ABOVE & BEYOND

THE $100M CAMPAIGN FOR McLEAN HOSPITAL 2012-2016
The Campaign for McLean Hospital Leadership Team

Campaign Co-Chairs:
- Kathleen and Martin Feldstein
- Patricia and James Poitras
- Rose-Marie and Eijk van Otterloo

Campaign Executive Committee:
- David S. Barlow
  Immediate Past Chair, McLean Board of Trustees
- Scott L. Rauch, MD
  President and Psychiatrist in Chief
- Kathleen F. Feldstein, PhD
- Carroll C.D. Pierce
- Robert W. Pierce Jr.
- James W. Poitras
- Patricia T. Poitras
- W. Lloyd Snyder III
- Rose-Marie van Otterloo
- Catharine Cook
- Lori Etringer
- Jim Kitendaugh

Campaign Priorities:
- Investing in Leadership
- Launching Seven Centers of Excellence
- Enhancing Shared Resources
- Expanding Unrestricted Annual Support

MCLEAN BOARD OF TRUSTEES
- Carol A. Vallone, Chair
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- George Putnam
- Kenneth R. Rossano
- W. Nicholas Thorndike
- Rose-Marie van Otterloo
The Campaign for McLean Hospital ended $7M ABOVE our goal of $100M.

Your generosity was BEYOND our hopes and expectations.
Dear Friends

It is our honor to offer you “Above and Beyond,” a report on the impact your generous support of the $100M Campaign for McLean Hospital has made on our work and the lives of those we serve.

You have helped us go above and beyond to create Centers of Excellence; expand clinical services; fund innovative research and state-of-the-art equipment; reinforce our world-class leaders; train young clinicians and investigators; and direct flexible resources where they are most needed.

Most importantly, your confidence and investment in McLean has created a trajectory of hope and purpose.

Your support, together with that of more than 6,000 others, has touched the hospital in enduring ways. We hope “Above and Beyond” offers a glimpse into the meaningful progress you have created.

It has been a great privilege getting to know many of you, and we look forward to continuing the conversations we have begun.

Thank you for supporting McLean.

With deepest gratitude and admiration,

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

David S. Barlow
Immediate Past Chair, McLean Board of Trustees
Although we didn’t know it at the outset, going “Above and Beyond” soon emerged as a clear theme and the element most critical to the success of the Campaign for McLean Hospital. From the inspirational leadership of our president and board to the bold aspirations set by our faculty and staff to the overwhelming response from our donor community — so many gave so much.

It has been rewarding to witness the positive force of our collective efforts on McLean’s mission and the resultant impact. I hope you will continue to support McLean as we embrace the challenges and opportunities ahead. Together, we can create a future where brain and mental health disorders are better understood, treated, prevented … even cured.

Thank you for contributing to this transformative campaign.

The Campaign for McLean Hospital has been a defining event for McLean — capping a decade of leadership by David Barlow and Scott Rauch, MD, characterized by aspiration, growth and achievement. This has been a magnificent chapter for McLean marked by a clear focus on our mission and an active community of supporters at our side. I am both honored and excited to lead McLean forward from this position of strength.

I am confident that we will continue along an ambitious and strategic path to advance our shared mission of improving the lives of individuals and families affected by mental illness.

Thank you for supporting McLean.

Lori Etringer
Vice President and Chief Development Officer

Carol Vallone
Chair, McLean Board of Trustees

Scott L. Rauch, MD
David S. Barlow
Immediate Past Chair, McLean Board of Trustees

Rose-Marie and Eijk van Otterloo Chair of Psychiatry
Like so many health issues, a psychotic disorder brings uncertainty and disruption. McLean’s clinicians and researchers are changing the landscape of recovery, with help from our donor community. Here, assertive treatment and proactive support are helping to restore lives and offer hope. Concurrently, multi-faceted and highly novel research is leading us toward new understanding and better treatments.

“Schizophrenia is a horrific illness. Watching my daughter suffer through it was pure hell. Today, she is doing well, thanks to her own personal courage and McLean Hospital. We will always be grateful.”

The late Georgie Ashforth (pictured right)
The weeks and months immediately following a first episode of psychosis are critical, and early treatment minimizes the risk of recurrence. Launched with support from a family foundation, McLean OnTrack helps young adults learn to manage their illness, aiming to change the trajectory of their lives.
With incidences of trauma, depression and anxiety soaring, McLean is helping people recover and rebuild their lives. The confluence of technology and donor support has created tremendous forward momentum toward understanding and treating these common and life-altering conditions.

“Without McLean, I could have been a mother who lost a child…or two. I really think McLean saved my kids.”

Roseanne, mother of Abby and Mary (pictured right)
AMONG OUR MANY DONOR INVESTMENTS:

An endowed Trauma Initiative for integrated research, care and training aimed at accelerating knowledge in this field.

