This year, McLean Hospital launched Mindful Things, a thought-provoking and informative podcast that explores mental health through frank, in-depth, personal, and sometimes difficult conversations.

The series features a wide variety of guests, including clinicians, advocates, and celebrities, and covers a wide breadth of topics, such as depression, anxiety, and trauma, with virtually no subject being off-limits.

Find Mindful Things on iTunes, mindfulthingspod.com, or wherever you listen to podcasts.
2018 Year in Review

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This past year, McLean Hospital has seen a number of great achievements thanks to our dedicated faculty, staff, strategic partners, generous donors, and friends. McLean’s Year in Review highlights some of the significant milestones we have recently celebrated, including the launch of exciting national trauma initiatives, a first-of-its kind educational collaboration between McLean and organizations in India, and the expanded use of technology to advance clinical care, research, and education.

McLean continues to be a leader in the field of mental health, while the influence of our world-renowned faculty is felt both in our own backyards and around the world. As a community, we are proud to share McLean’s vision with you.

We envision a world in which every person will have access to the knowledge, care, and support they need to achieve and sustain behavioral and mental health.

McLean will be the recognized leader in psychiatry, bringing together the best of science, innovation, and compassion to provide specialized, person-centered clinical care and conduct transformational, state-of-the-art scientific investigation. We will disseminate our knowledge broadly in order to alleviate psychiatric illness, advance the field toward realizing prevention and cures, and eradicate stigma.

In pursuit of our vision, we will strategically focus our efforts to:

- Grow our clinical capacity while setting new standards for highest quality care and optimal patient experience
- Expand access, enhance efficiency, and improve outcomes through technology and digital health
- Extend our reach and amplify our impact globally—through consultation, education, and collaborative partnerships—leveraging external resources to scale growth without proportional expansion of our workforce
- Accelerate translation of scientific discoveries into more effective practice

2018 Highlights

McLean was named the #1 place in the United States to receive psychiatric care (for the second year in a row) by U.S. News & World Report.

Our faculty and staff continue to be thought leaders, not only for our own institution but also for national and international organizations.

Brent P. Forester, MD, MSc, chief of the Division of Geriatric Psychiatry at McLean, has been named president-elect of the American Association for Geriatric Psychiatry, the largest organization dedicated to promoting the mental health and well-being of older people through professional education, public advocacy, and support of career development for clinicians, educators, and researchers in geriatric psychiatry and mental health.

Shelly F. Greenfield, MD, MPH, chief academic officer, chief of the Division of
Women’s Mental Health, and the Kristine M. Trustey Endowed Chair in Psychiatry at McLean, is serving as the president of the American Academy of Addiction Psychiatry (AAAP). As relentless advocates for individuals with substance use and mental health disorders, AAAP members are committed to transforming lives by using evidence-based practices to continually improve clinical approaches and outcomes for their patients.

Dost Öngür, MD, PhD, the William P. and Henry B. Test Professor of Psychiatry at Harvard Medical School and chief of the Psychotic Disorders Division at McLean Hospital, was recently named the editor in chief of JAMA Psychiatry, a leading journal in the field of psychiatry published by the JAMA Network.

Milissa Kaufman, MD, PhD, medical director of McLean’s Hill Center for Women, was honored with the Cornelia B. Wilbur Award from the International Society for the Study of Trauma and Dissociation for her work in the assessment and treatment of acute stress disorder, post-traumatic stress disorder, and dissociative disorders.

Justin T. Baker, MD, PhD, Mona Potter, MD, Laura Germine, PhD, and Ipsit Vahia, MD, are leading the McLean Institute for Technology and Psychiatry, where McLean is on the cutting edge of how technology can be used to improve the delivery of mental health care and accelerate research into clinical practice.

Adriana Bobinchock and Scott O’Brien of the McLean Office of Public Affairs launched the podcast Mindful Things as part of the hospital’s new public education initiative. This audio series explores mental health through frank, in-depth, personal, and sometimes difficult conversations about the many things that affect our mental well-being.

Staci Gruber, PhD, is an international leader in studying the therapeutic effects of medical marijuana and has recently begun a first-of-its-kind, double-blind, randomized clinical study—the gold standard of scientific investigations—looking at the effects of a cannabis-based product on people with anxiety to evaluate the long-term efficacy and safety of these treatments.

