Welcome to Mindscapes, the newsletter for friends and supporters of the Department of Psychiatry at Massachusetts General Hospital. In this and future issues, we will provide a window into our ongoing work to enhance the knowledge of and treatments for psychiatric illness. Mindscapes will also provide updates on our growing philanthropy program, which is vitally important to sustaining our mission of patient care, research and teaching.

Founded 72 years ago as one of the first departments of psychiatry in a general hospital, MGH Psychiatry is dedicated to seeking the fundamental knowledge that can lead to new remedies for those suffering with mental illness. Its first chief was a neurologist, Stanley Cobb, MD, who later became an expert in psychoanalysis, and the department continues to be inspired by the truth that mind and brain are inseparable.

As the brain gives rise to the mind so, too, does the work of the mind alter the structure of the brain. Novel tools such as neuroimaging and genetics offer exciting glimpses of the biology of the brain and the circuitry underlying the way we think, behave and feel. We can anticipate the day when we will be able to predict which treatments will work for specific patients, and to identify young people at risk of developing a psychiatric illness, so they can be saved from a life of distress through early interventions.

This is a transformative time in the field of psychiatry. Through Mindscapes, we look forward to sharing with you the news of some of the accomplishments of the department’s more than 600 psychiatrists and psychologists.

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

Once again, the MGH Department of Psychiatry received the top national ranking for psychiatry in the 2006 issue of the annual “America’s Best Hospitals” survey conducted by U.S. News & World Report. This is the eleventh consecutive year the department has earned this distinction.

In the specialty of psychiatry, “America’s Best Hospitals” rankings are based on peer reputation. Board-certified physicians throughout the nation are asked to name the best hospital in their specialty for patients with difficult conditions. This year, more than 43 percent of responding physicians cited the MGH Department of Psychiatry as their choice.

According to Jerrold F. Rosenbaum, MD, psychiatrist-in-chief, the department’s outstanding reputation among medical professionals and the general public alike is due to multiple factors. These include its excellence in pediatric and adult clinical care; its pioneering and prolific translational and clinical research; its highly regarded training programs; and its far-reaching, innovative educational programs for both professionals and the lay public.

“Founded in 1934 with support from the Rockefeller Foundation as one of five general hospital psychiatry services in the nation, this department has a long, proud history of being at the forefront of psychiatry,” says Rosenbaum. “This designation is one measure of our longstanding commitment to innovation and excellence.”
Like all areas of medicine in the 21st century, psychiatry is a rapidly changing field in which new insights and discoveries that impact patient care take place with astonishing frequency. While this is good news for patients, it often poses a significant challenge to clinicians, who want to stay abreast of the latest advances but are busy caring for patients. It can be especially problematic for providers in rural areas, who live far from academic medical centers. Consistent with its educational mission, for the past 30 years the Massachusetts General Hospital Department of Psychiatry has provided postgraduate education to tens of thousands of colleagues from throughout the U.S. and the world.

A FRESH LOOK
A few years ago, Robert Birnbaum, MD, PhD, director of the department’s Division of Postgraduate Education, in collaboration with Psychiatrist-in-Chief Jerrold Rosenbaum, MD, and other members of the Department of Psychiatry, felt it was time to take a fresh look at the current state of postgraduate education in their specialty. After extensive planning, in 2005 the department launched the MGH Psychiatry Academy – a revolutionary new way for clinicians around the world to gain convenient, 24/7 access to the latest practice-based clinical information from the leading psychiatry department in the nation.

Members of the MGH Psychiatry Academy can access a wealth of practical, timely information at their fingertips – at any time and from virtually any venue, including their office, clinical setting or home. And they can choose their preferred medium – from live symposia held throughout the year in 12 U.S. cities to national satellite broadcasts, webcasts and video and audio podcasts, as well as DVDs, tapes, articles and books.

INTERACTIVE WEB SITE
The portal to the MGH Psychiatry Academy is a dynamic web site (www.mghcme.org). Among the many features of the Academy’s web site are a library of information in all formats; a Web/Podcast Learning Center, from which all Academy events can be downloaded onto a computer or personal media player; and an event calendar, listing upcoming Academy activities. Another section provides links to late-breaking professional news. Members can also search for and view snippets of videos on topics of interest to them. Everything on the web site can be searched quickly and easily.

And through the new Clinical Community Forum, members can interact with MGH faculty and their peers. “People seem to learn best when they are fully engaged,” explains Birnbaum, “so the Psychiatry Academy offers multiple ways for members to master a topic and encourages information to flow in both directions.” He emphasizes that the Academy’s offerings continually evolve to reflect members’ interests and needs, which are evaluated through regular online polls.

