Reaching out Beyond Our Campus
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On the cover: The IOL’s Mallory Fergione on the job at the Museum Café at Hartford’s Wadsworth Atheneum.
For nearly 200 years, the Institute of Living has been a vital part of the community that we serve. That community has expanded over time from our humble beginnings as Connecticut’s first hospital to encompass our city, state and nation – along with the international community of behavioral health providers, researchers and patients.

Never has this been more evident than in the past two years as we mourned in the aftermath of a tragedy of historic proportions: the Dec. 2012 shootings at the Sandy Hook Elementary School that took the lives of 27 children and adults in Newtown, Connecticut.

As terrible as it was, the shooting was a turning point, serving as an opportunity to foster the integration of behavioral health into mainstream health care and to work towards eliminating the stigma of mental illness. The IOL played a lead role in this initiative through the National Dialogue on Mental Health, an Obama-administration initiative born in the wake of the Newtown tragedy to raise community awareness about behavioral health.

With the National Dialogue now in its second year, the IOL has been actively involved in influencing and facilitating discussions large and small that we hope will bring real and lasting social change. These efforts included a standing-room-only forum at the Bushnell Center for the Performing Arts, PTA meetings, discussions at high schools across Connecticut, media outreach, and training through our Mental Health First Aid courses. The IOL has listened, presented, and proudly carried the mantle of mental health to the community and back again to improve the public’s perception of those with mental illness and, hopefully, reduce the risk of future tragedy.

Despite the continued focus on mental health, behavioral health services everywhere have struggled to meet the needs of their communities and enable people to access care. This issue is particularly acute in Connecticut, where the health care delivery system experienced an overwhelming increase in demand for child and adolescent psychiatric services for patients with serious mental illness, difficulties in accessing psychiatric beds, and inadequate alternative placements, resulting in delayed treatment as children languished in emergency departments.

At the IOL, we continually seek new and innovative ways to meet the behavioral health needs of children and adolescents before they reach our emergency rooms. We’ve established Access Mental Health-CT, expanded our young adult (ages 18-25) outreach program, and celebrated the first anniversary of our LGBTQ/The Right Track program. All the while our research efforts and training programs continue to focus on preparing the next generation with the manpower and knowledge to deliver state-of-the-art behavioral health care.

Though time can never completely erase the sense of loss brought on by the events of that cold December day two years ago, time has given our community the opportunity to talk openly about the issues we face when it comes to continuing to deliver high quality behavioral health services. To that end, the IOL continues to reach out well beyond our campus to listen, learn, innovate, teach, and heal – all for the benefit of the patients we treat and the community we serve.
Jessica Goldman and Mac Cherny are pictured at the 2014 Black & Red gala, where Goldman’s story was featured in a video.

IOL Mental Health First Aid instructor Patricia Graham

“Cracked, Not Broken” author Kevin Hines with Harold Schwartz, MD following his National Dialogue presentation.
ne simple word brings us back to one of most tragic days in Connecticut history. That word is Newtown. The massive loss of life at the Sandy Hook Elementary School on Dec. 14, 2012 has given rise to a public conversation once held in hushed tones. The topics of these conversations include mental health awareness, accessibility of treatment, and the stigma surrounding mental illness. That conversation is sustained nearly two years later due, in part, to the efforts of the Institute of Living and the Hartford HealthCare Behavioral Health Network.

It started with a letter
In February 2013, a letter signed by Harold I. Schwartz, MD, IOL Psychiatrist-in-Chief and Vice President of the Hartford HealthCare (HHC) Behavioral Health Network (BHN), and Stephen W. Larcen, President of the HHC BHN and Senior Vice President of Hartford HealthCare, was sent to the office of Vice President Joseph Biden. This letter made a commitment that the Institute and Hartford HealthCare would take three steps to help improve mental health services and reduce stigma in Connecticut and the nation.

