

MINDSCAPES

MGH DEPARTMENT OF PSYCHIATRY NEWSLETTER FOR FRIENDS AND SUPPORTERS • SPRING 2010

Global Psychiatry Division Named for Pioneering Psychiatrist Chester M. Pierce, MD

Last spring, the MGH Department of Psychiatry established a permanent tribute to Chester M. Pierce, MD, by naming the hospital's Global Psychiatry Division in his honor. Dr. Pierce, a professor emeritus in both Psychiatry and Education at Harvard University and a psychiatrist at Massachusetts General Hospital, has dedicated his career over six decades to reducing suffering associated with mental illnesses.

Dr. Pierce achieved distinction early in his life outside of medicine, as the first African-American college football player to play in a game below the Mason Dixon line when his Harvard team played the University of Virginia in 1947. In 2007, that same university awarded him the Vivian Pinn Distinguished Lecturer's Award to honor a lifetime of achievement in the field of health disparities.

Dr. Pierce has had an illustrious career in academic medicine. He has authored nearly 200 publications, lectured throughout the world and spoken at more than 100 colleges and universities in the U.S. Beginning in the 1970s, he conducted groundbreaking research on the psychological and physiological effects of harsh environments including Antarctica and outer space. "His accomplishments are staggering, but that's not what defines Chet for me," says Chief of Psychiatry Jerrold F. Rosenbaum, MD. "There are individuals who inspire us by their deeds; there are individuals who inspire us by their character and moral force. Chet is both."

GLOBAL BURDEN OF MENTAL ILLNESSES

Inspired by Dr. Pierce's vision, the department organized a groundbreaking "African Diaspora" conference in 2002, bringing together psychiatrists of African descent from all over the world to discuss common challenges facing their communities. Soon after, the MGH Department of Psychiatry became the first hospital psychiatry department in the country to establish a division of global psychiatry. The division's mission is to expand the department's work internationally, to reduce the burden of mental illnesses caused by political conflict and civil war, natural disasters and climate change, and lack of access to adequate mental health care.

This mission could not be more crucial. In *The Global Burden of Disease: 2004 Update*, the World Health Organization (WHO) reports that depression, alcohol use disorders, schizophrenia and bipolar disorder account for four of the top 10 causes of disability worldwide. By 2030, the WHO estimates that

depression will be the leading cause of disease or injury worldwide.

TWO-WAY TRAINING AND EDUCATION

To address the acute shortage of psychiatrists, psychologists, nurses and other mental health workers in developing nations, the leadership of the Pierce Global Psychiatry Division views education and training as a priority. "Every initiative the division undertakes is bi-directional, enabling

(Continued on Page 2)

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— Jerrold F. Rosenbaum, MD, Chief of Psychiatry



MGH Photography

Left to right: David C. Henderson, MD, Chester M. Pierce, MD, and Gregory Fricchione, MD, at the Harvard Faculty Club at a reception and dinner in April 2009. The event celebrated the naming of the MGH Global Psychiatry Division in honor of Dr. Pierce, a psychiatrist at MGH and professor emeritus of Psychiatry and of Education at Harvard University.

From the Chief

The mission of our great institution – Massachusetts General Hospital – includes patient care, education, research and community service. For Mass General, and MGH Psychiatry, “community” refers to our neighbors in the Boston area, but also to all humanity who suffer. As we have assets and capabilities to help alleviate suffering universally, we are

compelled to deploy them. We do this with humility, appreciating that we are going forward not just to teach, but also to learn, not just to heal but to transform who we are as caregivers. The establishment of the Chester M. Pierce Global Psychiatry Division reflects these values and principles.

We continually remind ourselves that it is never adequate to be trained, to practice, and to teach without adding to knowledge. Only through

unrelenting pursuit of new understanding can we usher in better treatments and even begin to prevent the onset of illness. This year, the department’s academic medical research enterprise will attract \$55 million in funding, and some 300 studies are underway to explore the brain mechanisms of psychiatric disorders and to develop more effective remedies. A few of our faculty’s contributions to knowledge generation and dissemination are cited in this issue, *pages 6-7*.