GLOBAL REACH
By all measures, this approach appears to be working. The Psychiatry Academy has approximately 37,000 members throughout the U.S. and 67 countries around the globe. Membership is predicted to climb to more than 51,000 by the end of 2007. According to Birnbaum, another important measure of the Psychiatry Academy’s effectiveness is its impact on how clinicians practice and how that, in turn, affects patients’ outcomes. One recent Psychiatry Academy poll of clinicians who attended one of the daylong live symposia found that, after three months, half of the respondents had made changes in their treatment approaches.

Birnbaum says that this new educational model has proven so effective that in mid-2007, the Massachusetts General Hospital Academy will be established, bringing the many benefits of the virtual university to clinicians in other specialties.

For more information about the MGH Psychiatry Academy, visit www.mghcme.org. For ways to support educational initiatives within the Department of Psychiatry, contact Carol Taylor in the MGH Development Office at 617.724.8799 or cwtaylor@partners.org.
Psychiatrist-in-Chief Appointed Chair of MGH Research Committee

Psychiatrist-in-Chief Jerrold F. Rosenbaum, MD, was recently appointed chair of the Massachusetts General Hospital Executive Committee on Research (ECOR). He is the first psychiatrist to be named to this prestigious three-year position. Rosenbaum is widely recognized as one of the world’s foremost authorities on mood and anxiety disorders, with a special emphasis on pharmacotherapy of these conditions.

“As chairman of the Executive Committee on Research, Jerry provides the kind of strong leadership, vision and creativity needed to help map out our strategy for future research growth and priorities.”

– Peter L. Slavin, MD, President, Massachusetts General Hospital

ECOR is the central body that governs all research at MGH, which encompasses nearly 1,100 principal investigators, more than 22 acres of research labs and $500 million a year in research expenditures – the largest hospital-based research budget in the U.S.

ECOR’s role is multifaceted. It includes defining the research vision and priorities for MGH; providing strategic guidance to MGH executives and trustees; allocating resources, such as interim “bridge funding” to support investigators who are anticipating external funding; and participating in research planning across Partners HealthCare and affiliated external institutions.

According to Rosenbaum, one of the major challenges facing ECOR is the reduction in the National Institutes of Health (NIH) budget, the first cut since 1973. Currently, NIH is the source of roughly two-thirds of MGH’s research funds, so this reduction is expected to have a significant impact on MGH’s research portfolio.

Another challenge facing ECOR is a shift in NIH’s focus, which puts greater emphasis on interdisciplinary, “translational” research, and its new “Roadmap for Medical Research” initiative, which requires new approaches to accessing funds.

Rosenbaum emphasizes that despite these challenges, ECOR, with strong support from MGH’s senior hospital management and trustees, is committed to maintaining the hospital’s longstanding position as a leader in research. “But in this new environment, philanthropic support of research is increasingly important to fund the research that can improve patient care,” says Rosenbaum. “More than ever, we depend on donors to help us fulfill MGH’s research mission.”

“As chairman of ECOR, Jerry provides the kind of strong leadership, vision and creativity needed to help map out our strategy for future research growth and priorities,” says Peter L. Slavin, MD, president of MGH. “Jerry’s wisdom and perspective will be vitally important as we look to move ahead in exciting new directions while finding ways to address the challenges of how to continue funding promising research.”

Research Capsule

Scientists at MGH, the Harvard School of Public Health and the University of Pittsburgh combined data from the largest gene-mapping studies of bipolar disorder and found two regions of the human genome that appear to contain genes contributing to the disorder. On the left panel below, the black line represents the combined evidence from individual studies (colored lines), showing a peak on chromosome 6 that is strongly linked to bipolar I disorder. The right panel shows a second peak region on chromosome 8 that is genetically linked to bipolar I and bipolar II disorder. The MGH scientists are now examining these regions of the genome in depth to identify the specific gene or genes that contribute to the development of bipolar disorder.

– Jordan Smoller, MD, ScD, Department of Psychiatry
hen Nancy Kimmerly and John Neal’s first child, Abby, was born 11 years ago, the couple – like most new parents – had little idea of what to expect other than what they had gleaned from parenting books. At 18 months, when Abby began to scream through the night, the couple assumed she was hungry or maybe just an irritable baby. When, in preschool, their daughter would overreact to even the most minor setback or triumph, “We figured Abby was just a very sensitive child,” says Kimmerly.