Raising Awareness and Raising Money
In 2013, a year-long planning effort began for Hartford Hospital’s signature fundraising event, the Black & Red gala. Each year, proceeds from the Black & Red benefit a different department within Hartford Hospital’s vast array of health care services. With mental health already prominently in the minds of the public as the planning process began, it was natural for hospital leadership to choose the Institute of Living as the financial beneficiary of the 2014 gala.

The event, covered during a special Fox CT television broadcast from the Bushnell Theater in Hartford, featured a performance by The Barenaked Ladies, whose hits include “Pinch Me,” and “If I Had a Million Dollars (I’d Be Rich).” More than 1,250 people attended the 2014 Black & Red Gala, raising more than $1.1 million for the Institute. These funds have been dedicated to improving access to mental health services and treatments, especially for adolescents and young adults as well as for research initiatives. In addition to raising money for the IOL, the 2014 Black & Red kicked off the hospital’s “Stop the Stigma” campaign, which seeks to raise mental health services and reduce stigma in Connecticut and the nation.

National Dialogue on Mental Health: Hearing what the public has to say
The National Dialogue on Mental Health Series was conceived in a discussion between Vice President Joe Biden and behavioral health leaders from around the nation just after the Sandy Hook tragedy, and aims to
What is Stigma?
Stigma is fundamentally a form of discrimination in which individuals with mental illness are diminished by being labeled as “other,” with the implication that the “other” is of lesser status, incompetent, perhaps dangerous and of less value. Stigma unfairly and unjustly sets people apart from others based on diagnosis or behavior and produces prejudice, avoidance, and rejection. When stigma is internalized by the stigmatized person, it produces shame and self-loathing and may lead individuals with mental illness (and their families) to avoid acknowledging the need for care. This stigma perpetuates the cycle of illness.

Whether it’s the simple terms we use daily, such as “insane” or “nuts” or “psycho,” or the shunning of someone with a behavioral health diagnosis, stigma does untold harm. It serves as a barrier to early intervention by creating fear, doubt and hesitation in those who may realize something is wrong but feel shamed into inaction. It has the potential to make those who have sought help less likely to follow through with ongoing recovery efforts.

generate a community conversation on mental health. Between June 2013 and September 2014, the Institute hosted five community forums that engaged hundreds. Topics ranged from stigma and barriers to treatment to adolescent behavior. Much like the preventive care approach adopted by acute care hospitals, the goal of the forums is to meet people where they are, connect them with information and services regarding mental health and substance abuse, and prevent psychiatric crises and other tragedies that occur when issues are not addressed in the early stages of development.

Mental Health First Aid/Youth Mental Health First Aid: Helping you to help others
Mental Health First Aid (MHFA), an initiative promoted by the Obama administration and advocated for by the CT Bipartisan Task Force on Gun Violence Prevention and Children’s Safety, has provided another avenue for raising awareness in the community.

Created in Australia, MHFA is an evidence-based interactive training course designed to give members of the public the key skills required to help an individual who may be experiencing signs of crisis related to a mental health disorder, such as depression, panic-anxiety disorder, or post-traumatic stress disorder.

“As CPR training helps a non-medical professional assist an individual following a heart attack, MHFA training assists participants in understanding the potential warning signs of a mental health disorder and what steps to take to help an individual in crisis,” said Patricia Graham, Case Worker in the IOL’s Family Resource Center and BHN MHFA Coordinator. “The certification is ideal for members of the public at large, as well as employers, school system personnel, first responders, and policy makers - anyone who wants to help.”

Since being added to the IOL’s list of community services in October 2013, IOL trainers have held thirteen sessions, certifying 233 people in MHFA and Youth Mental Health First Aid (YMHFA), a companion program aimed at identifying a health crisis in adolescents.

Despite being born of tragedy, these programs give all of us reason to march forward in our efforts to bring mental illness out of the shadows so that we may move ahead after Newtown, honoring the lives lost by making significant enough change over time to help prevent such tragedies from occurring again.
The Institute and Hartford HealthCare’s (HHC) Behavioral Health Network (BHN) have been chosen by ValueOptions and the Connecticut Department of Children and Families as one of three centralized hubs for the statewide ACCESS-MH CT program. ACCESS-MH CT is a free consultative psychiatry service for primary care physicians (PCPs) seeking assistance in the treatment of behavioral health issues for children and adolescents in their practices under the age of 19, regardless of the child’s insurance status.

