



HORIZONS

Van Otterloos Endow Presidency at McLean

McLean President and Psychiatrist in Chief Scott L. Rauch, MD, recently accepted one of the highest honors in academic medicine: a named chair. Thanks to a \$5M gift from its namesakes, Rauch has been appointed to the Rose-Marie and Eijk van Otterloo Chair of Psychiatry at McLean Hospital.

The endowment will support Rauch and his successors in their leadership of McLean. An intimate group of trustees, hospital leaders, donors and members of the van Otterloo family gathered at the Belmont Country Club one evening in March to celebrate.

"We are honored to make this gift," Rose-Marie said. "Scott is so deserving of this recognition, as his leadership has put McLean on a new playing field."



Rose-Marie and Eijk van Otterloo

donors like Rose-Marie and Eijk associated with mental health raises consciousness and reduces stigma."

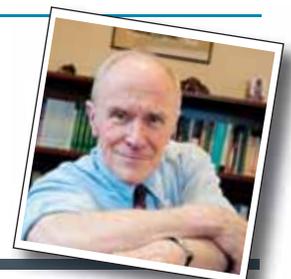
Dr. Rauch spoke at the event about the deep connection he shares with the van Otterloos – and with other attendees and members of the McLean community. "We are kindred in our dedication to this field, in part based on first-hand experiences, and in knowing that there is nothing more painful or frightening than witnessing someone you love lose themselves, and, conversely, nothing more joyous than when they are found," he said.

"The van Otterloo chair is important for McLean in many ways," Dr. Rauch noted, "including the fact that having prominent

Continued on page 2

ON THE HORIZON

- Page 3** Simas and Swan – McLean’s Iron Men
- Page 4** Pope-Hintz Fellowship Fosters Next Generation of Clinician-Researchers
- Page 6** Question and Answer: Dost Öngür, MD, PhD, Chief of the Division of Psychotic Disorders
- Page 8** A Legacy of Leadership





Dear Friends,

Devoted – that one word describes so many members of the McLean community.

Great work is happening everywhere you look at McLean – under microscopes, in conference rooms, in our schools, and in our satellite locations. No matter how diverse our backgrounds and back stories, we all share a steadfast commitment to confronting the challenges posed by psychiatric illness.

You will read about several devoted members of the McLean community in this issue of *Horizons*. They take the form of veteran leaders, rising stars, tireless athletes and visionary philanthropists. They are diverse in discipline, but kindred in spirit. And they are spreading the message of hope to patients and families across the McLean community and beyond.

Thank you, donors, supporters and friends, for your dedication to McLean. I hope you enjoy reading *Horizons*.

Warm regards,

Catharine Cook

Catharine Cook
Senior Vice President and Chief Development Officer

Van Otterloos Endow Presidency

Continued from page 1

The van Otterloos have been strong supporters of McLean for many years. Rose-Marie has been open about her own struggles with depression and a family member’s treatment at McLean. She served as hospital trustee from 2001 to 2005 and is chair of the McLean National Council, a group of donors who act as mental health ambassadors in their communities and worldwide.

The newly endowed Rose-Marie and Eijk van Otterloo Chair of Psychiatry at McLean Hospital will support the executive leadership position of McLean in perpetuity. McLean has benefitted from strong leadership for more than 200 years, and this gift honors Dr. Rauch and will support future leaders for generations to come.

McLean has a rich history of exceptional leadership, and Dr. Rauch paid tribute to the tremendous legacy that he, and future occupants of the van Otterloo chair, are fortunate to build upon. (See p. 8 for related story.) Two former heads of McLean, Francis de Marneffe, MD, and Steven Mirin, MD, attended the celebration.

Since Rauch assumed the presidency of McLean in 2006, he has implemented an ambitious strategic plan. It has expanded the clinical and geographical reach of McLean’s programs; integrated its clinical,

research and educational enterprises; attracted world class researchers and clinicians; shored up its financial foundation; and distinguished McLean as the number one hospital for psychiatry in the country.

The impact of the van Otterloos’ gift and Rauch’s leadership on McLean was summed up by Partners HealthCare President and CEO Gary Gottlieb, MD, who said, “They are creating a profound legacy with this gift by endowing its presidency and

giving its talented leader, Scott Rauch, a platform on which to strengthen McLean and lead the field.” ♥

“We are honored to make this gift. Scott is so deserving of this recognition, as his leadership has put McLean on a new playing field.”