The year 2009 marked the completion of our 75th year. The Anniversary Gala last October brought together our diverse constituencies for a rousing celebration of the department’s legacy and promise. Individual and foundation donors comprise our newest constituency, and the charitable support they provide is making a huge difference. It was particularly gratifying this year to complete the funding of our third endowed professorship at Harvard Medical School, *page 8*, which honors my predecessor, Ned Cassem, SJ, MD, a pioneer of psychiatry in medicine.

We look forward to having even greater impact in the next 75 years.



Jerrold F. Rosenbaum, MD
Psychiatrist-in-Chief, Massachusetts General Hospital
Stanley Cobb Professor of Psychiatry, Harvard Medical School

Global Psychiatry

(Continued from Page 1)

Mass General faculty to both teach and learn,” says Gregory L. Fricchione, MD, associate chief of Psychiatry and the Pierce Global Psychiatry Division’s founding director. The division has mounted professional exchanges and on-the-ground medical education programs in countries including Ethiopia, Mexico, Liberia, Malaysia, South Africa and Uganda. It has also established a chief residency in international and community mental health at Mass General.

In addition, third- and fourth year MGH Psychiatry residents have taken elective courses in Nepal, Brazil, Chile, Mexico, Belize, South Africa, Ethiopia, Liberia, Australia, Indonesia and China. “In order to be a 21st century psychiatrist you must embrace the concept of a global mission, which requires a new educational model at home,” says Dr. Pierce.

NEW DIRECTOR APPOINTED

In July 2009, David C. Henderson, MD, was appointed as the division’s new director. “Dave Henderson is the perfect person to pick up the torch and carry global psychiatry forward,” says Dr. Fricchione. “He’s a successful researcher, has a wealth of experience on the ground in ‘hot spots’ around the globe, is an intellectually gifted psychiatrist and is a wonderful ambassador for the department.”

Dr. Henderson, who has been at Mass General since he arrived in 1989 as a Psychiatry resident, is an associate professor of Psychiatry at Harvard Medical School. Like Dr. Pierce, Dr. Henderson leads many vital efforts to serve the neediest populations, and holds concurrent positions as the medical director for the Harvard Program in Refugee Trauma and the associate director of the MGH Schizophrenia Program. He is a leading authority on the effects of antipsychotic medications on weight gain, diabetes and cardiovascular disease.



Associate chief of Psychiatry, Gregory L. Fricchione, MD, teaches psychosomatic medicine to psychiatry residents of Addis Ababa University’s Amanuel Psychiatric Hospital. Training of mental health workers is a priority of the MGH Pierce Global Psychiatry Division, given the acute shortage of trained professionals in many countries. Dr. Fricchione notes that Ethiopia has only 22 psychiatrists and 148 psychiatric nurses for 80 million people.

Massachusetts General Hospital Brings Psychiatric Care to War-Torn Liberia

LIBERIA'S HEALTHCARE SYSTEM was once the envy of its African neighbors. Now, the West African nation has virtually no healthcare infrastructure as a result of two decades of brutal civil war. Liberia's mortality rates for infants and children under the age of five are among the highest in the world. UNICEF has reported that more than 15 percent of Liberian children die before reaching their first birthday.

During the country's protracted civil war, Liberians experienced profound losses and witnessed gruesome acts of violence. Child soldiers, trafficking of children, rape, and sex slavery were among the horrific consequences of the wars. While the psychological effects on Liberians have not yet been fully quantified, research from similar conflict-ridden areas of the world shows a high incidence of mental health problems such as post-traumatic stress disorder, depression, and substance abuse. With an estimated population of 3.5 million in 2005, Liberia had less than one psychiatrist for every 100,000 people, compared with 14 per 100,000 in the U.S., according to World Health Organization and Liberian government data. With the help of a Mass General/Harvard team led by David C. Henderson, MD, director of the Chester M. Pierce, MD, Global Psychiatry Division at Mass General, and Richard Mollica, MD, and colleagues in the Harvard Program in Refugee Trauma at Mass General, Liberia is now planning to build capacity to provide mental health care.

