

McLean Update

McLean Hospital 115 Mill Street Belmont MA 02178-9106

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McLean Hospital has changed dramatically over the past year and our new quarterly publication, McLean Update, reflects those changes.

Many of the professionals and families who use McLean's services have been wondering about what's happening "on the hill." We hope this Update will keep you informed.

Since last fall, the hospital has embarked on a restructuring program to reduce costs, improve the efficiency of patient care, and develop new services.

Some of the changes implemented to achieve those goals include the reorganization of our partial hospital services, the development of a nursing home consultation service, the consolidation of services into core campus buildings in order to make room for new initiatives, and the launching of a Continuous Quality Improvement (CQI) program.

As a member of the Partners HealthCare System, McLean, along with Massachusetts General, Brigham and Women's, and Spaulding Rehabilitation hospitals, is participating in the development of a comprehensive network of mental healthcare providers capable of providing a complete continuum of cost-effective primary, secondary, and tertiary care services over a broad geographic area.

On campus, our inpatient, partial hospital, and ambulatory services continue to evolve. The Spaulding-McLean Center, the region's first inpatient program designed to treat older adults with psychiatric and physical rehabilitative needs, opened in May. Located on the McLean campus, the Center brings together staff from two Partners hospitals who are specially trained to treat patients with this complex combination of needs.

Off campus, we are participating with other high quality providers in developing partial hospital programs for elderly patients, outpatient services for children and adolescents, and myriad other clinical programs designed to help patients function in community settings and reduce their need for inpatient care.

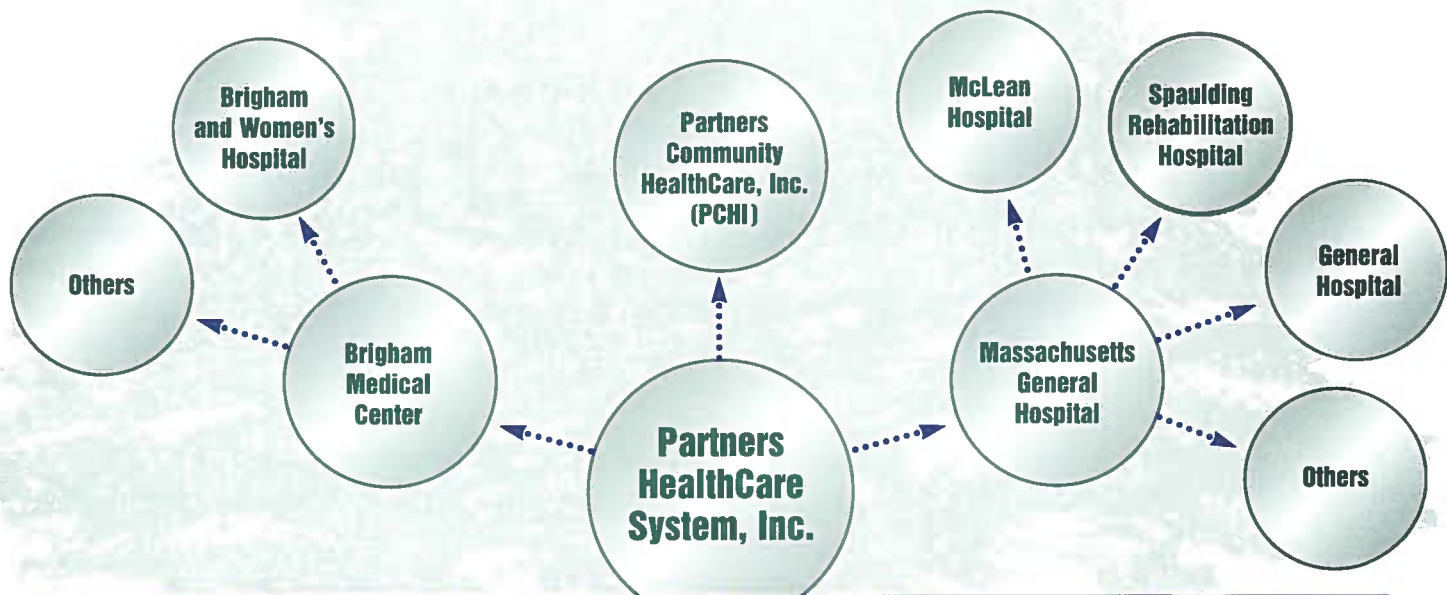
Change is not new to McLean. For almost two centuries the hospital has continuously redesigned its services in response to the evolving needs of our patients. Throughout this process we remain committed to providing high quality care in an environment that also values and supports teaching and research.

