As part of McLean’s ongoing partnership with the National Rehabilitation Centre (NRC) in Abu Dhabi, nursing staff at McLean Hospital continued its collaborative effort to improve services and mental health programs in the United Arab Emirates during a visit from NRC colleagues in January.

Among the visiting NRC staff were two male and four female nurses who spent a week shadowing McLean nurses at the Alcohol and Drug Abuse Treatment Center and at Naukeag with the goal of learning state of the art detox protocols and treatments in addition to nursing operations and management techniques. The McLean nurses asked to share their time and expertise with their Middle Eastern counterparts were Juanita Carter, clinical coordinator of Naukeag’s residential and partial programs, Martha Fairbrother and Corinne Sieben, both of the Alcohol and Drug Abuse Inpatient Treatment Program.

“The nurses that I worked with had a great sense of humor, and really had a much more modern perspective than I was expecting,” said Carter, who provided a subset of the group with nursing management training. “They

Continued on page 2
FROM THE DESK OF LINDA FLAHERTY, RN/PC  
Senior Vice President for Patient Care Services

The Nellie Blumenthal Advanced Practice Psychiatric Nursing Fellowship

The Department of Nursing is pleased to welcome applications for the new Nellie Blumenthal Advanced Practice Psychiatric Nursing Fellowship, thanks to the generosity of an anonymous donor. The award will support the transition of a newly graduated Advanced Practice Psychiatric Nurse to professional practice through a mentored post-graduate fellowship program. The objectives are to:

- Enhance skills in psychiatric assessment, differential diagnosis formulation, and treatment planning;
- Increase proficiency in psychopharmacologic treatment;
- Build upon skills in providing focused treatment to individuals and families;
- Participate in the development of psycho-educational programs/materials for patients and families; and
- Increase knowledge of the health care delivery system.

The program is 12 months in duration, full-time and benefits-eligible.

The fellow will become a member of an interdisciplinary treatment team at two primary clinical sites:
- First Episode Clinic
- Clinical Evaluation Center

The fellow will also participate in the Partnership to Advance Nursing and Social Work Research committee and nursing educational programs. Based on the fellow’s interest, additional opportunities may be available in geriatrics, addictions, or women’s health.

The award provides unstructured time to support the fellow’s educational interests.

Eligibility Criteria for the fellowship include:

- Board-certification and licensure as a Psychiatric Advanced Practice Nurse; and
- Status as a credentialed Psychiatric Advanced Practice Nurse with Prescriptive Authority at McLean Hospital.

For more details, please see the announcement and application posted on BrainWaves. Open the Education tab, drop down to Nursing and Social Work, then over to Career Development Resources and double-click to open.

Thank you.

Nurses from National Rehabilitation Centre in Abu Dhabi visit McLean continued from page 1

asked a lot of questions about how to better integrate nursing with other departments at the NRC – and this is something that McLean is particularly good at. We were able to show them how we work as a treatment team here, which includes nurses, social workers, psychiatrists and other staff members, who communicate and work together to determine the best course of treatment for each patient.”

While the two male nurses focused on management techniques and operations, the four female nurses spent their afternoons shadowing Fairbrother and Sieben at Proctor House in order to learn new clinical care practices and protocols – an experience which proved to be eye-opening for the Middle Eastern nurses.

“The nurses were surprised by a lot of things, from the medications we use to our typical length of stay,” said Corinne Sieben, RN, of the Alcohol and Drug Abuse Inpatient Treatment Program. “Because of the cultural and procedural differences, this was a great teaching and learning experience for me. In Abu Dhabi, length of stay and many other treatment factors are mandated by the government, so they had a lot of questions about the way we do things here, and were excited to implement some of the ideas when they returned home.”

For McLean nurses as well as their Middle Eastern counterparts, the week-long collaboration won’t soon be forgotten, with both sides finding the experience to be a rewarding and educational one.

“It was exciting to be part of a potential movement toward empowerment for nursing and for women in general,” said Carter. “They were wonderful and inquisitive people, and it was an experience that I enjoyed thoroughly.”