Looking Forward
Since the fall of 2017, the hospital has been engaged in strategic planning that will allow us to expand clinical services, fuel our groundbreaking research, and further disseminate education and training in support of our critical mental health imperative. We have ambitious aspirations for enhancing our ability to effect positive change through innovative consultations, public and professional education initiatives, collaborative industry partnerships, and the adoption and scaling of new technologies that enhance behavioral and mental health assessment and care.

There is great excitement about all that we have accomplished and greater anticipation of what is on the horizon. With enormous enthusiasm, we go forward from our #1 position to continue to provide the highest-quality care while conducting research that is truly revolutionizing the field. We hope that you will join us as we work together locally, nationally, and globally to improve the lives of people, families, and communities affected by psychiatric illness.

With warmest regards,

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

Carol Vallone
Chair of the Board
McLean Hospital researchers are set to commence work on a study that will leverage extensive digital data to evaluate, at the individual level, the biological, environmental, and social factors that trigger dangerous mental states, particularly mania and psychosis, in people with bipolar disorder and schizophrenia.

Supported by the National Institutes of Health, this new longitudinal study aims to develop an unprecedented bird’s-eye view of mental illness in individuals over time by continuously measuring a wide variety of factors that may be related to one another, such as sleep and energy or mood and motivation, and showing how those relationships evolve and impact a person’s mental condition. According to the researchers, by developing predictors of mania and psychosis through the collection and analysis of smartphone, wearable, and audio/video data, and then testing these predictors in individuals with active psychotic disorders, it will be possible to identify the specific factors that promote or hinder healthy behaviors in early psychosis and bipolar disorder and lay the groundwork for tailored intervention strategies.

"Each participant, in effect, will become their own experiment in this study,” said Justin T. Baker, MD, PhD, scientific director of the McLean Institute for Technology in Psychiatry and co-principal investigator of the study. “Our project will study 100 such individuals, with varying forms of bipolar spectrum and schizophrenia spectrum conditions, and collect 100 person-years of rich, clinical, multivariate data that comprehensively reflects their experiences living with a mental illness.”

Baker said that he and the study’s co-principal investigator, McLean Hospital President and Psychiatrist in Chief Scott L. Rauch, MD, believe that by using intensive, longitudinal, within-person protocols that leverage recent advances in mobile and wireless sensor technologies and big data analytic methods, “our study will advance our understanding of the underlying mechanisms of bipolar disorder and schizophrenia and help us predict the onset of manic or psychotic episode-related behaviors, person by person.”
While people around the world may speak different languages and have cultures that are vastly different, there is one thing that affects every community: mental illness and the impact it has on individuals and families.

Read about McLean's international education efforts on the next page.
Bringing expertise internationally through a thoughtful approach that includes public and professional education, McLean is working to enhance global knowledge of brain health and encouraging compassion and understanding for individuals living with psychiatric conditions.

Earlier this year, at the invitation of an Indian-based non-government organization and the government-run Nehru Science Centre (NSC), McLean Hospital began critical work in India—both in educating professionals and in engaging the public in active learning and dialogue about mental illness.

“The rate of depression in India makes it widely recognized as the most depressed country in the world. However, due to stigma, a general lack of awareness about mental health, and limited access to care, fewer than 15 percent of people seek professional help,” explained Scott J. O’Brien, director of McLean’s newly launched public education initiative. “The work that we are doing in India is enhancing the understanding of best treatment practices among mental health clinicians while exposing the public to basic mental health information.”

Scott L. Rauch, MD, president and psychiatrist in chief for McLean, set the tone for the hospital’s engagement in India, which included a two-day professional conference featuring three McLean clinicians discussing innovative advancement in mental health care.

“McLean has made a global commitment to build collaborations with local organizations that will allow us to work together—in true partnerships—to improve the lives of individuals and families who live with psychiatric illness,” said Rauch. “We look forward to building deep and enduring relationships throughout India as we explore ways in which McLean can be a partner in enhancing mental health care, training, and professional and public education.”

