a prominent lawyer, public policy expert and business leader who recently stepped down from her role of more than a decade as president of Bentley University. As Bentley’s first female president, Larson launched the Center for Women and Business, an initiative dedicated to advancing shared leadership among women and men in the corporate world and developing women business leaders.

Larson has held numerous roles in both the public and private sectors focusing on economic policy, consumer affairs, business regulation, education and job creation. She has served in the Patrick, Weld and Romney administrations and managed a practice at Foley Hoag, LLC, that covered a range of federal, state and local regulatory and business development issues.

A graduate of Vassar College, Larson earned her Juris Doctor from the University of Virginia School of Law and received honorary doctorates of law from Northeastern University in 2005 and Mount Wachusett Community College in 2003. ♥

“As a university president, I have experienced the escalating behavioral and mental health needs of students. Few schools have the capability to adequately address these needs, and I look forward to working with McLean to forge new partnerships in this arena. On both this front and more broadly, I am tremendously excited to do all I can to support the hospital’s critically important work.”



(L to R) Alexandra Yogman, LICSW; Lois W. Choi-Kain, MD, MEd; Justin Sean Gillis, LICSW

Training the Next Generation to Treat Borderline Personality Disorder

Alexandra Yogman, LICSW, recalls the first time she talked alone with a patient with borderline personality disorder (BPD). It was 2015, and as part of her social work master's degree program, she was interning on McLean's short-term unit. She had spent several months shadowing experienced clinicians, and her supervisor believed she was ready to sit down and converse alone with this patient.

"I felt a lot of anxiety and was hyperconscious about what would be the most therapeutic thing to say," remembered Yogman. "I was struck by the unspoken energy and tension between us. I didn't understand the way her treatment was playing out." Although the experience was disconcerting, Yogman was intrigued, challenged and compelled to know more.

Fast forward three years. Yogman, fellow social worker Justin Sean Gillis and psychotherapist Leila Guller are the recipients of a singular opportunity for early career clinicians to gain expertise in a wide range of evidence-based treatments for BPD. Their training is supported by the Gunderson Legacy Fund, established several years ago with a \$200,000 anonymous donation and \$100,000 in matching gifts from other donors.

This past summer, the Gunderson Legacy Fund was bolstered by a generous gift made by philanthropist Charles S. Fradin that provided

a new opportunity for advanced training in social work with a specific focus on family therapy.

"Properly educating the next generation of clinicians is a vital component of McLean's mission," said Mr. Fradin. "I am privileged to help fund a training program that emphasizes critical support for families as well as patients."

When a person suffers from BPD, family members and loved ones often suffer as well. It is common for family members of those with mental health issues to feel overwhelmed by their loved ones' symptoms. Oftentimes, parents and siblings need to learn and practice the same skills as their family member with the diagnosis.

In the realm of BPD, family therapy can empower individuals and their families to work together in more effective ways, enabling better management of BPD symptoms and improvements in overall family functioning. This new opportunity leverages McLean's substantial

expertise in treating complex mental health conditions to train clinicians in providing comprehensive family services and support.

Often misdiagnosed, BPD is an illness characterized by emotional instability and self-injurious behaviors. Relationships, including with therapists, can be difficult, so clinicians often are reluctant to take on patients with this diagnosis. Thanks to the seminal work of John Gunderson, MD (see sidebar), McLean is a world leader in BPD treatment, training and research.

Lois W. Choi-Kain, MD, MEd, director of McLean's Adult Borderline Center and Training Institute, said she knows of no similar training opportunity in the country.

"These young clinicians are fully immersed in learning to clinically manage BPD using the full-range of evidence-based treatments," explained Dr. Choi-Kain. "They're doing long-term case management to help patients rebuild their lives, as well as group, individual and family therapy, and they're being mentored by the top clinicians and investigators in the field. Thanks to philanthropy, we're fostering the growth of the next generation of BPD experts."

As advanced trainees, Yogman and Gillis are working in the Gunderson Residence and the Gunderson Outpatient Clinic as well as in three training clinics, including one that specializes in using Dialectical Behavioral Therapy — one of the gold standard treatments for BPD — with patients who also suffer from post-traumatic stress disorder. Guller, a post-doctoral fellow, spends half her time doing clinical work and the rest doing research, including systematizing the patient assessment process to glean more information for treatment and research.

"The experience has been fantastic," said Yogman. "I am learning an amazing amount — four different evidence-based treatments as opposed to learning only one in other training programs. My long-term goal is to make these treatments accessible to more people in the community." ♥

"Properly educating the next generation of clinicians is a vital component of McLean's mission.

I am privileged to help fund a training program that emphasizes critical support for families as well as patients."

Philanthropist Charles S. Fradin

John Gunderson: Borderline Personality Disorder Trailblazer



As a young psychiatrist, John Gunderson,

MD, was fascinated by certain patients that he, and even his more experienced colleagues, struggled to diagnose and treat. They were challenging and sometimes erratic. They would cut or burn themselves. Often, they would grasp on to one person as their savior and feel abandoned when that person set limits. At the time, these patients were called "borderline schizophrenic" or "borderline neurotic." Dr. Gunderson went on to co-author a 1975 article that, for the first time, gave a name and diagnosis to this collection of characteristics: borderline personality disorder.

"That article suddenly transformed my career, and I was considered an expert on a group of patients whom we didn't yet understand exactly how to help," recalled Dr. Gunderson, who recently retired from his role as director of the McLean Borderline Center. "Then, I really got into the research and did the work that defined the disorder, and got it introduced into the classification system in 1980."