Steven M. Mirin, M.D.
Chief Executive Officer/Psychiatrist in Chief



McLean Hospital

1-800-955-9005
(24-Hour Referral)



T H E P A R T N E R S P L A N

Blueprints drawn for Partners mental health network

Partners HealthCare System, Inc. was founded in 1993 with a bold mission: provide high-quality, cost-efficient healthcare by integrating the services of the region's most prestigious health-care providers — Massachusetts General Hospital and its affiliates (including McLean); and the Brigham and Women's Hospital and its affiliates. Now Partners is taking this progressive approach into the field of mental healthcare.

In January, a steering committee chaired by McLean chief executive officer/psychiatrist in chief Steven Mirin, M.D., began developing plans to integrate the broad array of psychiatric services available within the Partners hospitals, including McLean, Massachusetts General, Brigham and Women's, and Spaulding Rehabilitation hospitals.

Task forces were appointed to develop recommendations for integrating emergency, ambulatory, inpatient, substance abuse, and consultation/liaison services across the Partners system. Subsequently, committees to oversee the integration of clinical operations and networking activities were also formed. Networking activities will be under the aegis of Partners Community Health Care, Inc. (PCHI), the Partners affiliate charged with coordinating the delivery of integrated healthcare services throughout eastern Massachusetts.

The PCHI Psychiatric Network's primary goal is to provide the most clinically appropriate, cost-effective care for patients of primary-care physicians and specialists within each of the PCHI Regional Service Organizations (RSOs), as well as those whose care is overseen by managed care organizations.

To meet this goal, the Network will draw upon a wide range of sites and services, including those at the many new Partners healthcare affiliates, and other community-based providers across the commonwealth.

McLean sets "world first"—and other research records

Despite increasing competition for research funds, McLean investigators received a total of \$16 million in external support during the 1994 fiscal year, primarily from the National Institutes of Health. In fact, McLean was ranked 15th among all the nation's hospitals in federal support for research.

And this June, McLean was awarded a National Science Foundation grant of nearly three quarters of a million dollars for continued expansion and modernization of the hospital's Mailman Research Center.

But numbers only tell part of this success story. McLean investigators are scoring impressive scientific achievements that someday may dramatically improve patients' lives. One example is McLean's collaboration in a first-of-its-kind treatment for Parkinson's disease.

Ole Isacson, M.D.-Ph.D., chief of McLean's Neuroregeneration Laboratory, recently assisted in the world's first operation to transplant brain tissue from a fetal pig into a man with Parkinson's. The surgery was part of the treatment's phase-one clinical trials, led by Lahey Clinic neurosurgeon James Schumacher, M.D. These are the first such trials to win approval from the Food and Drug Administration.

Dr. Isacson and his McLean colleagues laid the foundation for the trials by previously showing that nerve cells from one animal species could be used to repair brain damage in another.

"We've shown that the brain is much more adaptable than previously thought," Dr. Isacson said. "We can structurally reconnect the nervous system, using cells in this fashion."

If the trials prove successful, the transplanted nerve cells will grow and ultimately replace those destroyed in the area of the brain that helps regulate body movement and whose degeneration leads to the muscle rigidity and tremors characteristic of Parkinson's.



Mrs. Gore discusses McLean's research into the roots of schizophrenia with Bruce Cohen, M.D., Ph.D., senior vice president for research and training.

This spring, McLean was honored with a visit from Mary Elizabeth "Tipper" Gore, wife of U.S. vice president Al Gore.

Mrs. Gore, a leading mental health advocate, toured the hospital's treatment and research facilities, and then addressed a standing-room-only crowd of employees and community leaders. The highlight of her tour was a stop at Codman House to chat with youngsters from the Child and Adolescent Program.