Thanks to a partnership with the Dr. N.S. Vahia Foundation and the NSC, McLean’s Office of Public Affairs, which is spearheading public education domestically and abroad, developed “Exploring Brain and Mental Health,” an interactive museum exhibit combining information about the brain and mental health with compelling stories of people living with mental illness. The multipart exhibit also allowed visitors to hold a human brain while learning from McLean neuroscientist Stephanie A. Maddox, PhD, and McLean-trained volunteers about how the brain functions and the critical role it plays in mental and physical health.

Among the first visitors to the exhibit were cricket legend Shane Warne; Praveen Pardeshi, additional chief secretary to the chief minister of Maharashtra; and Ranjit Barthakur, executive chairman of the Rajasthan Royals cricket team.

During a press conference held to inaugurate the McLean exhibit, Warne encouraged greater understanding of mental illness and implored people to seek treatment.

“I am deeply touched to be part of such a noble initiative. It’s very important that people start taking mental wellness into consideration,” said Warne. “Mental health is a very serious issue, but all of us go through stuff. I encourage everyone not to hide what you are going through, but to express your feelings and speak up. Don’t be afraid.”

According to Adriana Bobinchock, senior director of public affairs and director of McLean’s public education initiative, more than 3,500 people attended the McLean exhibit over seven days, including thousands of schoolchildren.

“We educated 2,500 students—some of whom traveled up to five hours each way to visit us. The level of engagement and interest was remarkably high, giving us a great insight into the need and desire for this kind of information,” said Bobinchock. “We were able to deliver high-quality information in a culturally sensitive manner that will have a lasting impact on those students.”

Vihang Vahia, MD, founder and president of the Vahia Foundation, was instrumental in ensuring children from all socioeconomic backgrounds had an opportunity to visit the museum and learn about mental health.

“It is critical that we engage children in conversations about these disorders at an early age so that they are educated and aware,” said Vahia. “Through greater education, we believe that as these children get older, they will also have greater compassion for themselves and for others with mental illness.”

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McLEAN’S NEW PUBLIC EDUCATION INITIATIVE IS MADE POSSIBLE THANKS TO THE GENEROUS SUPPORT OF DONORS.
As a writer and editor, Vaidehi knows that stories are powerful. When she started writing about her anxiety and depression, her life changed, and speaking out has become an important part of her recovery. She was raised in a South Asian family, a culture, she says, that often ignores or misunderstands mental illness.

I think the biggest problem in my culture is that mental illness is not thought of as a serious illness. It’s considered ‘all in your head.’ Of course, we know that’s not true. Vaidehi remained quiet through high school and college, afraid that others might judge her. Today, with the support of friends and co-workers, Vaidehi is sharing her story and working with mental health organizations to help others tell their stories and get help.

“It doesn’t matter what other people say about you.”
Advancing the Understanding of PTSD
Perhaps one of the most misused words in modern society, "trauma" is used in daily language to describe all sorts of unpleasant or uncomfortable situations.

But for 5 to 10 percent of the population, trauma and the accompanying post-traumatic stress disorder (PTSD) is a very precise condition with very real impacts on daily life. And that precision is what also makes it one of the best understood psychiatric conditions and one with the best potential for effective treatments.

"A trauma is an event that is sufficiently severe that it can cause death, that you think you're going to die, you lose a limb, or you see somebody die," said Kerry J. Ressler, MD, PhD, chief scientific officer and chief of the Division of Depression and Anxiety Disorders at McLean Hospital.

Trauma and PTSD also present an interesting challenge for researchers such as Ressler.

"What is exciting about it, from a scientific perspective, is that on the one hand we don't understand a lot about it, but on the other hand we could argue that we understand more than we do any other aspects of psychiatry," said Ressler. "It's one of the few things in psychiatry that by definition we know where it starts."

Violence and abuse are the key triggers for PTSD. But that alone may not be enough for development of PTSD if any of four key symptoms disappear within a month.

A key symptom of PTSD is an effort to avoid the traumatic memories, perhaps by not leaving the house or going out at night. Nightmares and flashbacks are symptoms of a person re-experiencing that trauma. It also manifests itself with arousal problems such as being constantly on edge or having trouble sleeping. Finally, a person with PTSD exhibits cognition or mood symptoms such as having trouble focusing and feelings of low self-esteem.

Because many of these symptoms come with physical or biological reactions, researchers are looking for blood-based biomarkers that may be able to predict whether a person entering an emergency room is one of the 10 percent of patients likely to develop PTSD.

