The transition to adulthood can be both exhilarating and fun, but also stressful and dangerous as young people adapt to new roles and new freedoms — freedoms that carry significant risks, particularly regarding alcohol and drugs. The clinical needs of youth in the 18- to 25-year-old age group are complex and challenging, and require developmentally appropriate approaches.

HELPING ‘TRANSITIONAL-AGE YOUTH’
To address the special vulnerability of these older adolescent and young adult patients to alcohol and drugs, the MGH Center

for Addiction Medicine has embarked on a plan to expand clinical services for this group — also known as ‘transitional-age youth.’ In late 2007, the MGH Addiction Recovery Management Service (ARMS), as reported in the Fall 2007 issue of MindsCapes, was started to help youth with substance-related problems and their families navigate the confusing array of treatment programs and to fill in gaps in service. Whether it’s a one-time consultation or long-term management, or whether a youth is ready to stop abusing substances, ARMS offers a flexible model of care options and family coaching in an atmosphere free of guilt or shame.

“Transitional-age youth have the highest density of alcohol and drug use disorders and psychological problems in the population, and they bring with them unique developmental needs that are not well served by either adolescent or older adult programs,” says John F. Kelly, PhD, the center’s associate director.

“The earlier you get into treatment and the longer you stay are both predictors of long-term sobriety,” adds Martha Kane, PhD, clinical director of ARMS.

NEW INTENSIVE OUTPATIENT PROGRAM
Thanks to an anonymous charitable gift, Department of Psychiatry and the center’s leadership have been able to build on the early success of ARMS by opening an Intensive Outpatient Addiction Program for transitional-age youth earlier this year. ARMS has also launched a website for patients to

(Continued on page 6)
Message from the Chief

The Holy Grail in psychiatry is prevention: to identify those who are vulnerable before they develop a disorder and to intervene to arrest or prevent the development of the condition.

As we approach that era, it is already apparent that early intervention can blunt the damaging impact of emerging symptoms before they can permanently alter the developing brain of adolescents and young adults. Examples of the urgency of this goal are in adolescent-onset psychosis and adolescent-onset substance abuse. With each, the early disease process can change the brain, and early treatment can be protective.

In this issue of Mindscapes, we feature two exciting MGH Psychiatry initiatives: the First Episode and Early Psychosis Program and the Intensive Outpatient Addiction Treatment Program for Transitional-Age Youth. The former was made possible by a grant from the Sidney R. Baer, Jr. Foundation. (See pages 4-5 for a profile of the foundation and its co-trustee.) For the latter, the generosity of an individual donor gave birth to the new addiction service. Both initiatives demonstrate the crucial role that philanthropy is playing to seed aggressive intervention at the first signs of illness.

On Saturday, Oct. 24, 2009, we will celebrate these and other clinical innovations and scientific breakthroughs at MGH Psychiatry’s 75th Anniversary Gala (page 8). Department faculty and alumni (psychiatrists and psychologists who trained at Mass General) will join several hundred donors and other friends to celebrate this unique milestone.

Our Summer 2009 newsletter also highlights our faculty’s achievements, as well as the 2009 seminar of the MGH Leadership Council for Psychiatry, one of several inspired volunteer groups involved with the Department to advance knowledge and treatment of mental illness. We thank Leadership Council members and, indeed, all our friends and supporters for their partnership in this work.

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

Book Profile

Life in Rewind

by Terry Weible Murphy with Edward E. Zine and Michael A. Jenike, MD
Published by HarperCollins e-books, 2009

In their new book Life in Rewind, Dr. Michael Jenike, Ed Zine and Terry Murphy confront the dark world of obsessive compulsive disorder (OCD). Ed Zine’s OCD tells him, illogically, that if going forward in time moves him closer to death, reversing the action will carry him away from it and that if he can hold back the progression of time, he will not age and his loved ones will not die.