It was not until the couple’s second child, Julia, was born that Kimmerly and Neal began to realize that something might be wrong with their firstborn. “We didn’t appreciate how different Abby’s behavior was until we had Julia,” says Neal.

Abby’s first few years of school were often very difficult for her and her family, who relocated from the Boston area to Utah six years ago. An extremely creative, bright child, Abby was exceedingly driven to succeed, but could become derailed very easily.

Over the course of several years, Kimmerly and Neal took Abby to a string of specialists in Massachusetts and Utah. Their daughter was incorrectly diagnosed with anxiety disorder and put on medication that only made her symptoms worse. One psychiatrist decreed that Abby was just “being manipulative.”
FINALLY, AN ANSWER
Deeply concerned about their daughter, Kimmerly and Neal decided to have her evaluated by MGH psychiatrist Janet Wozniak, MD, director of the Pediatric Bipolar Disorder Clinical and Research Program. Abby, then in second grade, traveled with her parents from Utah to Boston to meet with Wozniak.

Following a comprehensive evaluation, Abby was correctly diagnosed with bipolar disorder (BPD). This is a serious mental illness characterized by recurring episodes of extreme mood swings that go from depression to mania or, in some people – often children – extreme irritability. Like Abby, many children with BPD also have related conditions such as attention deficit/hyperactivity disorder (ADHD), anxiety, obsessive-compulsive disorder (OCD) and pervasive developmental disorder (PDD).

According to Wozniak, until about a decade ago it was widely believed that BPD was extremely rare in children. “Today most mental health professionals know that this condition affects children as well as adults,” she says.

EASILY OVERLOOKED OR MISDIAGNOSED
“Bipolar disorder can easily be overlooked or misdiagnosed in children,” Wozniak notes. One reason is that the manic phase of the disease is not the typical euphoric “high” seen in adults, but more often extreme, frequent irritability along with explosive anger and aggression.

The consequences of misdiagnosis can be “dire,” says Wozniak, as drugs for depression, ADHD, anxiety disorder and OCD can make BPD worse, and delaying treatment can lead to a host of later complications.

Fortunately, there are treatments for BPD, including a new generation of drugs that usually do not cause the troublesome side effects of the earlier medications. Although not a cure, these drugs can help stabilize patients’ moods so they can function better. While this is the first priority, other medications that target the co-occurring disorders may be “cautiously added,” says Wozniak.

While the recognition and management of pediatric BPD have clearly improved in recent years, many important questions remain. One is how the condition and the medications used to treat it affect cognition – specifically something known as executive function, which includes abilities such as attention, reasoning, inhibition and working memory. Recent research conducted at MGH indicates that children with BPD and ADHD exhibit deficits in executive function, which is critically important for complex human behavior.

GIFT LAUNCHES RESEARCH INITIATIVE
Last year Kimmerly and Neal made a generous, extended commitment to establish a Cognition Research Initiative within the Department of Psychiatry’s Clinical and Research Program in Pediatric Psychopharmacology and Adult ADHD, which is directed by Joseph Biederman, MD. The couple became interested in this research because they noticed that Abby, now 11, began losing some of her executive function as she got a little older.

The Cognition Research Initiative is monitoring a comprehensive, multi-faceted research agenda aimed at better understanding, diagnosing, measuring and ultimately treating executive-function deficits in children with BPD, ADHD and PDD.

One of the goals of this initiative is to find ways to diagnose BPD as early as possible. “Early diagnosis and prompt, aggressive treatment is essential to achieving the best possible outcomes,” says Wozniak. “With this generous gift, we can do the research that will enable us to find some answers that can help children like Abby and their families.”

For more information about ways to support the Cognition Research Initiative, please contact Carol Taylor in the MGH Development Office at 617.724.8799 or cwtaylor@partners.org.
Participating in sports can be a positive experience for children of all ages. But in today’s highly competitive sports culture, youth sports is also fraught with potential pitfalls.

This book, written by two of the nation’s leading youth sports psychologists in collaboration with an Olympic-level athlete and expert on performance enhancement, offers a three-step program to help parents ensure a positive sports experience for their child at different ages and stages of their lives, from early childhood through the college years.

Ginzberg and Durant are directors of the Sports Psychology Program and the Performance and Character Excellence in Sports (PACES) Institute of the MGH Department of Psychiatry. Baltzell is a professor at Boston University.

Raising an Emotionally Healthy Child
When a Parent is Sick
by Paula K. Rauch, MD, and Anna C. Muriel, MD, MPH
Published by McGraw-Hill, 2005

Written by psychiatrists who care for children and families facing life-threatening illness, this book covers a wide range of issues of importance to a parent who is seriously ill. Topics include addressing children’s common concerns at each phase of their development, determining how children with different temperaments are truly feeling, reassuring children that they will be taken care of, and ensuring children’s emotional and financial security.