PLANNING ON A FAST TRACK

In January 2009, the McCall MacBain Foundation of Geneva, Switzerland, awarded a grant to the Pierce Global Psychiatry Division to join with the Liberian Mental Health Policy Committee, Ministry of Health, to develop a comprehensive clinical care plan for the nation. The MGH team's assignment was to work with Liberian colleagues to identify culturally appropriate, evidence-based, equitable, and cost-effective models of mental health care and delivery.

"The MGH Department of Psychiatry has tremendous intellectual resources to improve the capacity of countries struggling to care for suffering citizens ... Liberia represents both an opportunity as well as an obligation."

— David C. Henderson, MD

In conducting the assessment of Liberia's mental health care needs, the Mass General team visited healthcare facilities throughout the country and conducted detailed surveys. "When we arrived at each location, the primary objective was to listen," recalls Dr. Henderson. "We knew we had to start where people are, with whatever means they use to relieve distress, including traditional healers." The most common psychiatric conditions the team identified were post-traumatic stress disorder, depression, seizures and substance abuse.

Six months later, Dr. Henderson and his team reported their findings, which contained four key recommendations: integrating mental health care with primary care; making treatment available locally; providing special services for at-risk populations; and conducting intensive training for mental health professionals. Liberian President Ellen Johnson-Sirleaf and the country's legislature accepted the recommendations in September, and officials are now seeking funding for wide-scale implementation.

"The MGH Department of Psychiatry has tremendous intellectual resources to improve the capacity of countries struggling to care for suffering citizens," says Dr. Henderson. "Psychiatry can't be considered exempt from the responsibility to contribute to current global needs. Liberia represents both an opportunity as well as an obligation."



Dr. Mardia Stone, *left*, Yale University-Clinton Foundation senior fellow in health care management to the Liberian Ministry of Health and Social Welfare; Dr. Reiner Merkel, *background*, psychologist and medical director of E.S. Grant Hospital in the capital city, Monrovia; James Lavelle, LICSW, *third from right*, co-founder of the Harvard Program in Refugee Trauma at Mass General; and Dr. David C. Henderson, *right*, planning team leader and new director of the Chester M. Pierce, MD Global Psychiatry Division, with staff counselors at the hospital.

75th Anniversary Gala Celebration

The MGH Department of Psychiatry celebrated 75 years of patient care, teaching and research at its Anniversary Gala held on Oct. 24, 2009, at the Westin Waterfront Hotel in Boston. President and CEO of Partners HealthCare Gary L. Gottlieb, MD, MBA, and Senior Vice President for Medicine Britain W. Nicholson welcomed more than 450 guests including hospital leadership, Psychiatry and Psychology faculty, alumni and friends of the department.

Academy award-winning actor Richard Dreyfuss talked about his experience with bipolar disorder and his struggle to find the right psychiatric care. Carroll M. Carpenter and Michele Kessler, co-founders of the MGH Leadership Council for Psychiatry, were presented with Chief of Psychiatry Philanthropy Awards by Chief of Psychiatry Jerrold F. Rosenbaum, MD, and Lee S. Cohen, MD, founder of the MGH Center for Women's Health.

The event raised nearly \$500,000 in sponsorships and related gifts to help support vital clinical and scientific initiatives in Psychiatry at Massachusetts General Hospital.