Ressler is a co-principal investigator in the multicenter Aurora study, which aims to screen 10,000 people. In addition to basic data from brain imaging, blood tests, and other medical tests, participants will be monitored through technology ranging from smartphones to fitness wristbands that will track factors such as activity, sleep, and mood. The goal is to develop predictive and diagnostic biomarkers and urgently needed preventive/treatment interventions.

He is also working to build on a study launched in Atlanta during his years at Emory University.

His lab conducted interviews with 12,000 inner-city Atlantans to understand the impact of trauma on the largely African-American population. Now he is launching a similar effort in Dayton, Ohio, looking at a largely white Appalachian population. The study is partially funded by The Connor Group Kids and Community Partners.

There's also ongoing trauma research closer to home.

Milissa Kaufman, MD, PhD, medical director of McLean's Hill Center for Women, focuses on women with experiences of childhood trauma. The study focuses on dissociative symptoms that often accompany trauma disorders, including PTSD and dissociative identity disorder (DID). These symptoms may include memory gaps; feelings of detachment from one's body, emotions, or environment; confusion over one's identity; and shifts in one's identity.

The goal is to find and understand the brain mechanisms, cognitions, and genes contributing to PTSD and DID and how they relate to both dysfunction and resilience in these disorders.

“What's important to me is that women who have histories of childhood abuse and who have PTSD often have co-occurring disorders, such as eating disorders or substance abuse issues, and often don't get included in research,” said Kaufman. “What we're looking at are the similarities and differences in women who have either this classic PTSD presentation, or PTSD with very prominent dissociative symptoms.

“All women with DID report history of very severe childhood abuse that started early on. It’s kind of an ingenious coping skill,” said Kaufman. “Really what it is is a child who is distancing herself from very difficult circumstances by using this dissociative coping mechanism.”

AN ANONYMOUS $2.5 MILLION GIFT CREATED A TRAUMA INITIATIVE THAT HAS SUPPORTED RESSLER’S WORK AND KAUFMAN’S WORK, AMONG OTHERS. KAUFMAN ALSO RECEIVED SIGNIFICANT SUPPORT TO LAUNCH AND EXPAND HER STUDIES ON CHILDHOOD TRAUMA.
If a journey of a thousand miles begins with a step, what is better than having someone along with whom to share it? That is the philosophy behind the peer counseling program at McLean Hospital’s Psychotic Disorders Division.

“A lot of people with these conditions have difficulty working outside the house, living independently,” said Dost Öngür, MD, PhD, chief of the Psychotic Disorders Division and the William P. and Henry B. Test Professor of Psychiatry at Harvard Medical School. “This isn’t because the person is into doing their own thing. It’s because the help that’s available hasn’t really been enough, it hasn’t been up to the task.”

Enter peer counseling, which takes form in three separate programs at McLean, including Waverley Place, a community-based rehabilitation program offering coordinated care and support for adults with chronic psychiatric illness; McLean OnTrack™, which specializes in treating young adults ages 18 to 30 who have experienced their first episode of psychosis; and the Program of Assertive Community Treatment (PACT), a “hospital without walls” with community-based clinical services and social supports.

“Our expertise as a peer specialist is lived experience with a mental health issue,” said Yale Hicks, a program coordinator who first came to Waverley Place as an intern as part of his personal journey with bipolar disorder. “Living in recovery, modeling recovery. Our goal is to walk with, to support, and guide folks in recovery.”

Psychotic disorders include schizophrenia, bipolar disorder, and other related conditions. Öngür noted there are many medications and psychotherapies that offer partial success but also unwanted side effects.

“The model usually was ‘let’s take care of the symptoms, let’s treat the illness, and the rest of it will take care of itself,’” he said. “But really, it’s become clear that first of all, we’re not very good at treating the symptoms. We just don’t have the treatments that we should have, but also, somebody walking a path with you is much more effective.”

Peer counseling is a popular option in treating diseases such as cancer and diabetes, to name just two. The concept has now expanded into psychiatric care.

“In the past few decades, the notion has grown of peer specialists, people who have lived the experience of these problems themselves, who have managed to rise above it and have a life that they’re happy with and who can then turn around and help others who are afflicted with the problem,” Öngür said.