Sieben echoed Carter’s sentiments, adding that her perspective from within McLean was also broadened by the experience. “I’m very grateful to have been a part of it, and I enjoyed having the chance to go with them to other units and to see the rest of the hospital from an outsider’s point of view – we have so much going on here.”
Nurse Joan Zabarsky retires after 35 years at McLean

McLean employees gathered on Wednesday April 25, 2012, to celebrate the retirement of longtime McLean nurse and Pavilion case manager Joan Zabarsky. Zabarsky’s career at McLean has spanned more than three decades. A well-known face around campus, Zabarsky’s warmth and modesty have earned her the respect and admiration of everyone that she’s worked with over the years.

Friends and colleagues, both past and present, packed into the basement conference room at the Pavilion for Zabarsky’s retirement celebration. As they laughed over old pictures and gave goodbye hugs, the smiles and tears were a true testament to the impact Zabarsky has made and the lives she has touched.

After reading from Zabarsky’s original McLean job application, including

Continued on page 7

The Awards Corner

by Sheila Evans, MSN, RN/PC

Rubins Rejou, MHS from Proctor One, was presented with the Night Staff Recognition Award for Excellence by Linda Flaherty, SVP for Patient Care Services, at a ceremony in January. Alicia Allen, RN, Administrative Night Nursing Supervisor, who nominated him, noted that staff and patients find Rubins consistent and trustworthy. He has worked at McLean for six years, and he is recognized as a resource during emergencies for units at night, as he readily takes on responsibilities for either a medical or psychiatric crisis. Whenever he responds, it is with warmth, and he is always respectful of the dignity of patients.

Julie Horan was awarded the Entry into Psychiatric Nursing Practice Award by Linda Flaherty at a reception on April 25th at McLean Southeast. Joan Kovach, Nurse Director at MSE, recognized Julie for “hitting the ground running” when she arrived at MSE. Joan noted that Julie brought intelligence, curiosity, energy, and an excellent work ethic to her role. Her peers see Julie as an exceptional asset to the unit.

Cindy Ruscitti presented Nasya Smith with a truly deserved recognition, the Margaret C. Tibbetts Award for Nursing Leadership at the annual Nurses Day Conference on May 8th. As Clinical Coordinator on SB1, Cindy is the leader and synthesizer for nursing practice. Her Nurse Director, Ann Rapoport, RN/PC, noted that Cindy’s relationships with the staff are unique, as all the SB1 staff value her guidance and direction. “We rely on her judgment and clinical expertise,” Ann added. Cindy is an exemplary role model, who is “respected and beloved” by staff on SB1. Her colleagues consider themselves lucky to work with her.

Nasya Smith, known for going above and beyond the expectations of her role, has earned the coveted Julia Altschule Award for Humane Care. Scott Rauch, MD, President and Psychiatrist in Chief, presented the award to Nasya at the May 16th Annual Service Awards Celebration. She was nominated by her Nurse Director, Lynne Kopetski, RN/PC, for her many attributes, including genuine warmth and kindness, a calm and soothing manner, and a never-wavering compassion for patients. Her program director, Thorstur Bjorgvinsson, PhD, sums it up by saying that Nasya is truly “the quintessential CRC, exceeding all virtues and professionalism that the CRC position requires. She represents McLean’s values in everything she does.”

Congratulations to all the award winners!
Nurses Day Seminar 2012

Tuesday, May 8th
Francis de Marneffe Building, Room 132
8:30 a.m. – 3:30 p.m.