- 1) Carol Gray McCarthy, *right*, with honorees Carroll M. Carpenter, *left*, and Michele Kessler
- 2) Derri Shtasel, MD, and Gary L. Gottlieb, MD, MBA
- 3) Britain W. Nicholson, MD
- 4) Gary L. Gottlieb, MD, MBA
- 5) Michele Kessler and Jerrold F. Rosenbaum, MD
- 6) Richard Dreyfuss, featured speaker
- 7) Mark Pollack, MD, and Gary S. Sachs, MD
- 8) Phoebe and Jerry Remy, Larry Ronan, MD
- 9) Lee S. Cohen, MD, and Vicki Heller, MD
- 10) Vince and Alicia Wolfington
- 11) Emily Bowman
- 12) Jeanie Calhoun
- 13) Jordan W. Smoller, MD, ScD and Alexis Contant
- 14) Gary Jacobson, MD, and Susan Jacobson
- 15) Peggy and Fenton Burke, Jonathan Burke, Steve and Ginna Cummings
- 16) Norman Nishioka, MD, Helen Riess, MD, Jeannine Marci and Carl Marci, MD
- 17) Dominique Lubar, Susan Levine and Alyce Faye Cleese
- 18) Bruce Price, MD, and George B. Handran
- 19) Lidia Rosenbaum with Blake, *left*, and Jed Rosenbaum
- 20) Prakash Masand, MD, B.J. Beck MD, and Chris Degan
- 21) Avery Weisman, MD, and Lois London
- 22) Kelan and Mark Thomas with Stacy Sweeney, *center*
- 23) Michael Jenike, MD, and Carla Kenney
- 24) Timothy Wilens, MD, *center*, with J.W. Carney Jr. and Joy Rosen
- 25) John B. Herman, MD
- 26) Jerrold F. Rosenbaum, MD, Richard Dreyfuss and Judy Brown Caro
- 27) Joel Pava, PhD, Maurizio Fava, MD, and Kenneth Slater
- 28) Ballroom, Westin Waterfront Hotel
- 29) J. Stuart Ablon, MD, Christina Ablon and Kim Molino
- 30) Martin Hale
- 31) Carroll Carpenter, *second from left*, and children, Ashley Gates Jansen, Johnny Gates, and Lea Carpenter Brokaw
- 32) Ballroom, Westin Waterfront Hotel



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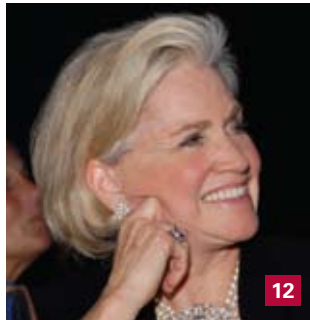


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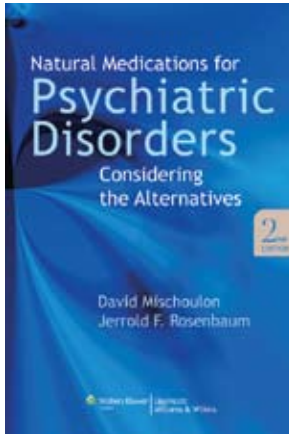
Photos by Sandie Allen



Books by MGH Department of Psychiatry Faculty

Natural Medications for Psychiatric Disorders: Considering the Alternatives

*Edited by David Mischoulon, MD, PhD, and Jerrold F. Rosenbaum, MD
Published by Lippincott, Williams and Wilkins, 2008*

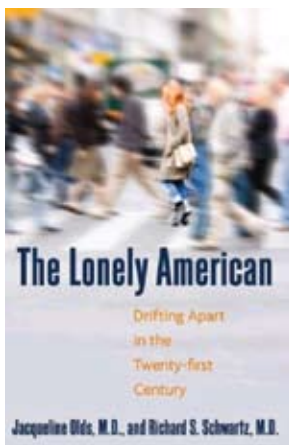


Updated for its Second Edition, this book is the only reference to focus exclusively on natural medications in psychiatry. Eminent psychiatrists from Massachusetts General Hospital and other leading institutions examine current scientific and clinical data on the applications, effectiveness, and safety of natural psychotropics and acupuncture. Quick-reference tabular appendices list indications, contraindications, dosages, combinations, and drug-drug

interactions for each treatment. This edition includes new chapters on acupuncture, homeopathy, and therapies for substance dependence and weight management. The chapter on polypharmacy and side effect management addresses the growing issue of drug-drug interactions. New introductory chapters discuss complementary and alternative medicine in society and examine research limitations and quality assurance issues.