Waverley Place is located not far from McLean’s main campus, where its office walls and hallways are lined with artwork from members. Participants are generally ages 18 and up and come from a broad spectrum of life, including those with strong family support and those with little to none. They come and go as they please, taking part in art classes, cooking sessions, and group therapy.

“It’s a place for them to just be themselves, to talk, to converse, to be social,” said Hicks. “When you’re isolated at home, it’s hard to be on the recovery journey. But when you get the social support—which is a big part, not all of it—it can really help the recovery journey and the recovery process.”

Participants come from McLean’s inpatient programs and can self-refer from the community. Surveys conducted with transitioning patients found overwhelming support for the concept, with 89 percent of respondents saying they felt more hopeful after hearing peer specialists share their own stories.

“It’s a hard and difficult journey,” said Hicks. “It’s not just ‘I’m going to wake up tomorrow and everything’s going to be OK.’ It takes a lot of hard work.”

“At Waverley Place, you can be yourself, feel at home, and be accepted,” Öngür echoed. “In our field, so often people come up with either/or thinking. I think the success of Waverley Place is that it offers various different things, and that it’s integrating these different types of approaches.”
Yale Hicks told his college friends in New Orleans that he cut short his junior year abroad in Ghana because of malaria. “I lied to everybody, including myself,” said Hicks, who was experiencing hallucinations associated with what was eventually diagnosed as bipolar disorder. “I was about 21, and it altered my life forever, because as soon as that happened, and I was diagnosed, I started to have self-shame, self-stigma, as far as what I thought of myself in relation to this label that was put on me.”

And so began Hicks’ journey from New Orleans to Belmont, where today he is the program coordinator at Waverley Place, McLean Hospital’s community psychiatric rehabilitation program. His job: to provide peer support and guidance to people with a range of mental health issues, including bipolar disorder, schizophrenia, and other psychotic disorders, although these labels are not used at Waverley Place.

“It may not be exactly what they’re going through, but we’ve gone through a lot of challenging experiences and have risen above, so we’re actually able to work in the field and to help those in recovery,” he said in describing the role of the five peer specialists who work in McLean programs.

Located not far from McLean’s main campus, Waverley Place is a welcoming place with art on the wall, a kitchen for healthy-living cooking lessons using vegetables grown in a nearby community garden, and opportunities for job and education counseling.

“Some folks come here for a week and find a job and don’t come back,” he said. “Some go back to school. Some stay for a long period of time. Everyone uses it differently.”

For Hicks, the help and inspiration for his career choice came through a referral to Gould Farm, a therapeutic farming community in Monterey, Massachusetts.

“Their philosophy is based on meaningful work—a community working in a beautiful environment,” he said. “It gave me a little bit of hope, like I could do something meaningful with my life.

“You’re around folks who have lived experience, supporting each other. You’re around a community of people who want to be there. After six months of working the program there and being with the community, I was like, ‘I feel better.’”

But it was not a straight path. Hicks, who had traveled to Nicaragua before his unsuccessful junior year abroad, gave in to his “adventurous spirit” and moved to California and Mexico, where a “horrible situation” led him back to Gould Farm.

“I’m going to have support, and I’m not just going to run off to some country because I think it would be fun or a good idea,” he said, and that decision led first to a job as a barista, where he regained his confidence and self-esteem and a desire to give back.

That, in turn, brought him to Boston in 2002, where a conversation with a vocational specialist led him to the Consumer Provider Program at Bunker Hill Community College, where he received training as a peer specialist. Six months of schooling was followed by a three-month internship at Waverley Place.

The road has remained bumpy. He was hospitalized. But he also graduated from Lesley University with a degree in global studies, met his wife in recovery, got married, had a daughter, gained a family and in-laws in Turkey, and travels abroad.

“Overall, it’s been such a difficult, challenging road, but I’m grateful for the awareness,” he said. “I always tell folks that it wasn’t like a lightning bolt, it was like a spark. It gave me the hope that I could actually do something meaningful with my life and achieve my dreams.”

WAVERLEY PLACE WAS FOUNDED IN 2001 THANKS TO A $12.1 MILLION ANONYMOUS GIFT.
THE ARLINGTON SCHOOL’S ABILITY TO INTRODUCE LMS AND SMARTBOARD CAPABILITIES TO ITS CLASSROOMS WAS MADE POSSIBLE THANKS TO GENEROUS SUPPORT FROM A DONOR.