Closing the Gap

IOL Access Mental Health-CT connects psychiatric services with pediatricians and patients
Serving approximately 272,000 children, the HHC IOL ACCESS-MH CT hub – one of three in Connecticut – includes the City of Hartford as well as all municipalities east of the Connecticut River. This provides a naturally strong service partnership between the IOL and other HHC BHN affiliates, including Rushford and Natchaug Hospital. Services based at the HHC BHN hub became available to pediatricians in 78 Connecticut towns in June 2014.

According to ValueOptions, the statewide goals for ACCESS-MH CT are to improve access to treatment for children and adolescents with mental health needs, support a trusted relationship between PCPs and child psychiatrists, provide mental health-focused training for primary care practitioners, identify and coordinate community resources for youth and their families, and support the care of youth with mental health needs within their PCP’s office.

“This program is about the relationship between a child’s primary care provider and the child psychiatrists within the HHC BHN who will support them either through telephone consultations or seeing their patients in person when a face-to-face consult is necessary,” said Kim Brownell, MD, a pediatrician and psychiatrist who serves as medical director of the IOL hub. “We are excited to build upon relationships we have already established and to create new relationships as well. We are eager to bring this resource to pediatric health care providers, and ultimately, the children who need these services on a daily basis.”

For primary care physicians working directly with the child and adolescent population, the benefits of ACCESS MH-CT are enormous.

“During the 30 years that I have been practicing pediatrics, there has been a growing number and severity of behavioral and psychiatric problems presenting in our primary care settings,” says Kenneth Spiegelman, MD, who practices in Manchester. “At the same time, access and affordable psychiatric care have diminished to a state whereby a family’s only places to turn in a crisis are to their primary care physician or a hospital emergency room. The great reluctance for many primary care practitioners

“Since signing up with ACCESS-MH CT, my practice and the families that have used these services have been so pleased with the timely response, expertise, and consultation provided by Dr. Brownell and her team.”

-Dr. Kenneth Spiegelman, pediatrician
to manage children with psychiatric needs was often the unavailability of consultative resources with respect to assessment, pharmacological management, and referrals to community resources. ACCESS MH-CT bridges the gap for all of these critical needs.”

According to Brownell’s IOL colleague, child and adolescent psychiatrist Lisa Namerow, MD, relationship-building between primary care physicians and child and adolescent psychiatrists began informally about a decade ago after the success of a similar program, the Massachusetts Child Psychiatry Access Project (MCPAP), upon which ACCESS-MH CT is based.

“MCPAP proved very quickly to be an impressive and effective program, and within the child and adolescent team at the IOL, we took note,” Namerow said. “Since then we’ve been informally advancing a model of collaboration between ourselves and Connecticut’s community pediatricians. This positioned us to promote the notion that a program such as ACCESS-MH CT can and should exist here in Connecticut.”

Namerow noted that after the December 2012 tragedy at Sandy Hook Elementary School in Newtown that took the lives of 27 people, more attention in Connecticut was placed upon improving mental health programming, particularly direct services for children and adolescents.

“This past year has been the year of children’s mental health, and state legislators became interested in bringing a program modeled after MCPAP to Connecticut, which is exactly what we now have in MH-ACCESS CT,” Namerow said. “Given the groundwork we’d already done, and the model of care that we embrace, the IOL was poised to make official a program such as this. We’re grateful for the state funding, and we look forward to this initiative continuing to grow and take hold across Connecticut. We know that our pediatric colleagues are very excited that they will be able to easily and quickly access child psychiatry support for the children in their practices.”

For his part, pediatrician Ken Spiegelman is pleased with his experience with the IOL ACCESS-MH CT services.