Rose-Marie van Otterloo



Scott L. Rauch, MD

Simas and Swan – McLean’s Iron Men



George Simas and family

In August 2013, George Simas swam 2.4 miles, biked 112 and ran 26.2 to honor the memory of his long-time friend and mentor — McLean trustee Thomas J. Swan Jr. “Tom was one of a kind,” said Simas, president and chief operating officer of Emerson Swan, a company founded by Swan and his brother Joseph. “He made you feel as if his conversation with you was the most important one he ever had.”

“Dad may not have been a triathlete, but he was my personal hero and truly an ‘Iron Man’ in his own right. He would have been proud of George’s achievement and honored that it benefited McLean.”

Thomas J. Swan III

Simas was in college when he began working for Emerson Swan, initially doing odd jobs around Swan’s home and later working part-time at the corporate office. He describes Swan, who died in 2011, as benevolent, savvy and uniquely gifted with people. He would meet someone once and greet him by name a year later, and he frequently sent handwritten personal notes to employees and friends for all sorts of reasons.

Swan was a cherished member of the McLean Board of Trustees, valued for his business acumen and his passion for McLean’s mission. He helped connect countless people in need with McLean.

Two of those people were Simas’ brother and sister-in-law, who were struggling to find the right kind of care for their two sons. Swan referred the family to McLean, where the boys finally received an accurate diagnosis of autism spectrum disorder. Last year Simas decided that, after years of competing in triathlons, it was time to attempt the formidable

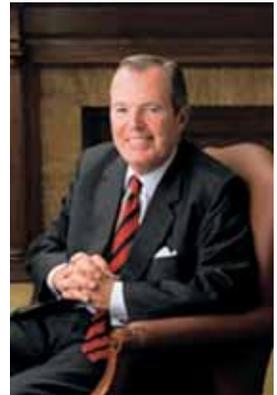
Ironman. He knew that fundraising for McLean and competing in memory of Swan would be powerful motivators.

Simas finished the Mont-Tremblant, Quebec, Ironman in 14 hours. There were moments during the grueling race when he questioned whether or not he would make it to the finish line.

“I would think of all the people who contributed to my challenge and knew I had to accomplish what I said I would,” said Simas. “That and wanting to truly honor Tom is what kept me going.” His fundraising efforts raised nearly \$40,000 for the McLean Fund.

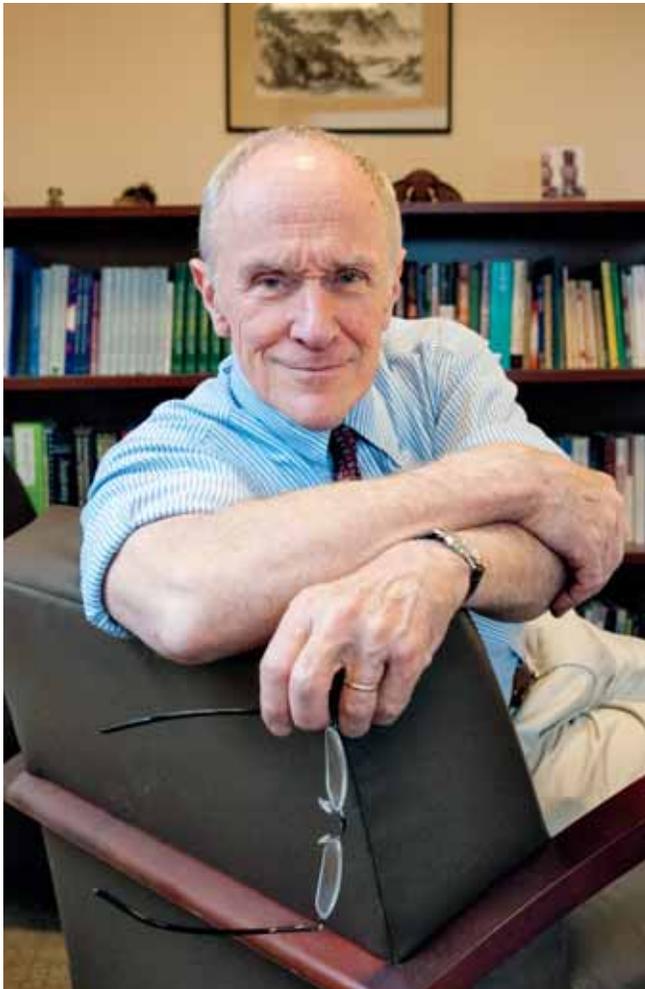
One of the most generous gifts to Simas was from Thomas J. Swan III, who continues his father’s legacy at McLean through philanthropy and his role on the McLean National Council.