TODAY, students and their parents expect to have the latest technology,” said Suzanne Loughlin, APRN, BC, director of McLean Hospital’s Arlington School. “And in the past year, we’ve taken additional steps to bring the 21st-century classroom experience to the Arlington School.” With the help of a $50,000 donation from a parent of a former Arlington School student, the school has purchased five new smartboards and launched a comprehensive, state-of-the-art learning management system (LMS).

Modern versions of the chalkboard, smartboards are large, interactive, touch-sensitive computer screens that teachers can use to deliver a curriculum, with links to historical documents, research articles, videos, and more. The boards can also store information, such as classroom notes, and students can easily download information from the boards to their own digital devices. “Kids are very screen savvy—they’ve grown up with this kind of technology—so it’s an ideal teaching tool,” she said.

BRINGING THE 21ST-CENTURY CLASSROOM EXPERIENCE TO THE ARLINGTON SCHOOL

The LMS is another effective educational tool. Loughlin describes the LMS as a system for accessing and managing courses on a digital platform. It functions as both a digital repository that allows for a wide variety of information to be stored in a centralized location and an organizational tool to better streamline courses, assessments, teacher interactions, and other activities at the school. Working with an LMS, Loughlin said, will give students experience with a learning tool they will need to be familiar with in order to succeed after they graduate.

The decision to add the new technology stems from a two-year self-study conducted by the Arlington School in preparation for its recent reaccreditation with the New England Association of Schools and Colleges. Loughlin said that the process revealed a need to upgrade existing technology and introduce new systems. “It’s all about improving the school,” she said. “We’ve been using technology for many years, but the results of the self-study revealed further updating that needed to be done, and the donation dovetailed beautifully with our goals.”

With the smartboards and LMS in place, the next steps will be to ensure that faculty and staff are fully trained on the new technology. “Part of the donation money will be used for training,” said Loughlin. “We’re setting up professional development opportunities so we can maximize what the technology is capable of. It’s an exciting time.”

THE ARLINGTON SCHOOL’S ABILITY TO INTRODUCE LMS AND SMARTBOARD CAPABILITIES TO ITS CLASSROOMS WAS MADE POSSIBLE THANKS TO GENEROUS SUPPORT FROM A DONOR.
The difference between writing a check for an important cause and riding a bike for one is Mac Dorris. In founding the Ride for Mental Health in 2017, Dorris has created an opportunity for people to do both. The event’s scenic course, stellar logistics, and excellent vibe have attracted both serious and recreational cyclists from New York to Boston. Its purpose: to raise money for McLean Hospital and inspire more people to talk about mental health issues.

The Ride has gained rapid momentum, and Dorris has ambitious goals for this year’s event, scheduled for the weekend of June 22-23, 2019. “We had 100 riders the first year, 252 the second year, and we’d like to have 400 riders this year,” Dorris said. What’s more, he has set a fundraising goal of $200,000, up from the $150,000 raised last year. He also hopes to attract more volunteers and increase the number of local and national sponsors.

Held each June in New Paltz, New York, the charity event brings together hundreds of cyclists who ride courses of 25, 50, 75, and 100 miles through the scenic Hudson Valley, raising funds that further education, research, and treatment efforts at McLean. The event also includes a dinner in the beautiful Mohonk Preserve, with guest speakers and opportunities for participants to learn more about mental health.

Dorris founded the event to support McLean, but also to pay tribute to his son Eric, who received treatment for borderline personality disorder and related issues at the hospital. He says that his son, who died in 2016, “had the A team” helping him.

“McLean has some of the very best people in the world working on mental health issues, and it’s one of the best places for borderline personality disorder,” Dorris said. “Unfortunately, Eric did not win the battle, but he fought valiantly, and we’re proud of how he fought. Our goal now is to help others. If we can help one person, it’s all worth it.”

Central to helping others through the Ride for Mental Health is encouraging open discussions about mental illness and working to fight stigma. “One of the major goals is to make mental illness not such a taboo subject,” Dorris said. “If we can attract thousands of riders to participate in hopes of ending the stigma, it would be a wonderful thing.” Dorris believes “the attention alone would have an impact in so many ways, such as increasing funding for treatment and research and changing the ways insurers approach mental health.”