Today, this diagnosis is the subject of international journals, organizations and conferences. Dr. Gunderson and his colleagues have built one of the most respected borderline personality disorder programs in the world at McLean.

Because there is a dire shortage of clinicians trained to treat patients with BPD, Dr. Gunderson has made it his life's work to train clinicians in the evidence-based treatments he has had large role in developing.

"John is not only the 'grandfather' of the BPD diagnosis, but has also been a major contributor to the research that has transformed the attitude toward the disorder from stigma and hopelessness to recovery and hope," said Lois W. Choi-Kain, MD, MEd, director of McLean's Adult Borderline Center and Training Institute and a close collaborator of Dr. Gunderson's. "His work has touched the lives of countless patients and their families." ♥

Since the preparation of this story, Dr. Gunderson passed away on January 11, 2019. Further information can be found at mcleanhospital.org/gunderson-memorial.



“That’s the outfit I wore when I overdosed and when I was discharged from the emergency room — the last day I used and the first day of sobriety.”

Ava Grieco



Telling the Story of Addiction

Ava Grieco’s canvas shows her floating through a blue sky, arms wide and stippled with needle marks. A chain anchors her to a hypodermic needle. Her polka-dotted pants and black top have tremendous meaning.

Grieco, 20, isn’t a visual artist, but for one afternoon at McLean, she and others who have struggled with addiction explored their illness and recovery through painting and storytelling. The Opioid Project: Changing Perceptions Through Art and Storytelling was philanthropically funded by an anonymous donor and brought to McLean by Hilary S. Connery, MD, PhD, clinical director of McLean’s Center of Excellence in Substance Use Disorders. The project is the brainchild of artist Nancy Marks and internist Annie Brewster and has been hosted in other Massachusetts communities.

For several years, Dr. Connery has sounded an alarm about the fact that sometimes what looks like an accidental overdose is actually a suicide. If we ignore that reality and the psychiatric illnesses often at the heart of substance use disorders, a solution to the opioid crisis will remain elusive, she argues. “I could explain with data, experience and logic why we need to think about overdoses this way, but it isn’t effective,” said Dr. Connery. “I thought the message might have more impact if it was communicated on a gut, emotional level through a vehicle like the Opioid Project.”

Grieco, a Berklee College of Music student and aspiring jazz singer, knows too well the complex ways that mental illness, suicide and opioid addiction are interwoven. She attempted suicide for the first time at age 5 and was later diagnosed with borderline personality disorder. She abused drugs throughout her teens.

She and other project participants spent several hours together creating their canvases. Participants were joined by someone significant to their recovery who also created canvases in a separate room. Ava’s therapist of many years participated in the project as her partner. “The similarities between each pair’s paintings tap into something difficult to articulate but very real: the common understanding that exists in a healing relationship,” explained Dr. Connery.

The exhibit will be displayed at McLean, including the canvases and audio narratives of interviews with the participants.

To learn more about the Opioid Project, visit <https://theopioidproject.oncell.com>.



Hilary S. Connery, MD, PhD (L), Annie Brewster, MD (C), and Nancy Marks (R), pose among some of the canvases created during the project.

Philanthropy Provides Crucial Support for Addiction Treatment

When Maria Curtis's son was released from a McLean treatment program, she was so impressed by the follow-up he received that she and her husband John made a gift to the hospital, directing it to help patients during their early recovery. Their generosity was enormously appreciated, says Roger Weiss, MD, chief of McLean's Center of Excellence in Substance Use Disorders. Dr. Weiss knows better than anyone the importance of those precarious first days, weeks and months. "People are at their most vulnerable right after discharge," he explained. "Follow up is critical and dramatically increases the likelihood of staying in recovery."

McLean's world-class Center of Excellence has benefited from philanthropy like the Curtis' as well as gifts from donors who have funded family support groups and specialized training to develop clinicians' expertise in treating co-occurring disorders. McLean is a leader in caring for people who suffer from both a psychiatric illness and a substance use disorder and has pioneered treatments that address the complex interplay between the two.

For example, Kathryn McHugh, PhD, has developed and is validating an evidence-based treatment for people suffering from anxiety and opioid use disorder. "It's one of the most difficult co-morbidities to treat," said Dr. Weiss. "The medications we use to treat anxiety are potentially addictive and therefore risky for this population. You need a behavioral treatment that addresses both disorders simultaneously as well as the interaction between them."

The wide range of innovative treatment, research and training at McLean maintains the hospital's position as a leader in this field. "There is still so much to do, but McLean is up to the challenge," said Dr. Weiss. 

"Follow up is critical and dramatically increases the likelihood of staying in recovery."

Roger Weiss, MD



*Roger Weiss, MD
Chief of McLean's Center of Excellence in Substance Use Disorders*

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Did you know that you can support McLean Hospital without writing a check?

Many people tell us they would like to do more philanthropically for McLean, but are financially constrained by other obligations. A simple way you can make a gift — regardless of your age or income — is to name McLean as a partial or sole beneficiary of certain assets you own, like your retirement plan, life insurance policy or bank account.

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“In addition to supporting McLean now, my wife Deirdre and I wanted to make a gift to McLean at my death. We were advised that the most tax efficient method to do this was directly from my IRA.”

W. Lloyd Snyder III, McLean Trustee



Deirdre and W. Lloyd “Skip” Snyder III

To discuss making a legacy gift to McLean, please contact Elizabeth Fieux at efieux@partners.org or 617.855.3453.