Gerontological Nursing
with Kathleen Buckwalter, PhD, RN, FAAN
Professor Emeritus of Gerontological Nursing, Iowa College of Nursing
Co-Director, National Health Law & Policy Resource Center, University of Iowa College of Law

Morning Session.
“Progressively Lowered Stress Threshold”
~PLST model was developed by Dr. Buckwalter
~Provides a foundation for psychoeducational interventions

Afternoon Session
“The Present and Future of Geriatric Nursing Practice”
~The Geropsychiatric Nursing Collaborative- a model for change
~Evidence-based protocols/Health Policy discussion

Presentation of the
Margaret C. Tibbetts Award for Nursing Leadership
To Cynthia Ruscitti MS, RN
Throughout my undergraduate education, I prepared myself to pursue a PhD career in Clinical Psychology. I sought research opportunities outside of my course load, completed a senior thesis, and even held a part time job in the psychology department. I knew that I was destined to help others on a larger scale and advocate for significant changes in the field of mental health.

After graduation, I chose to develop my knowledge and experiences in research, and became a research assistant. However, after two years of working in research, I realized that I had limited clinical experience. Instead of applying to graduate programs, I decided to abandon my initial plans to be a clinical psychologist and start a new career, in nursing.

Once I received an acceptance letter from the Master’s Entry Program at William F. Connell School of Nursing of Boston College and was presented with the opportunity to become a scholar for the New Careers in Nursing (NCIN) scholarship program, I realized that I was choosing to create a whole new direction for myself and entering into a world of unknowns. The NCIN scholarship program played a significant role in paving my career path because I met individuals who were making great changes in the field of medicine and nursing. I also felt less financial stress which made it possible for me to pursue nursing research while completing the accelerated master’s program.

In addition, the education and support that I received from the administration and professors at Boston College helped me to realize that I was truly meant to be in academia, research, and policy change. As a result, I made the decision to continue with my nursing education and complete the PhD program at Boston College.

As a result of my experiences, I have developed a desire to help other students realize that they do not need to stop with their master’s degree but have the potential and opportunity to continue to a higher level of education. Speaking on the student panel at the NCIN 2011 Summit allowed me to provide school administrators and professors around the United States with a firsthand account as to how they are able to encourage and support members of underrepresented minority groups in pursuing PhDs in Nursing.

Yes, it is true that nurses and nurse practitioners provide exceptional care to their patients. However, with the ever-growing need to advance health care and health, nurses must once again become influential leaders within the health care system. Nurses with PhDs have the opportunity to use theory and research to improve the care provided by nurses, as well as significantly influence more change within the health care system on an interdisciplinary level.

Karen Jennings, MS, RN, PMHNP-BC, is a scholar with New Careers in Nursing, a program of the Robert Wood Johnson Foundation and the American Association of Colleges of Nursing. In 2011, she graduated from William F. Connell School of Nursing at Boston College, and currently works as a nurse practitioner at McLean Hospital.
By Michele Bartick, RN

Nursing Recruitment is as busy as ever, and recently we have recognized a noteworthy trend: the high number of new graduate nurses who while working as community residence counselors or mental health specialists, have completed their RN, BSN, or MSN/NP degrees. By hiring many of these nurses for positions with benefits or as per diems has strengthened our staff. Their valuable experience and recent training mean that they bring a high level of professional competence to their positions, and their extraordinary enthusiasm is refreshing and vital to us as hiring managers. It is a pleasure to welcome these new graduates and an honor to have them continue on their career paths as dedicated McLean nurses.

As our staff members experience changes in their life situations, many job opportunities occur, which makes recruiting and hiring a dynamic process. Patti Sullivan and I can never really say that we have finished because of the constant change. All jobs are posted on our website www.mclean.harvard.edu for five days at a time, and everyone is welcome to apply. Submissions are reviewed in order of receipt, and when a prospect uploads a resume to the application, that helps our review process. Due to the volume of applications, we cannot respond to everyone, but we certainly appreciate the interest.

Nurse Joan Zabarsky retires after 35 years at McLean continued from page 3

glowing letters of recommendation which he deemed “prophetic,” Philip Levendusky, PhD, ABPP, senior vice president for Business Development and Communications, toasted Zabarsky’s long and successful tenure at McLean. “It has been a magnificent 35 years working together,” he said. “You have made huge contributions to McLean’s long and successful tenure at McLean Hospital. You are a wonderful nurse and more importantly a wonderful person.”