It would be a full year from their first meeting before Ed would come to fully trust world-renowned OCD specialist, Harvard Professor and decorated Vietnam War hero, Dr. Michael Jenike. Breaking the rules of traditional medicine, he would travel from Boston to Ed’s home on Cape Cod, spending countless hours treating him. Dr. Jenike was carrying emotional scars of his own from the loss of too many young men Ed’s age with whom he had served in the war. Finally, with all treatments exhausted, and all hope lost, the unconditional friendship and bond of honor between Ed and Dr. Jenike enabled Ed to use his extraordinary mind to break down his OCD and heal himself.

Dr. Michael Jenike is director of OCD Research at MGH. Terry Weible Murphy is a television executive producer and writer in New York. Ed Zine works in construction and lives in Massachusetts with his wife and two daughters.

Life in Rewind summary is based on the publisher’s description.
MGH Leadership Council for Psychiatry
Seminar in Palm Beach

PRESENTER TEAM REPORTS ON RESEARCH
ADVANCES AND CLINICAL INNOVATIONS AT
3RD ANNUAL SYMPOSIUM

On Feb. 26, 2009, 150 guests, including members of the MGH Leadership Council for Psychiatry, gathered at the Palm Beach home of Michele and Howard Kessler to hear presentations and a panel discussion with leading psychiatrists, psychologists and a neurologist from Mass General.

This year’s event — “Research Advances and Treatment Innovations in Mental Health” — included talks on bipolar disorder, addiction, learning and behavioral challenges in children and psychiatric issues in women, as well as a report of scientific breakthroughs from studies conducted in the Department of Psychiatry.

To date, 49 individuals or families have joined the MGH Leadership Council for Psychiatry that was founded in 2007 to expand awareness and understanding of mental illness; to erase its stigma; and to advance research, clinical care and teaching through advocacy, ambassadorship and philanthropic support.

1) Michele Kessler, seminar host and Leadership Council co-founder, with Jerrold F. Rosenbaum, MD
2) Carroll M. Carpenter, Leadership Council co-founder
3) Fred and Ann Jones, Leadership Council
4) Kate Ford and Bruce Gendelman
5) Allie Hanley (left) and Leadership Council member Audrey Gruss
6) Bernadette Buccini (left) and Virginia Valentine, Leadership Council, with Patricia Reybold (center)
7) From left: Dr. Lucy Waletzky, Leadership Council, with Jim Hamilton and Anne Polk
8) From left: Sally Stroh with Leadership Council members Heidi Cox and Marty Cox
9) Lee S. Cohen MD, director of the MGH Center for Women’s Mental Health
A Professional Role, a Personal Mission

Close relationship between attorney and his client
creates a major resource for psychiatric care and research

When George B. Handran began working as Sidney R. Baer’s personal attorney in January 1981, Mr. Handran had no way of knowing that his reclusive and difficult new client would change the direction of his own life. But the relationship dramatically altered Mr. Handran’s path, and he now considers himself a full-time philanthropist because of it.

BATTLE WITH CHRONIC ILLNESS

By the time the two men met, Mr. Baer had been struggling with schizophrenia for nearly 40 years. He was the scion of a prominent Midwestern family who owned a department store chain. Mr. Baer dropped out of Yale University in his freshman year after his first psychotic break which was only identified as schizophrenia decades later. Typical of the 1940s, Mr. Baer was not viewed as someone with a mental illness, but rather as a failure. Mr. Handran says his client never got over that stigma.

“Sidney was the first one in his family who didn’t finish Yale [University], and it became a major issue with his parents,” Mr. Handran recalls. “Even in the last year of his life, at age 84, I remember him saying, ‘You understand, don’t you, that I would have finished Yale if I hadn’t gotten ill?’ That’s how much of an issue it remained for him throughout his entire life.”