“Dad may not have been a triathlete, but he was my personal hero and truly an ‘Iron Man’ in his own right,” said Tom. “His intelligence, work ethic, humility and love for people made him successful in business and in the larger context of life. He would have been proud of George’s achievement and honored that it benefited McLean.”



Thomas J. Swan Jr.

Pope-Hintz Fellowship Fosters Next Generation of Clinician-Researchers



Harrison "Skip" Pope, MD, MPH

McLean National Council members Edward and Helen Hintz want to ensure training opportunities for dually skilled clinician-researchers for generations to come. They established the Pope-Hintz Endowed Fellowship in honor of Harrison "Skip" Pope Jr., MD, MPH, to do just that.

For 25 years, Dr. Pope has been a beacon of hope for the Hintz

family, advising them through crises and periods of calm. "Dr. Pope has been available to us 24/7, any place in the world," said Helen. "We wanted to do something to recognize his dedication to his patients and young researchers."

Dr. Pope's clinical expertise includes mood, substance use and eating disorders, and his seminal research has brought attention to previously under-recognized conditions such as anabolic steroid abuse and body dysmorphic disorder in young men. He is one of

the most widely cited researchers in the field of psychiatry.

An accomplished money manager, Ed Hintz views their gift to McLean as one of his wisest investments. Under the guidance of President and Psychiatrist in Chief Scott L. Rauch, MD, Ed believes McLean will continue to build on its legacy of excellence.

"Scott's sound leadership and

academic, clinical and financial astuteness provide us with a lot of confidence in giving to the institution," said Ed.

The Hintzes' gift is also an investment in an endangered breed – the clinician-researcher. These dually-trained psychiatrists, like Dr. Pope, treat patients while also conducting clinical and biological research, thus quickening the speed at which new treatments reach patients.

Opportunities for today's clinician-scientists are scarce. There are fewer such investigators entering the field due to declining federal support over the past decade. Today, those interested in both clinical psychiatry and scientific research often must make a difficult choice between the two.

But now, thanks to the Hintzes, one aspiring clinician-scientist

"Since the beginning of academic medicine, clinician-researchers have driven the engine of medical discovery and have inspired and mentored the field's rising stars."

Harrison "Skip" Pope, MD, MPH

each year will have the chance to extend training at McLean under the mentorship of Dr. Pope.

The first Pope-Hintz Fellow was appointed this spring. Jeremy

Continued on page 5

Pope-Hintz Fellowship *Continued from page 4*

Stewart, MS, will begin work in McLean’s Child and Adolescent Mood Disorders Laboratory in the fall. The fellowship will support his research on the neural correlates of interpersonal rejection as a potential marker of risk for suicidality among depressed adolescents.

“Since the beginning of academic medicine, clinician-researchers have driven the engine of medical discovery and have inspired and mentored the field’s rising stars,” said Dr. Pope, who will celebrate his 40th anniversary at McLean this year. “I am honored by Ed and Helen’s wonderful gift and thrilled about the opportunities it will offer to the next generation.”

Even while serving as an expert witness in congressional

“Dr. Pope has been available to us 24/7, any place in the world. We wanted to do something to recognize his dedication to his patients.”

Helen Hintz

hearings, conducting interviews for *Sports Illustrated* and appearing in acclaimed documentary films, Dr. Pope’s dedication to his patients has never wavered. And neither has the Hintzes’ commitment to jumpstarting careers for the future “Skip” Popes of the world. ♥



Helen and Ed Hintz

2014-2015 McLean Hospital Fellowship Recipients

The Pope-Hintz Fellowship is one of nine fellowships at McLean Hospital which help to drive research, clinical work and career development. Each fellowship was established thanks to philanthropic contributions and funds the work of early-career clinicians and investigators.