To help expand the conversation, this year’s event will feature former cycling champion Juli Furtado. A winner of 17 straight World Cup cross-country races and the only rider in history to win the World Championship in downhill and cross-country, Furtado recently decided to speak openly about her traumatic family history and her struggles with depression. “We’re honored and excited to have Juli at this year’s ride,” Dorris said. He hopes her talk will further the ride’s goal of increasing understanding and acceptance of mental illness.

“We want people to have a chance to meet other riders, make new friends, and talk openly about mental health,” said Dorris. ❤️
They did what they were trained to do: ran toward the explosions to shield and tend to the injured and comforted 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 Richard and injured his parents and sister. Despite their loss, the family has expressed their gratitude for the selfless efforts of first responders in countless ways, including supporting McLean Hospital’s LEADER (Law Enforcement, Active Duty, Emergency Responder) program through the Martin Richard Foundation.

In September of 2018, the foundation launched its first annual 8K race—A Run for Gratitude. According to Bill Richard—Martin’s father—LEADER, which provides mental health care to those in uniform, was the ideal recipient for the funds raised by the event. The race was held on September 3, 2018, at the TD Garden, home of the Boston Celtics and Boston Bruins, and it raised $100,000 for LEADER.

“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 Richard. “That McLean is a national leader in mental health treatment made the decision even easier.”

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 of the bombing and other traumatic events 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 the summer of 2013, more than 1,000 people have received inpatient services through the program, between 1,500 and 2,000 have accessed outpatient care, and more than 450 men and about 70 women have received longer-term residential care.

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 of first responders values mental and physical toughness, it can be hard for them to seek help for themselves. Accordingly, 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.”

Martin Richard Foundation:
Helping Those Who Help Others

Richard sits at the future site of Martin’s Park, a children’s playground in Boston dedicated in memory of his son.
“I’ll never be cured, but I’m so happy to be alive.”

“The first responder world is made of tough-as-nails, tight-lipped individuals who live a life where nothing seems to bother them. It’s gotten better in recent years, but mental illness is still very much a taboo subject.”

Living in the world of firefighters and EMTs, Keith always felt he was unable to speak about his mental illness. He was diagnosed with ADHD as a child and received a diagnosis of complex post-traumatic stress disorder (PTSD) as an adult. The sudden death of his first wife brought on new problems—and all his problems have been amplified by his dangerous, high-stress work as a first responder.

“I had been on and off tons of meds since I was a child. It wasn’t until 2015, when things started getting really bad, that I re-sought help with my symptoms.”

Initially, on the advice of the chief of the fire department he was working for, Keith sought help at an on-site facility. Eventually, he entered McLean Hospital’s LEADER program—a program focused on the mental health issues faced by first responders and people who work in law enforcement and the military—where he was diagnosed with complex PTSD.

“We worked a lot on educating not only me but also my wife, on everything about my form of PTSD. I began, very slowly, to be able to better manage my symptoms and triggers. Now, three years later, I have become very self-aware of what can trigger me, when I’m hypervigilant, and am much more open about all my symptoms and able to communicate when I’m not in a good place. I’ll never be cured, but I’m so happy to be alive.”

Keith shares his story to encourage other first responders to talk about mental illness and get help. He has written a book about his experiences, and he has started a Facebook group about PTSD and how it affects first responders and military veterans.

“My goal is to show that it doesn’t matter who you are, where you come from, what you do for work, or how tough you are. Mental illness does not discriminate.”
Financials
For the fiscal years ending 9.30.18 and 9.30.17. In thousands of dollars.