Mr. Baer continued to struggle, spending time in hospitals and in an assisted living facility in Connecticut, in between stints of living on his own in Boston and St. Louis. During intervals of improved functioning, he was active in several successful business ventures and was an astute investor. During the last four years of his life, he enjoyed sustained good health, thanks to a confirmed diagnosis of schizophrenia and a new medication.

CREATING AN ENDURING RESOURCE

Despite his illness, Mr. Baer was consistently generous with his wealth and always clear about his intention to leave his fortune to charity. However, it was Mr. Handran who suggested to Mr. Baer that rather than giving it all away, he could make an enduring impact by creating a foundation to help others suffering from schizophrenia and other mental illnesses. Mr. Baer agreed, and established the Sidney R. Baer, Jr. Foundation in 1999, three years before his death. Mr. Handran and U.S. Trust in St. Louis are the Foundation’s co-trustees.

Consistent with Mr. Baer’s spirit of both expeditious action and a quest for long-term solutions, the Foundation strives to alleviate immediate suffering and to advance knowledge about schizophrenia and depression through academic medical
research. Direct grants for clinical care and public education are made to programs in Mr. Baer’s birth and adopted cities: St. Louis, Boston and New York. Support for research is provided through the National Alliance for Research in Schizophrenia and Depression (NARSAD). The Foundation has supported multiple psychiatry initiatives at Massachusetts General Hospital.

THE FIRST EPISODE: A CRUCIAL TIME FOR TREATMENT

Foremost among these initiatives is the First Episode and Early Psychosis Clinic of the MGH Schizophrenia Clinical and Research Program, directed by Donald C. Goff, MD. According to Dr. Goff, the two to three years after a first psychotic episode, which often occurs during the transition from adolescence to adulthood, constitute the most critical time in a patient’s treatment.

“That’s when we stabilize patients with medication and a form of ‘talk therapy’ called cognitive behavioral therapy, while we work to integrate them back into school or work environments,” says Dr. Goff. “The conventional view of schizophrenia was that it just got worse and worse, but now there’s a growing understanding that the illness may not always be progressive and that in fact some medications may promote healing of the brain and recovery of brain function. So clinical services need to be tailored to optimize that potential.”

The clinic’s multi-disciplinary team provides a comprehensive psychological, medical and neuropsychological assessment of any patient who displays psychotic symptoms. In the last 12 months, some 60 patients from around the country, most of them aged 14 to 30 years, came to Mass General for first-time evaluations or for second opinions at the First Episode and Early Psychosis Clinic. Patients who live in the immediate area often receive ongoing care.

FUNDING FOR PREVENTION AND EDUCATION

With Baer Foundation support, Dr. Goff and colleagues have also been able to expand preventive services for people with schizophrenia that insurers often will not cover, like smoking cessation and weight-loss interventions, in an effort to address the disproportionate incidence of diabetes and heart disease that affect patients with psychotic disorders. The Foundation has also made a sustained commitment to patient and family education through sponsorship of MGH’s Schizophrenia Education Day, held each October, and of two annual seminars for the public in other areas of psychiatry, such as depression, autism, cognition and aging and addiction.

“Mental health is seriously and chronically underfunded. I have to be sure that the extraordinary resources that Sidney contributed are allocated to programs that can do something innovative for patients and achieve results.”

— George B. Handran, Esq., co-trustee of the Sidney R. Baer, Jr. Foundation

Although Mr. Handran maintains a law practice, he visits every program that the Foundation funds, serving on the NARSAD board, advocating for employment opportunities through the Massachusetts Clubhouse Coalition and the International Committee for Clubhouse Development and speaking to lay audiences. He views his newfound mission as a testament to the courage and vision of his late client who never received effective medications until he was 70 years old. “Mental health is seriously and chronically underfunded. I have to be sure that the precious resources that Sidney contributed are allocated to programs that can do something innovative for patients and achieve results.”