News media from throughout the U.S. and Europe reported on the historic operation.

McLean researchers have had equally promising success in clinical areas. The hospital now is conducting clinical trials of more than 30 new medications, including new drugs for schizophrenia, depression, substance abuse, and Alzheimer's. In addition to furthering scientific knowledge, these trials give patients access to treatments not yet available elsewhere.

At CEC, crisis care always is on call

Dr. Gordon wasn't surprised when he was paged at 2 a.m. But the news was even worse than he had feared: A 19-year-old patient, acutely depressed over the breakup with his girlfriend, had just tried to hang himself.

The teen's father had rushed him to a general hospital emergency room, and now both the ER staff and the father were looking to Dr. Gordon for direction.

Dr. Gordon knew that he was at least an hour away, but he also knew where the patient could find help immediately. "The emergency room works with these folks all the time," Dr. Gordon reassured the father. "Your son will be in good hands at McLean's Clinical Evaluation Center."

Dr. Gordon's case is not unusual. With a brief telephone call to McLean Hospital's Clinical Evaluation Center, patients and clinicians have immediate access to a complete range of mental health services — 24 hours a day.

The CEC specializes in evaluating and stabilizing individuals in crisis. In fact, during 1994 the CEC's multidisciplinary staff evaluated and treated more than 1,000 patients referred by general-hospital emergency rooms, and another 3,000 referred by community-based clinicians, nursing homes, families, and others.

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1995 marks the centennial of McLean's move to its present-day site in Belmont. The hospital celebrated the anniversary in May with a day of activities and education, including presentations by clinical directors and two special guests: Partners HealthCare System president Samuel Thier, M.D., and Laurie Flynn, executive director of the National Alliance for the Mentally Ill.

Centennial celebrations will continue in the fall with a busy schedule of activities including a "Research Day," featuring presentations on current scientific investigations.

McLean Hospital, the nation's leading center for psychiatric treatment, teaching, and research, is a teaching hospital of Harvard Medical School, and is affiliated with Massachusetts General Hospital and Partners HealthCare System. Clinical services focus on:

- ◆ alcohol and drug abuse
- ◆ bipolar and psychotic disorders
- ◆ child and adolescent care
- ◆ crisis stabilization
- ◆ dissociative disorders and trauma
- ◆ geriatric care
- ◆ mood and anxiety disorders.

For more information about any of these services, please call the McLean Information and Referral Service at **1-800-333-0338**.

To access any of McLean Hospital's services, please call the Clinical Evaluation Center — anytime, 24 hours a day: **1-800-955-9005**.

CEC

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Referrals can be made by phone, 24 hours a day, and require only basic patient information.

Located in a modern, handicapped-accessible building, the CEC offers:

- ◆ Rapid medical and psychiatric evaluation and stabilization by McLean psychiatrists and other mental health clinicians
- ◆ The largest number of beds in New England for short-term and respite care
- ◆ 24-hour on-site availability of internal medicine, laboratory, radiology, EEG, EKG, and MRI services
- ◆ The capacity for diversion to outpatient, partial hospital, and residential treatment 24 hours a day
- ◆ Seamless transfer to inpatient care when necessary
- ◆ Rapid access to the services of Massachusetts General Hospital and other affiliates of Partners HealthCare System

- ◆ Consultation and follow-up with families, referring clinicians, managed care organizations, and third-party payers.

For more information, or to refer a patient, call the CEC anytime: **1-800-955-9005**.

Mark your calendar

Each year, McLean Hospital hosts a wide variety of conferences, seminars, and other professional events. Many offer continuing education credits for clinicians of all disciplines; some are free.

Several events are already scheduled for the fall of 1995, including the following:

- ◆ Geriatric Psychiatry Review (September 8-9)
- ◆ Comprehensive Review in Neurology (September 12-13)
- ◆ Comprehensive Review in Psychiatry (September 14-16).

For information on fees, registration, or details about any of these events, call McLean's Department of Postgraduate and Continuing Education at 617/855-3151.

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