The McLean Anxiety Mastery Program helping young people with debilitating anxiety disorders.

Fellowships to jump-start careers and catalyze research into the impact of trauma and abuse on brain function.

Research into wearable technology to collect data used for OCD diagnosis and treatment.

Efforts to identify factors that make some more vulnerable to depression and anxiety than others.

A longitudinal study to better understand neurobiological factors underlying adolescent depression and suicidality.

Beyond trauma lies hope. Major investment in trauma research helped McLean launch the first-of-its-kind, multi-disciplinary study in dissociative disorders and created endowed support for researchers, clinicians and educators to work side-by-side in discovering how trauma impacts the brain. Their work holds great promise for healing and recovery.
Addiction has become one of the most discussed public health issues of our time. Treatments that embrace individuals when they are most in need, coupled with a growing understanding of the science behind addiction, are providing new paths for many whose future was uncertain.

“I drank to ease my pain… I hated myself. The staff at McLean went above and beyond to help me get my life back.”

Wayne, LEADER patient (pictured right)
AMONG OUR MANY DONOR INVESTMENTS:

The Co-Occurring Disorders Institute to improve treatment for those dually diagnosed with substance use disorders and other psychiatric illnesses

Research into the effects of marijuana on cognitive abilities, particularly in youth

An annual award for young investigators focused on women and addiction

A major gift to McLean’s Alcohol and Drug Abuse Treatment Program to both enhance treatment and further a meaningful peer network for patients

A weekly, facilitated group for families with a loved one recovering from a substance use disorder, providing opportunity for education, support and community

Protecting Our Protectors

After the devastating 2013 Boston Marathon bombings, it was clear that law enforcement and first responders need unique and tailored treatment for the mental health strains they endure in the line of duty. A major philanthropic gift launched the LEADER (Law Enforcement, Active Duty, Emergency Responders) program, through which McLean is honored to offer specialized care for men and women in uniform.
As mental health issues appear ever-more widespread among young people, McLean is working harder to reach children and adolescents in every possible setting. Our clinicians are working with schools, pediatricians and communities to detect and treat psychiatric issues earlier, while our scientists are working to understand risk and resilience.

“School nurses have a major role in kids getting the help they need. We’re delighted to help increase access to mental health expertise and promote prevention.”

Nancy Anthony, who, together with her husband Bob, helped McLean launch the School Nurse Liaison Project.
Empowering Educators

School nurses are ideal partners in promoting health and wellness for students, yet they receive little training on how to screen for, intervene and advocate around behavioral and mental health issues. Thanks to a major philanthropic investment which launched the McLean School Nurse Liaison Project, school nurses are becoming powerful agents for student mental health within their schools.

AMONG OUR MANY DONOR INVESTMENTS:

Nancy and Richard Simches
Division of Child & Adolescent Psychiatry providing support for the center in perpetuity

A first-of-its-kind pre-doctoral psychology internship focused on children and adolescents

Financial support for families of children receiving care at McLean

Major expansion of outpatient care and new partnerships with school districts

Support to launch a new residential program for adolescent and young adult males with borderline personality disorder, creating a new model of care for this under-diagnosed illness

Julie Love, MSN, APRN, PPCNP-BC,
Clinical Director, McLean School Nurse Liaison Project
McLean’s Geriatric Psychiatry team works to make the later stages of life joyous, productive and fulfilling. Philanthropy helps us provide care and support for our nation’s growing population of older adults, while investments in research fuel studies probing the complex vulnerabilities of the aging brain.

“I lost both my wonderful and loving parents to Parkinson’s disease. For me, supporting Parkinson’s research is personal. My hope is to change outcomes for my generation and for generations to come.”

Margo Cooper
AMONG OUR MANY DONOR INVESTMENTS:

- Major investments in translational science to deliver new therapies for Parkinson disease
- Fellowships to jump-start promising research by junior faculty
- Increased outpatient capacity to promote independent living
- Geriatric care consultants to support families and caregivers affected by dementia
- Technology innovations to improve patient care
- Support for clinical trials to treat Alzheimer’s disease and mild cognitive impairment
- A pilot study on the benefits of spiritually integrated care

Addressing the Impacts of Aging

Jacqueline Rogers was treated at McLean many years ago. The care she received and her fondness for Dr. Brent Forester inspired her daughter Debbie and niece Amy to launch the Geriatric Mood Disorders Research Program to focus on understanding the disorders that impair quality of life for elders.
Basic Neuroscience

Finding answers to the “why” and “how” of mental illness is what drives McLean’s scientists who study the brain at cellular and molecular levels. By supporting cutting-edge techniques and technologies, along with the experts deploying them, philanthropy has pushed the frontier of knowledge toward prevention and cure.