The 2014-15 fellowship recipients are:

- The Adam Corneel Young Investigator Award: Joanna M. Chango, PhD
- The Jonathan Edward Brooking Mental Health Research Scholar Award: Jakub Jedynak, PhD
- The Maria Lorenz Pope Fellowship: Virginie-Anne Chouinard, MD
W. Brad Ruzicka, MD, PhD
- The Phyllis and Jerome Lyle Rappaport Mental Health Research Scholars Award: Ashlee Van’t Veer, PhD
Rebecca B. Vautour, PhD
- The Andrew P. Merrill Memorial Research Fellow: Alexis E. Whitton, PhD
- The Eleanor and Miles Shore Harvard Medical School Fellowship: Laura N. Smith, PhD
- The Pope-Hintz Endowed Fellowship: Jeremy Stewart, MS
- The Rossano Mind, Brain and Behavior Pre-Doctoral Summer Fellowship: Alyssa L. Peechatka

Question and Answer: Dost Öngür, MD, PhD, Chief of the Division of Psychotic Disorders



Dost Öngür, MD, PhD, (far left) meeting with the staff of McLean On Track

April marked the fifth anniversary of the launch of McLean's Division of Psychotic Disorders. We checked in with Division Chief Dost Öngür, MD, PhD, to learn more about the latest developments, greatest challenges and most exciting endeavors of the division.

Horizons: What programs does McLean offer for patients with psychotic disorders?

Dr. Öngür: The division serves more than 1,500 individuals each year through our inpatient, residential, day treatment and outpatient programs. We offer specialized tracks for college students, older adults and patients who are experiencing their first episode of psychosis. No matter how acute their symptoms are, there is a treatment model for each patient with a psychotic disorder who comes to McLean.

Horizons: What are some of the common misconceptions about psychotic disorders?

Dr. Öngür: Until recently, the ingrained thinking was that every patient with a psychotic disorder would be impaired for life. McLean has been at the forefront of shifting this notion within the field. There is ample research on brain abnormalities in patients with psychotic disorders which demonstrates that these conditions can be treated or, in some instances, reversed. This is consistent with the clinical reality of recovery in some patients and should serve as a message of hope to families.

While we acknowledge that psychotic illnesses can be serious and chronic, most patients can make progress and lead fulfilling lives. Our goal in every patient's

case is recovery and prevention of long-term disability. We approach each patient with optimism and encourage families to never give up hope.

Horizons: What is the greatest challenge facing clinicians and researchers in the field?

Dr. Öngür: A significant challenge is that the medications we have are not good enough and leave patients with many difficult side effects. There have been no pharmacological innovations for decades.

McLean is addressing this by ramping up research.

We are also testing novel non-pharmacological treatments such as computer-based cognitive remediation, which stimulates plasticity in the brain and alleviates some patients' cognitive symptoms. Finally, McLean is helping patients mitigate side effects and lead healthier lives through a proactive metabolic screening effort and coordinated wellness program.

Our goal is to discover and test exciting new treatments for psychotic disorders and make them available to patients here at McLean. Through research, professional training and other forms of outreach, we can disseminate these new methods widely so that they ultimately reach patients and families everywhere.

Continued on page 7

Question and Answer *Continued from page 6*

Horizons: How has philanthropy propelled the work of the division?

Dr. Öngür: One of the most impressive examples is McLean On Track, a program for patients who are experiencing symptoms of psychosis for the first time. The clinic helps patients and families navigate the continuum of care. The pilot was launched in 2012, and initially funded exclusively by the O’Keefe Family Foundation and the Gildea Family Foundation.

Since then, McLean On Track has become an incredibly successful program that is almost self-sustaining. In just two years, our operating budget has grown to approximately four times the original gifts. This support has made a tremendous difference in the lives of more than 50 patients and their families, and we hope that number will reach 100 by the end of the calendar year.

Donors have supported a number of other important initiatives across

the division – from basic and biological research to professional training and education. For example, The Katz Family Fellowship for advanced practice nurses who specialize in psychotic disorders, and flexible support from longtime donors such as Barbara and Bill

“Our goal in every patient’s case is recovery and prevention of long-term disability. We approach each patient with optimism and encourage families to never give up hope.”

Dost Öngür, MD, PhD

Boger, have enabled us to develop new programs that would not exist without private funding. Our donors play an integral role in bringing promising ideas to fruition.

Horizons: What does the division have planned for the next five years?

Dr. Öngür: Helping individuals suffering from psychotic disorders has been a strength of McLean’s for two centuries, but there is still room to grow. Moving forward, we plan to recruit clinicians and investigators with fresh ideas and approaches, tirelessly pursue new treatment models, grow McLean On Track and pilot a “behavioral health home” to serve the holistic needs of our patients.