The Lonely American: Drifting Apart in the Twenty-first Century

*by Jacqueline Olds, MD, and Richard S. Schwartz, MD
Published by Beacon Press, 2009*



This book looks at the causes and effects of psychological and social isolation in 21st-century America. The authors, both associate clinical professors of Psychiatry at Harvard Medical School, examine conflicting currents in Americans' views of community: on one hand, Americans glorify individualism and, on the other hand, they yearn for community and – in its absence – feel lonely and excluded. Drawing on research findings and interviews with their patients, Drs. Olds and Schwartz observe that many who

shun community are surprised at how lonely and socially isolated they feel. The authors conclude that when Americans drift away from social connections because of the frenetic and overscheduled intensity of modern life, their physical and mental health suffer. The book invites the reader to consider ways in which this pattern may be changed. Dr. Olds is also a consultant in psychiatry at Massachusetts General Hospital.

Hidden Impact: What You Need to Know for the Next Disaster

*Edited by Frederick J. Stoddard Jr., MD, Craig L. Katz, MD, and
Joseph P. Merlino, MD*

Published by Jones & Bartlett Publishers, 2009



This book guides primary care clinicians in preparing and responding effectively to future disasters based on current knowledge from the growing field of disaster mental health. Written by nine expert disaster psychiatrists, this handbook is organized into three sections. The first section, Preparation, covers the disaster response system in the U.S., preparing to help in a disaster, and risk communication. The second section, Assessment,

provides screening and assessment tools for mental health issues, suicidality, issues in children and families, special populations, and bereavement. The third section, Interventions, offers guidance about psychological first aid, understanding and helping responders, psychosocial interventions, psychopharmacology, collaborative care methods and special issues in international disasters.

The Wrong Side of an Illness: A Doctor's Love Story

by Owen Surman, MD

Published by iUniverse, Inc., 2007



This non-fiction novel is based on the memoirs of a Massachusetts General Hospital psychiatrist whose life is turned upside down by physical signs of his wife's silent illness. What follows is his extraordinary account of their journey through her battle with ovarian cancer. His ability to translate emotion into prose allows him to share with his reader the subtle nuances of the narrator's altered role, the family's experience, the complexity of medical interactions in the setting of tragic

illness and the hope that follows from a loving marriage and a fulfilling career of patient care. Her fatal illness is the subject of a candid narration of love, loss and recovery.

*Book summaries are based on publisher descriptions found at
www.amazon.com.*

Psychiatry Faculty News

Andrew A. Nierenberg, MD, co-director, MGH Bipolar Clinic and Research Program, was appointed editor-in-chief of CNS Spectrums effective June 2009. CNS Spectrums is a monthly Index Medicus/MEDLINE journal designed to bridge the clinical information needs of 50,000 psychiatrists and neurologists. Introduced in 1996, the publication reaches more physicians than any other peer-reviewed neuropsychiatric journal in the world.

Mark Blais, PsyD, director, MGH Psychological Evaluation and Research Laboratory (PEaRL), was selected to receive the American Psychological Association's 2009 Theodore Millon Award in Personality Psychology to be presented at this year's APA convention in Toronto. The Millon Award, the only APA award given in the area of personality psychology, honors "an outstanding psychologist engaged in advancing the science of personality psychology including the areas of personology, personality theory, personality disorders and personality measurement."

Richard Ginsburg, PhD, co-director, MGH Sport Psychology Program, was recently appointed a member of the science and safety committee of United States Lacrosse, a national organization centered in Baltimore, Maryland.

Joseph Biederman, MD, chief, Clinical and Research Program in Pediatric Psychopharmacology and Adult ADHD; Timothy E. Wilens, MD, director, Pediatric Substance Abuse Program, Clinical and Research Program in Pediatric Psychopharmacology and Adult ADHD; and Thomas J. Spencer, MD, associate chief, Clinical and Research Program in Pediatric Psychopharmacology and Adult ADHD; together received the Distinguished Service Award from the MGH/McLean Child and Adolescent Psychiatry Residency "in recognition for dedication to the optimal care of children with psychiatric disorders and devotion to residency education."