“Our family believes that Josephine received the finest treatment available in the United States. It is my hope that my aunt’s bequest will benefit future McLean patients.”

Lawrence K. Pomeroy
Among our many donor investments:

A newly endowed fellowship and expansion of existing fellowships to support the promising ideas of young investigators.

A $1M endowment to support basic neuroscience research in perpetuity.

Many targeted gifts from individuals and foundations directed to pilot studies, new technologies, equipment and collaborations.

Support for interdisciplinary research involving cell biology, neuroplasticity, genetics, behavioral neuroscience and neuropathology.

New research exploring how genes and the environment interact to cause and exacerbate psychiatric disorders.

Studies aimed at developing novel and personalized treatments.

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Probing the Mysteries of the Brain

The late Josephine Pomeroy’s gratitude for the care she and other family members received at McLean prompted her to leave a sizeable bequest to the hospital. Today, her gift supports basic scientists working to address the most relevant problems in psychiatric and neurodegenerative disorders and to ensure that findings improve care.

Inset: The late Josephine Pomeroy
Women’s Mental Health

Only since the 1990s have women routinely been included in psychiatric research, so we are just beginning to understand differences in mental health conditions as they affect women and girls. McLean is expanding this body of knowledge to help us better understand the role of gender in the diagnosis, evaluation and treatment of mental illnesses.

“McLean is, as usual, ahead of the curve in terms of training the next generation of clinicians. It’s exciting to play a role in providing better care for women and girls.”

Nancy Rushton, trustee of the Kathleen and Ronald J. Jackson Foundation, which funded McLean’s first clinical fellowship in women’s mental health
AMONG OUR MANY DONOR INVESTMENTS:

A major, multi-year investment to fund the planning and launch of the Center of Excellence in Women’s Mental Health

The Kristine M. Trustey Chair in Women’s Mental Health, endowing the role of the center’s chief

The first women’s mental health fellowship dedicated to training psychiatrists in recognizing and treating mental health issues affecting women and girls across the lifespan

The Women’s Mental Health Leadership Council — an engaged group of women from the community who are helping McLean advance the field of women’s mental health

Two specialized research awards: an endowed scholar in the field of trauma, and an annual award on women and addiction

Understanding Gender Differences

A first-of-its-kind post-doctoral clinical fellowship in women’s mental health is putting into practice our emerging understanding of the role gender plays in psychiatric disorders. A year of training includes exposure to diagnoses that are highly prevalent among women and girls, experience with evidence-based therapies, and grounding in the medical aspects of women’s mental health.

Anne Blythe Rose, MD, MPH (Center)

inaugural women’s mental health fellow
Some gifts uniquely advance a broad spectrum of McLean’s work. Endowment of leadership positions, capital grants and investments in our academic mission lend stability and forward momentum in equal measure. Gifts totaling almost $48M have created an impact that is felt across the hospital — by strengthening our workforce, expanding our clinical reach, and providing critical technologies.

“We are honored to have our names connected to McLean Hospital through this endowed chair. And Scott is deserving of recognition as his leadership has put McLean on a new playing field.”

Rose-Marie van Otterloo
AMONG OUR MANY DONOR INVESTMENTS:

Two endowed leadership chairs:
- Rose-Marie and Eijk van Otterloo Chair of Psychiatry
  (President and Psychiatrist in Chief)
- James and Patricia Poitras Chair in Psychiatry
  (Chief Scientific Officer)

An endowed fellowship for post-doctoral trainees seeking careers as clinician-researchers, and an endowed pre-doctoral fellowship for neuroscience majors

A multitude of gifts to support specialized clinical and research training in nursing, adolescent psychology and women’s mental health, as well as psychotic, substance use and eating disorders

A $3.7M foundation grant to install a state-of-the-art MRI scanner in McLean’s Imaging Center and promote translational research

Furthering Our Mission

Demand for psychiatric treatment has long exceeded capacity. An anonymous $5M gift helped fund construction of a new wing on our admissions building providing 31 inpatient beds and much-needed office and research space. McLean can now care for more than 1,000 additional people each year.
Donors made unrestricted gifts at unprecedented levels during the Campaign for McLean Hospital. Many embraced our Mary Belknap Society by making annual unrestricted gifts of $1,000 or more. The response has created a vital and renewing base of flexible resources to support the full of McLean’s mission.

“Lee and I have enormous trust in McLean’s leadership. Our support is unrestricted because we feel strongly that those with more knowledge and experience should direct our gifts where they can be the most useful.”