Rauch is chief of MGH’s Child Psychiatry Consultation Service and director and founder of the MGH Cancer Center’s PACT (Parenting At a Challenging Time) Program. Muriel is a member of the PACT team.

Straight Talk about Psychiatric Medications for Kids
by Timothy E. Wilens, MD
Published by Guilford Publications, 2004

Increasingly, psychiatric medications are being used to treat a range of mental health disorders in children, such as anxiety, depression, bipolar disorder, attention deficit/ hyperactivity disorder (ADHD) and Tourette’s syndrome. But parents are often understandably concerned about the short- and long-term effects these drugs may have on their child.

Using real-life examples and easy-to-understand visuals, Wilens’ comprehensive book provides the latest information about psychiatric medications and their impact on children’s mental and physical health and school performance.

Wilens is director of Substance Abuse Services in the Clinical and Research Program in Pediatric Psychopharmacology in the MGH Department of Psychiatry.

This and future issues of Mindscapes offer brief descriptions of recently published books for the general public written by members of the department’s faculty. These books can be found in major bookstores or online.
James and Linda McIngvale, well-known throughout Texas for their successful Houston-based furniture business and their local philanthropy, recently made a commitment of $10 million to fund major, sustained research in obsessive-compulsive disorder (OCD) within the MGH Department of Psychiatry. Their generous gift is the largest donation in the department’s history.

The McIngvales are passionate about supporting OCD research because they know first-hand how debilitating this condition can be. Their daughter, Elizabeth, who is now in college, was diagnosed with OCD at age 12. Thanks to excellent care and a loving, supportive family, Elizabeth manages to control her condition. But, as with all OCD patients, “it is a daily challenge,” says Linda McIngvale.

According to MGH psychiatrist Michael Jenike, MD, who directs the MGH OCD Research Program, this gift funded the creation of the McIngvale Research Group – a team of MGH specialists in psychiatry, genetics and neuroimaging who are focused on understanding the genetic basis of OCD with the goal of improving diagnosis and treatment.

“The strides Dr. Jenike and his team are making are thrilling,” says James McIngvale. “Supporting this research is the best investment we’ve ever made.”

**Editor’s Note: What’s In a Name?**

We wish to acknowledge Department of Psychiatry volunteer Robin Isaacs of Lincoln, Massachusetts, for creating the name Mindscapes for the department’s Gala Art Auction for Depression Awareness in 2005.

Art and psychiatry converge in their translation of inner states of mind – thoughts, feelings and behaviors – and Mindscapes evokes this connection. Mindscapes was the overwhelming favorite of department members among the many names proposed for this newsletter.

Reflecting on three generations of visual artists in her family, Isaacs notes the “uncanny ability of visual artists to display their inner observations for us to see.”

**SAVE THE DATE!**

**Saturday, May 5, 2007**

The Spring Symposium on Mental Health and Wellness

“Mental Illness and Addiction: Co-Occurrence and Treatment”

Richard B. Simches Research Center Auditorium
Massachusetts General Hospital

Sponsored by the Mood and Anxiety Disorders Institute Resource Center and the Schizophrenia Clinical Research Program

For more information visit www.moodandanxiety.org

To register, call 617.724.8318 or email info@moodandanxiety.org
Legendary funnyman John Cleese and his wife, noted psychotherapist and author Dr. Alyce Faye Cleese, were honored for their work in improving the human condition through comic relief and therapy at the annual MGH Endowment for the Advancement of Psychotherapy gala event, ANALYZALOT, on December 2, 2006. Some 400 guests attended, and more than $220,000 was raised to help support the Endowment’s programs. Founded in 2000, the Endowment provides advanced clinical training, funds research in the field of dynamic treatment, and educates the public about the benefits of psychotherapy.

Above left, Dr. Alyce Faye Cleese receives the Endowment for the Advancement of Psychotherapy Leadership Award for her husband, John Cleese, and herself from Endowment founder, Dr. Anne Alonso. Above right, Endowment founder Dr. Anne Alonso with George Handran, co-trustee, Sidney R. Baer Jr. Foundation, and event co-chair, Dean Goodermote. Below: John McCarthy, ANALYZALOT Co-Chair Carol Gray, Celeste Nicholson, Dr. Britt Nicholson, Marcia Brown and Robin Brown enjoy the event.

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

www.massgeneral.org/allpsych

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