Zabarsky applied for a job at McLean in 1977 on the advice of her mother. At the time, she was living in Israel, where she made $100 a month and had to take two buses to get to work at five o’clock in the morning. She never dreamed at the time that it would be the last job she’d ever apply to, but her coworkers are glad that it was.

“Joan has been a crucial part of McLean’s development over the years and she has shaped the program at the Pavilion in countless ways,” said Andrea O’Rourke, senior clinical program specialist at the Pavilion. “Joan is a creative person and an artisan, and I know that she’ll go on to wonderful new challenges, but she will be missed.”

And there are a lot of things that Zabarsky will miss about McLean as well, but none greater than the people. Addressing the crowd at her retirement celebration, Zabarsky said: “Everyone here has played a part in the terrific trip I’ve had – you’ve all taught me, and I’ve loved you, and these have been the happiest times of my life. You are wonderful people who do wonderful things, and I’m very proud to have been a part of this.”
NIGHT OWLS
Night Owls features news of interest about McLean’s Nursing night staff. Send submissions to Pat Brain, MHS/AB2.

Alicia Allen, RN/Nursing Supervisor:
This past February, Alicia participated in a United Methodist Church delegation to Nicaragua. While there, she volunteered with a feeding program, helped paint a school, and offered medical care to approximately 100 people living in the nearby mountains. Alicia’s group also included a doctor, a dentist, and other nurses. Alicia said the trip was “life changing” and she would like to do more of these trips in the future.

Kenneth Greathead, MHS/AB2:
Kenny has been accepted to the Brockton Hospital School of Nursing. He will start classes this coming August.

Penny Brown, RN/AB2:
Penny recently took time off to visit family and friends in Uganda.

Mary Fortune-Lewis, MHS/PH2:
Mary traveled to Florida recently for a week-long visit with Mary Grace, who retired from PH2 in 2011.

Nancy O’Donnell, RN, PH2:
Nancy has joined the night staff in a 40-hour position.

Stephen Fadiya, CRC, Lincoln
Formerly of NB2, Steve has accepted a position at the Pavilion’s new residential program in Lincoln, MA.

Emmanuel Akoto, MHS/NB2:
Emmanuel has moved in to a 32-hour night shift on NB2.

Kevin Norris, MHS/AB2:
Kevin has been accepted to Nursing school at Northern Essex Community College, and will start this coming September.

Staff Highlights
Catherine Coakley, Ms, RN, BC; Paula Bolton, MS, ANP-BC; Linda Flaherty, RN/PC; Lynne M. Kopeski, MSN, RN, PMHCNS-BC; Karen Slifka, RN/PC; and Melissa Sutherland, PhD, FNP-BC:
“The Incidence of Metabolic Risk Factors in an Inpatient Psychiatric Setting”, was published in the March 2012 Journal of Psychosocial Nursing, and was based on a research study from the combined efforts of the listed nurses. Catherine Coakley and Paula Bolton also presented this study at the recent NSMC Psychiatric Nursing Conference.

Meredith George, Kate Myers, and Maggie Cyecz, RN/NB2:
These former Mental Health Specialists (Meredith and Kate) and former Community Residence Counselor (Maggie) have all passed their nursing boards and are now working on NB2 as Nurses. Congratulations to all three!

Kris Dobie, MSN, RN/AB2:
Kris recently completed his MSN at The University of New Hampshire, and is currently working 32 hours on AB2.

Kevin Stirling, MHS/AB2:
Kevin has completed his studies at Tufts University and will be graduating this coming May 2012.

Carolyn Miller, MHS/AB2:
Carolyn has completed her BSN studies and will be graduating from The University of Massachusetts Lowell, this June 2012. Carolyn completed a student nurse rotation on AB2 before starting as an MHS.

Scott Young, RN/AB2:
Scott is another former MHS (from AB2) who has gone on to earn a degree in nursing from Middlesex Community College. Congratulations as well to Scott.