Susan Berk, Mary Belknap Society Member
AMONG OUR MANY DONOR INVESTMENTS:

An $8.6M unrestricted gift — half for endowment and half for current use — to fund emergent priorities now and long into the future

100% participation in annual giving among the Board of Trustees

A $500,000 unrestricted gift from a son honoring the memory of his father, a former McLean trustee

Many annual unrestricted gifts from donors who also support targeted clinical or research programs

A growing number of recurring monthly gifts and matching grants from employers

Leading the Way

As members of The Mary Belknap Society, Susan and Lee Berk make annual unrestricted gifts and help to reduce the stigma associated with mental illness by allowing their names to be published with other donors.
By the NUMBERS
The Campaign for McLean Hospital

$100M GOAL | $107.4M RAISED

- 7 Centers of Excellence
- 3 Endowed Leadership Chairs
- 6,089 Campaign Donors
- 20,982 ft² New Clinical Space
- 6 New Clinical Programs
- 8 New Fellowships/Internships

2012-2016
FIRST GIFTS totaling $25.5M

**Centers of Excellence:**
- Substance Use Disorders
- Psychotic Disorders
- Basic Neuroscience
- Child & Adolescent Psychiatry

**Created:** Mary Belknap Society

**Launched:**
- Rose-Marie & Eijk van Otterloo Endowed Chair of Psychiatry
- McLean Presidency
- McLean Board of Visitors
- James & Patricia Poitras Endowed Chair in Psychiatry
- Chief Scientific Officer

**Established:**
- Center of Excellence: Geriatric Psychiatry
- Center of Excellence: Women’s Mental Health
- Center of Excellence: Depression & Anxiety
- Women’s Mental Health Leadership Council

**Purchased:** 3-Tesla Magnet in McLean Imaging Center

**Open:** New Admissions Building Wing

**Established:**
- Kristine M. Trustey Endowed Chair in Psychiatry

**Unrestricted Annual Giving:** 95% increase

**Giving by Purpose:**
- Clinical Programs & Research: $67,128,554
- Endowment: $26,894,164
- Buildings & Equipment: $8,785,654
- Other: $3,715,234
- Annual Unrestricted Support: $900,000
- Annual Unrestricted Support: $67,128,554
- Buildings & Equipment: $26,894,164
- Endowment: $8,785,654
- Other: $3,715,234
- Annual Unrestricted Support: $900,000

**24 gifts of $1M or more**

**Purchased:** 3-Tesla Magnet in McLean Imaging Center

**Opened:** New Admissions Building Wing

**Established:** Kristine M. Trustey Endowed Chair in Psychiatry

**Launched:** Women’s Mental Health Leadership Council
Campaign Leadership Donors

(TOTAL GIVING OF $100,000 OR MORE FROM APRIL 1, 2012 – DECEMBER 31, 2016)

John W. Alden Trust
Bruce J. Anderson Foundation
Anonymous (16)
ANS Research
Robert and Nancy Anthony
Appaloosa Management
Charitable Foundation
Sidney R. Baer, Jr. Foundation
David S. Barlow
Barr Foundation
Robert Beckwitt
David and Terry Beirne
Franklin M. Berger
Arnold Bernhard & Co., Inc.
Barbara and Ted Bloom
Barbara and William Boger
Branfman Family Foundation

Donald S. Brecher
Janet I. Churchill
James P. and Doreen A. Clappin
Donald and Donna Comstock
Jane Condon and Kenneth G. Bartels
The Consolidated Anti-Aging Foundation
Ronna Cooper
Patricia Cornwell
Josephine and Louise Crane Foundation
The Croll Foundation
Prudence S. and William M. Crozier, Jr.
The Charles A. Dana Foundation
Nancy Dearman
Dreman Foundation Inc.
Ellison Foundation
The Charles Engelhard Foundation
Kathleen and Martin Feldstein

Fidelity Charitable Trustees’ Philanthropy Fund
Patriots’ Day Project of Fidelity Investments Employees
Charles S. Fradin
The Tommy Fuss Fund and Dan and RoseMary Fuss
Gildea-O’Keefe Family Foundation
Stephen and Cathy Graham
Hall-Mercer Hospital
Poul and Susan Hansen
J. Andrew and Anne Heller
Edward and Helen Hintz
Barbara J. Hughey
Kathleen and Ronald Jackson
George Frederick Jewett Foundation East
Robert M. Kargman
Cathie built McLean’s Development Office and nurtured its donor community throughout the 17 years in her role. Her warmth, compassion and infectious enthusiasm drew a broad community of friends and supporters closer to McLean — many of whom contributed to this campaign. Her disciplined leadership and thoughtful mentoring of colleagues and staff left a blueprint from which to forge new growth and opportunities.

This successful $100M campaign is a true mark of Cathie’s magnificent and enduring contributions to McLean Hospital and to our world.

Senior Vice President and Chief Development Officer, 1999-2016
THANK YOU
for helping us go Above and Beyond