SAVE THE DATE – Psychiatry Seminars for the Public

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<th>Understanding and Living with Depression</th>
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<td><strong>Saturday, July 11, 2009</strong></td>
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Presented by the Mood and Anxiety Disorders Institute Resource Center, Depression Clinical and Research Program and Schizophrenia Clinical and Research Program of the Department of Psychiatry, Massachusetts General Hospital

Sponsored by The Sidney R. Baer, Jr. Foundation

Information at www.moodandanxiety.org or call (617) 724-8318.
The Addiction Recovery Management Service (ARMS) and its new website www.addictionanswers.com help older teens, young adults and their parents deal with substance abuse.

The new outpatient service provides up to five hours per week of group work, plus individual and family therapy and case management for a period of 16 weeks. Participants also attend a weekly Alcoholics Anonymous meeting for young adults. Although programs of this duration and intensity are often available for older adults, the new program is the first hospital-based outpatient service for this age group in the Boston area. More than half of patients enrolled to date are primary opiate users, and the rest are primary alcohol users, although most use multiple substances.

The clinical model is based on research findings that patients treated in intensive outpatient programs have higher rates of abstinence six months after they complete treatment and significantly fewer inpatient days of care during the year after they complete the treatment. The program is housed at the West End House on the Massachusetts General Hospital campus, and patients covered by either private or public insurance programs are eligible.

**PARENT INVOLVEMENT A PRIORITY**

Outreach and support for parents and other family members are a key component of the program. “We’ve found that if parents participate, two months or so later their teenager or young adult will follow suit,” says Dr. Kane. Parents can attend a 12-week program of open weekly meetings that are facilitated by a professional and that cover a defined educational curriculum on the nature of addiction, treatment models, relapse and recovery, adolescent development, active listening and communication strategies.

One mother whose daughter had gone through multiple treatment experiences observed that the new program at Mass General is the first that she and her husband have found that works directly with parents, helping them understand the illness and exert influence even with a child who has reached legal adulthood. “Addiction is a demon,” she says, speaking anonymously. “At the meetings, we learn a lot, and we gather courage to be able to live through the experience. Having this guidepost — and free of charge — has been a godsend.”

— Parent

**WEB SITE LAUNCHED**

The MGH Center for Addiction Medicine took another giant step forward to reach hundreds of thousands of young people and their loved ones with the unveiling of the ARMS website www.addictionanswers.com. Its immediate purpose is to help people sort through the often overwhelming volume of information about addiction and treatment programs available on the Internet. With separate sections for youth, parents and school personnel, the website provides questions and answers, a self-evaluation quiz, links to other private and government information sources and video lecture segments on addiction topics with senior Mass General clinicians.

“We know that people search online for programs, and we wanted to make it easier for them to access reliable, accurate information, to use a self-assessment tool, and to know about ARMS,” says Joy Rosen, executive director of the Department of Psychiatry, who has helped lead the center’s expansion to better serve transitional-age youth.

The site, www.addictionanswers.com, is still under construction and additional features are planned, such as a community forum where visitors can communicate among themselves and live “ask the expert” chats.

**FREE AND OPEN TO THE PUBLIC AT MASS GENERAL**

- **AA Meeting for Young Adults**
  - Tuesday, 6-7 pm
  - MGH Yawkey Center for Outpatient Care
  - 32 Fruit Street, 10th Floor- Room 640, Boston, Mass.

- **Addiction Education Group for Parents**
  - Tuesday, 5:30-7 pm
  - MGH ARMS Offices
  - 151 Merrimac Street, 5th Floor, Boston, Mass.
  - Information: 617-643-4699
John A. Fromson, MD, associate director of Postgraduate Medical Education for the Department of Psychiatry, was the recipient of the Massachusetts Psychiatric Society’s 2008 Outstanding Psychiatrist Award for Advancement of the Profession for his work in the areas of patient safety and physician and medical student health.