In 2015, McLean will begin construction of a new wing onto the Admissions Building, which will accommodate an additional 31 patient beds and clinical offices for care as well as clinical research. The space will serve as the “home base” of the Division of Psychotic

Disorders – a place that will foster our culture of collaboration by uniting clinicians, researchers and trainees working in different spaces and disciplines.

Ultimately these efforts, we hope, will lead the field into a new era of discovery and elevate the standards of patient care. ♥

HORIZONS

Horizons is published by the McLean Hospital Development Office
115 Mill Street
Belmont, MA 02478
617.855.3415
mcleandevlopment@partners.org

Senior Vice President and Chief Development Officer:

Catharine Cook

Director of Development:

Lori Etringer

Editor: Michelle Pontbriand

Copy: Vicki Ritterband, Michelle Pontbriand

Design: Lynne Foy

Photography: Joshua Touster, Patrick O’Connor

McLean Board of Trustees

David S. Barlow, Chair

Jeanne Blake

John F. Brennan Jr.

Thomas P. Glynn

Richard Kelleher

Stacey Lucchino

Peter Markell

Robert Pierce Jr.

Jennifer Guckel Porter

Scott L. Rauch, MD

Auguste Rimpel Jr., PhD

W. Lloyd Snyder III

Carol A. Vallone

Honorary Trustees

Charles D. Baker

Betty Brudnick

Ferdinand Colloredo-Mansfeld

Edith Dabney

Kathleen Feldstein, PhD

John A. Kaneb

Edward P. Lawrence

George Putnam

Kenneth Rossano

W. Nicholas Thorndike

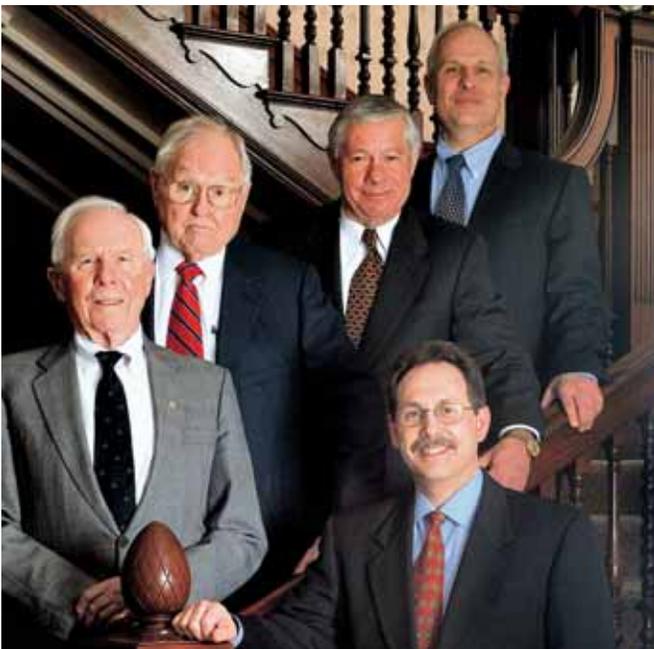
Rose-Marie van Otterloo

© 2014 McLean Hospital

If you are interested in supporting McLean, please contact Director of Development Lori Etringer at 617-855-3840 or lettringer@partners.org.

Please write to us at 115 Mill Street, Mail Stop 126, Belmont, MA 02478 or mcleandevlopment@partners.org if you wish to have your name removed from our distribution list for future fundraising materials designed to support McLean Hospital.

A Legacy of Leadership



Scott L. Rauch, MD, (front, center) and de Marneffe, Frazier, Mirin and Cohen (back row, left to right).

McLean is fortunate to have four living past heads of the institution who, along with Dr. Rauch, represent more than five decades of extraordinary leadership at McLean. The leaders are:

- Francis de Marneffe, MD (1962-1987)
- Shervert H. Frazier, MD (1972-1984; 1986-1988)
- Steven Mirin, MD (1988-1997)
- Bruce M. Cohen, MD, PhD (1997-2005)
- Scott L. Rauch, MD (2006-present)

In partnership with McLean's board of trustees, these individuals have seen McLean through tremendous growth and challenges, built on a tradition of clinical and scientific innovation, and guided the institution into a new era of excellence.

Today, McLean is at the forefront of driving discoveries in neuroscience, developing new tools for early diagnosis and prevention and introducing novel treatments. With Dr. Rauch at the helm and new resources of the van Otterloo Chair behind it, McLean can move forward with new confidence in advancing mental health care. 