Gina R. Kuperberg, MD, PhD, director of Spatiotemporal Imaging for the MGH Schizophrenia Clinical and Research Program, received the A.E. Bennet Research Award from the Society for Biological Psychiatry and the Joseph Zubin Memorial Award for Research in the field of Psychopathology, co-sponsored by the University of Pittsburgh School of Medicine and the New York State Psychiatric Institute.

John Fromson, MD, associate director of the Department of Psychiatry's Postgraduate Medical Education, received the "Excellence in Tutoring" Award from the Harvard Medical School Academy Center for Teaching and Learning.

The National Alliance for Research in Schizophrenia and Depression (NARSAD), a leading charity dedicated to mental health research, awards prestigious competitive grants each year to investigators worldwide who are at the leading edge of discovery in psychiatry and neuroscience. Five Mass General researchers were among the 201 researchers selected by NARSAD for its 2009 Young Investigator Awards:

Michael J. Ostacher, MD, MPH, associate medical director, Bipolar Clinical and Research Program

Elizabeth A. Davis, MD, fellow in Law and Psychiatry

Abidemi A. Adegbola, MD, research fellow in Medicine, Center for Human Genetic Research

Tali Ditman, PhD, research fellow, Athinoula A. Martinos Center for Biomedical Imaging

Xiaoduo Fan, MD, associate director, Schizophrenia Diabetes and Weight Reduction Program

Two Mass General researchers were among 42 selected by NARSAD for 2009 Mid-Career Independent Investigator Grants:

Donald C. Goff, MD, director, Schizophrenia Clinic and Research Program

Gina R. Kuperberg, MD, PhD, director, Spatiotemporal Imaging, Schizophrenia Clinic and Research Program



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MINDSCAPES • SPRING 2010

New Endowed Chair in Psychiatry at Harvard Honors Ned H. Cassem, SJ, MD

More than 100 faculty leaders, colleagues, family members and guests celebrated the establishment of an endowed professorship in psychiatry for Massachusetts General Hospital at a celebration event on June 24, 2009, at Harvard Medical School. The new professorship, also commonly referred to as an endowed chair, will bear the name of Ned H. Cassem, SJ, MD, immediate past and sixth chief of Psychiatry at Massachusetts General Hospital, and will be earmarked for the field of psychosomatic medicine/consultation psychiatry.

The event also marked the designation of Theodore A. Stern, MD, as the first incumbent of the professorship.

Dr. Stern is the director of the MGH Avery Weisman Psychiatry Consultation Service, the program which serves inpatients who require both psychiatric and medical care.

With the new professorship, the MGH Department of Psychiatry has gained a third chair at Harvard Medical School. Named and endowed professorships provide an enduring resource for faculty members who hold the rank of associate professor or full professor. A total of 84 donors joined Mrs. Elizabeth Steele and her family in contributing philanthropic support to fund the endowment.

Prior to serving as the department's chief from 1989 to 2000, Dr. Cassem directed the Weisman Psychiatry Consultation Service. He gained national prominence for his work in palliative and end-of-life care, as well as for research in the relationship between depression and heart disease.

For information about ways to support the clinical care, research, teaching and community health activities of the MGH Department of Psychiatry, please contact Carol Taylor, Director of Development for Psychiatry, at (617) 724-8799 or cwtaylor@partners.org.



Suzanne Camarata

Theodore A. Stern, MD, *left*, professorship incumbent and director, Psychiatry Consultation Service; Jeffrey S. Flier, MD, dean, Harvard Medical School; Ned H. Cassem, SJ, MD, honoree and fifth chief of Psychiatry; Elizabeth Steele; David F. Torchiana, MD, chairman and CEO, Massachusetts General Physicians Organization; Jerrold F. Rosenbaum, MD, chief of Psychiatry.

MINDSCAPES

Spring 2010 Vol. 4, No. 1

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Mindscapes is published for friends and supporters of the Massachusetts General Hospital Department of Psychiatry.

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