Donald C. Goff, MD, director of the MGH Schizophrenia Clinical and Research Program, was the recipient of the Stanley Dean Award for Research in Schizophrenia from the American College of Psychiatrists and the Wayne Fenton, MD, Award for Exceptional Clinical Care from The Schizophrenia Bulletin. The Wayne Fenton, MD, Award recognizes clinicians who are committed to improving the daily lives of individuals with schizophrenia.

Maurizio Fava, MD, executive vice chair of the MGH Department of Psychiatry and director of the MGH Depression Clinical and Research Program, was named by Harvard Medical School as a recipient of the 2008-2009 A. Clifford Barger Mentorship Award at Harvard Medical School for excellence in mentoring.

John F. Kelly, PhD, program director of the MGH Addiction Recovery Management Service (ARMS) and associate director of the MGH Center for Addiction Medicine, was elected as an executive officer of the Board of the American Psychological Association Division on Addictions.

Dr. Kelly was also elected to serve as associate editor of two peer-reviewed journals: Addiction and the Journal of Substance Abuse Treatment.

Elyse R. Park, PhD, MPH, clinical associate in Psychology and chief of Behavioral Health Research, MGH Benson-Henry Institute for Mind Body Medicine, received a three-year grant from the Lance Armstrong Foundation for the study, “Are Childhood Cancers Survivors Underinsured?” Dr. Park and the other 2008 Lance Armstrong Foundation grantees are focusing on studying the needs of cancer survivors.

Helen Riess, MD, director of Empathy Research and Training and director of Psychotherapy Supervision in the MGH Department of Psychiatry, will serve as a scholar of the Program for Educators in the Health Professions of the Harvard Macy Institute on the subject of empathy training for physicians.

Each year, the Harvard Macy Institute accepts 70 health care professionals from around the world; 11 countries are represented in the 2009 class of scholars.

Ronald Schouten, MD, JD, director of the MGH Law and Psychiatry Service and a consultant for the FBI’s Center for the Analysis of Violent Crime, was appointed to the Biological Sciences Expert Group sponsored by the Office of the Director of National Intelligence. Dr. Schouten teaches a freshman seminar at Harvard University entitled “Responsibility, the Brain, and Behavior” and has been named a Knowles Scholar by the Faculty of Arts and Sciences for a second year in a row.

Theodore Stern, MD, chief of the Avery D. Weisman Psychiatric Consultation Service at MGH, received the Academy of Psychosomatic Medicine’s Thomas P. Hackett Award (its highest honor) in November 2008.

Dr. Stern has also been nominated by the MGH Board of Trustees and approved by the Harvard University Governing Boards as the first incumbent of an endowed Harvard University Professorship in Psychiatry (in Psychosomatic Medicine/Consultation Psychiatry). The new professorship, funded by charitable gifts and grants, has been established in honor of Ned H. Cassem, SJ, MD, the sixth chief of psychiatry at MGH.

Kathy Ulman, PhD, director of the MGH Center for Group Psychotherapy, and her co-presenters Karen Carlson, MD, and Stephanie Eisenstat, MD, of MGH Women’s Health Associates received the David E. Rogers Junior Faculty Education Award for their presentation “Supporting Behavioral Change through Diabetes Medical Group Visits” at the 2008 Annual Meeting of the Society for General Internal Medicine in Pittsburgh.
MASSACHUSETTS GENERAL HOSPITAL

Celebrating 75 Years

MASSACHUSETTS GENERAL HOSPITAL
DEPARTMENT OF PSYCHIATRY

75th Anniversary Gala Celebration

Save the Date October 24, 2009

Please join us for an evening of friendship and inspiration in honor of the accomplishments of our nationally ranked and internationally renowned Department of Psychiatry.

Westin Waterfront Hotel 6:30 pm Reception 7:30 pm Dinner and Program
Boston, Massachusetts

For information: Frank Saldo at (617) 724-0186 or fsaldo@partners.org.

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.