



McLean NEWS

June 11, 2010

A PUBLICATION FOR THE McLEAN HOSPITAL COMMUNITY

McLean staff recognized at the APA

Paul Barreira, MD, and Martin Kafka, MD, were each honored for their significant career accomplishments and contributions to the field of Psychiatry at the American Psychiatric Association (APA) annual meeting in New Orleans.



Paul Barreira, MD

Barreira was presented with the APA's Distinguished Fellowship Award, while Kafka earned the Distinguished Life Fellowship Award during the organization's Convocation of Fellows on May 24. The awards are the APA's



Martin Kafka, MD

highest honors, bestowed upon outstanding psychiatrists who have made major contributions to the psychiatric profession in at least five of the following areas: administration, teaching, scientific and scholarly publications, volunteering in mental health and medical activities of social significance, community involvement and clinical excellence.

Barreira first joined the McLean community from 1981 to 1983 as an assistant psychiatrist and clinical research fellow. He

returned to McLean in 2000 and is currently the program director of Waverley Place, the hospital's community-based rehabilitation program. In addition to his role at McLean, Barreira is director of Behavioral Health and Academic Counseling for Harvard University.

Kafka, MD, a member of the McLean Clinical Associates Staff, joined the McLean community in 1983 as medical director for the Cognitive Behavior Therapy Unit; a position he held for four years. Since then, he has held various roles at the hospital. He is a member of the APA work group compiling content on sexual and gender identity disorder for the fifth edition of the Diagnostic and Statistical Manual of Mental Disorders, due to publish in 2013. ♦

Research Advances: Long-term study of borderline personality disorder shows importance of measuring real-world outcomes

A long-term, follow-up study of 290 hospitalized patients with borderline personality disorder (BPD)—characterized by unstable interpersonal relationships, chronic unhappiness, frequent changes in mood, cognitive distortions, and marked impulsivity—recently revealed that 10 years after hospitalization, 86 percent of the patients had sustained symptom remissions.

Mary Zanarini, EdD, director of Adult Development at McLean, and her colleagues, evaluated patients every two years with a series of semi-structured interviews and self-report measures. Although most patients no longer met diagnostic criteria for the disorder, only 50 percent had achieved recovery, meaning they experienced a two-year remission and maintained or achieved both social and vocational functioning.



Mary Zanarini, EdD

The long period of follow-up in the study and use of outcome measures of greatest interest to patients and their families represents a major advance in defining recovery from BPD.

The authors found that while concurrent symptomatic remission and good psychosocial functioning seem difficult for many patients to attain; once recovery is attained, it is relatively stable. Two-thirds of those who became functionally recovered

remained so; the proportion was even higher when improvement was defined as a symptom remission lasting at least four years.

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National Council members host reception in Florida



McLean National Council member Fred Adler, *in photo at above*, and his wife Catherine hosted a cocktail reception in March at their home in Palm Beach, Florida, where longtime supporters and new friends of McLean had an opportunity to mingle with hospital staff and to learn about the advances McLean is making in mental health treatment, research and education. A highlight of

the evening was a lively discussion about the latest enhancements in treating adolescents and young adults suffering from depression, led by Joseph Gold, MD, chief medical officer, Jeanne Blake, an award-winning journalist and McLean board member, and Scott Rauch, MD, McLean's president and psychiatrist in chief. ♦

Survey to land in inboxes next week

Employees should be on the lookout next week for an online survey they will be asked to complete before Wednesday, June 23, as part of McLean's preparation for this year's Joint Commission visit. The survey will help McLean fulfill the Joint Commission requirement of assessing the culture of safety and quality.

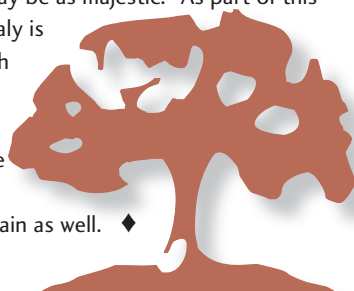
"Broad participation in this survey is very important so we can have a balanced overview of the hospital's status in these areas," said Michele Gougeon, MSS, MSc, executive vice president and chief operating officer. The hospital's submissions will be forwarded to a national database maintained by the Agency for Healthcare Research and Quality, allowing McLean to review and track its submitted data as well as that of comparable hospitals.

The Joint Commission is expected to conduct its triennial accreditation site visit sometime this year. The visit will be unannounced. ♦

New tree being planned for courtyard

Many in the McLean community were saddened by the removal last month of the old maple tree in the deMarneffe courtyard. With many dead limbs, the tree had become a safety hazard. The good news is that planting a new tree in its place is part of a larger plan to re-design the courtyard landscaping.

"This is one of our top priorities", said Andy Healy, director of Facilities. "Obviously we can never replace such a distinctive tree, but we will remove the stump and plant another that may someday be as majestic." As part of this project, Healy is working with Halvorson Design to redesign the courtyard's water fountain as well. ♦



Research Advances

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The authors raise the possibility of incorporating a rehabilitative approach into treatment, to address social and vocational functioning. "Improving interpersonal relationships and job performance is a large part of the goal for many patients and their families," said Zanarini. "A rehabilitation approach might also have the practical effect of reducing the percentage of patients who receive disability benefits and, equally important, it could help alleviate some of their feelings of low self-worth." ♦

IDX...improved

McLean upgraded its IDX system on June 8. According to McLean Chief Information Officer Andrew Laband, the upgrade is the first of two required for the implementation of the new diagnostic and billing codes coming next year. ♦



Coming Up

HEALTH AND FITNESS EXPO

This weekend, stop by the Partners/Channel 7 Health and Fitness Expo will be at the Hynes Convention Center Saturday and Sunday, June 12 and June 13, 10 am to 5 pm. Visit www.bostonhealthexpo.com for a list of events.

NEUROSCIENCE SEMINAR

Su-Chun Zhang, MD, PhD, University of Wisconsin, will present "Stem Cell Models of Human Biology" on Monday, June 14 from 4 pm to 5 pm in the de Marneffe building, Room 132.

BORDERLINE PERSONALITY DISORDER CASE CONFERENCE

Terry Maltsberger, MD, McLean Hospital, will present "Death of a Patient: Part II" on Tuesday, June 15 from 4 pm to 5 pm in the Paul Howard Conference Room of the Administration Building.

EMPLOYEE BBQ, INTRANET LAUNCH

See flyer this page. ♦