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<th>Income Statement</th>
<th>2018</th>
<th>2017</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Revenues</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Net patient revenue</td>
<td>$166,676</td>
<td>$160,997</td>
</tr>
<tr>
<td>Research and academic revenue</td>
<td>57,803</td>
<td>57,237</td>
</tr>
<tr>
<td>Other operating revenue</td>
<td>14,114</td>
<td>11,200</td>
</tr>
<tr>
<td><strong>Total revenues</strong></td>
<td>238,593</td>
<td>229,434</td>
</tr>
<tr>
<td><strong>Expenses</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Employee compensation and benefits</td>
<td>123,074</td>
<td>121,539</td>
</tr>
<tr>
<td>Supplies and other</td>
<td>52,743</td>
<td>47,868</td>
</tr>
<tr>
<td>Depreciation and amortization</td>
<td>9,719</td>
<td>8,979</td>
</tr>
<tr>
<td>Interest</td>
<td>3,903</td>
<td>3,183</td>
</tr>
<tr>
<td>Research and academic expense</td>
<td>45,371</td>
<td>44,457</td>
</tr>
<tr>
<td><strong>Total operating expenses</strong></td>
<td>234,810</td>
<td>226,026</td>
</tr>
<tr>
<td><strong>Income/(loss) from operations</strong></td>
<td>$3,783</td>
<td>$3,408</td>
</tr>
<tr>
<td><strong>Total nonoperating gains/(expenses)</strong></td>
<td>1,165</td>
<td>4,801</td>
</tr>
<tr>
<td><strong>Excess of revenues over expenses</strong></td>
<td>$4,948</td>
<td>$8,209</td>
</tr>
</tbody>
</table>

DID YOU KNOW?
50% of all lifetime cases of mental illness begin by age 14 and 75% begin by age 24.
## Balance Sheet

### Assets
- **Cash and investments**: $9,199, $14,516
- **Patient accounts receivable**: 16,547, 13,216
- **Other current assets**: 9,862, 13,890
- **Total current assets**: 35,608, 41,622
- **Investments limited as to use**: 1,628, 1,340
- **Long-term investments**: 314, 36
- **Property and equipment, net**: 85,203, 90,805
- **Other assets**: 159,704, 155,858
- **Total assets**: 282,457, 289,661

### Liabilities and net assets
- **Accounts payable and accrued expenses**: $28,250, $26,747
- **Current portion of accrual for settlement with third-party payers**: 346, 521
- **Unexpended funds of research grants**: $1,346, $1,883
- **Total current liabilities**: 29,942, 29,151
- **Other long-term liabilities**: 6,195, 6,795
- **Long-term debt**: 82,156, 82,271
- **Net assets**: 164,164, 171,444
- **Total liabilities and net assets**: $282,457, $289,661
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* (1999-2019)

The Numbers
10.1.17 to 09.30.18

Services
Average beds in service  219
Admissions  6,166
Inpatient days  71,044
Partial hospital days  39,724
Outpatient visits  43,907
Child/adolescent days  14,476
Residential days  24,300

Staffing
Physicians and psychologists  244
Residents  25
Fellows  62
Nurses  241
Clinical social workers  148
Mental health specialists and community residence counselors  372
Other  628
Total full-time equivalents  1,720

Credits
Executive Editor Adriana M. Bobinchock Managing Editors Christopher Peterson and Jen Fratkin
Writers Adriana M. Bobinchock, Scott Howe, Jerry Berger, and Christopher Peterson
Photo Editor Melissa Daroff Principal Photographer Patrick O’Connor Design Steve Close

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Our Mission

McLean Hospital is dedicated to improving the lives of people and families affected by psychiatric illness. McLean pursues this mission by:

- Providing the highest-quality compassionate, specialized, and effective clinical care, in partnership with those whom we serve
- Conducting state-of-the-art scientific investigation to maximize discovery and accelerate translation of findings toward achieving prevention and cures
- Training the next generation of leaders in psychiatry, mental health, and neuroscience
- Providing public education to facilitate enlightened policy and eliminate stigma.
CENTRAL AND SOUTH AMERICA
Through partnerships with organizations in Central and South America, including in Guatemala and Ecuador, McLean is advancing the understanding of mental health within underserved communities.

EUROPE
McLean faculty have clinical and research collaborations throughout Europe, including Spain, Germany, the United Kingdom, Sweden, Norway, and France.

MIDDLE EAST AND ASIA
McLean is proud of its strong clinical care, research, and education collaborations in United Arab Emirates, India, Pakistan, and China.

AFRICA
In Ghana and Kenya, McLean is partnering with nongovernment agencies to improve public understanding of mental illness through its Deconstructing Stigma campaign.

AUSTRALIA
In Australia, McLean is providing clinical education and collaborating with research colleagues to deliver cutting-edge treatment models for borderline personality disorder in boys and men.

NORTH AMERICA
McLean Hospital cares for patients and families from across the United States and around the world. Last year, McLean saw more than 6,000 inpatient admissions and 43,000 outpatient visits.