“Since signing up with ACCESS-MH CT, my practice and the families that have used these services have been so pleased with the timely response, expertise, and consultation provided by Brownell and her team. Having immediate access to the IOL will continue to allow us to care for children and families who, in the past, would have fallen through the cracks of the health care system.”
A New Model of Treatment for a

IOL Outreach Program Breaks Down Treatment Norms
Mallory Fergione’s job at the Institute of Living is unlike most. Some days are spent visiting homes or providing patients with a ride to treatment. Other days, her office is a local coffee shop. Once, her job took her to a local mall where she accompanied a patient on a shopping trip.

Although these duties seem far from clinical, each is important to the patients served by the IOL’s Young Adult Outreach Program, which provides an innovative clinical approach to helping a vulnerable population, usually between the ages of 18 and 25.

Traditionally, treatment in the IOL’s young adult intensive outpatient program ended at the gates of the hospital’s campus. Upon discharge, clinicians would provide referrals to providers or services, but transitioning back into the community was in the hands of the patient.

The Outreach Program, which started in 2011 with grant funding from the Hartford Foundation for Public Giving, bridges the gap between treatment and the community. The initial program allowed clinicians like Fergione to help young adults navigate their way back into their educational, vocational, and social activities.

“The vision of the program was to really individualize support for patients,” said Fergione, who serves as coordinator of the Outreach Program. “Support might mean
visiting college campuses, doing vocational work, or just feeling comfortable in a public setting like a coffee shop.”

For one transgender patient in the “Right Track” LGBTQ program, support meant bus training so she could navigate from her home in Meriden to support services in Hartford. For another patient who struggled with anxiety, support meant a shared trip to a store to purchase an article of clothing.

“We were always frustrated being confined to an office-based model,” said David Vaughan, MSW, program manager for Young Adult Services. “The Outreach Program allows us to address patients’ needs, whatever they may be.”

**By providing services in an environment young adults are comfortable in, treatment becomes so much more effective.**

Out of the Office and Into the Home

In July 2014, a grant from the Connecticut Department of Mental Health and Addiction Services allowed the IOL to expand this program clinically, bringing young adult treatment into the community.

“We knew that there were some people out there who we were not reaching,” said Vaughan. “Maybe they weren’t able to leave their bedroom or house, or they just couldn’t engage in the traditional treatment model.”

The expansion of the Outreach Program allows clinicians to reach out to isolated patients and ease them into treatment. The first step may be as simple as talking on the phone. From there, a patient may agree to a home visit or a meeting in a park. As they get more comfortable, traditional group treatment may become an option, but only when a patient is ready.

“Coming onto a large psychiatric hospital campus is uncomfortable for a 19-year-old or 20-year-old,” Vaughan said. “It’s not a natural setting, and that contributes to the challenges they’re already facing. By providing services in an environment they’re comfortable in, treatment becomes so much more effective.”

The ability to meet outside of the office setting also adds a new dimension to treatment, for both the patient and the clinician.

“Walking in the park or seeing someone in their home environment allows you to get to know them on a different level,” Fergione said. “You form connections that allow you to create a treatment experience that targets their needs, rather than forcing them to conform to a pre-set model.”
An At-Risk Population

The Outreach Program supplements several programs at the IOL that serve at-risk young adults, a population identified as vulnerable by the CT General Assembly Bipartisan Task Force on Gun Control and Children’s Safety after the shootings at the Sandy Hook Elementary School in Newtown in December 2012.

“Young adulthood is a very hard time under the best of circumstances,” Fergione said. “Add on any type of mental health struggle, and it just compounds on that difficulty.”

To address the unique needs of the young adult population, the Outreach Program focuses on areas like social recovery.

“A lot of times, a young adult struggling with symptoms of mental illness can become isolated from their friend group, and it’s difficult for them to go back to feeling normal and connected,” Fergione said. “We host outreach events, where patients bring their friends, enjoy pizza and games, and enjoy normal social experiences.”

“We don’t want them to feel like, ‘I have a mental illness and it’s going to be my whole life.’ It really adds a lot of hope to the treatment process.”

A New Vision of Success

The success stories of the Outreach Program, much like the program itself, deviate from the norm.

One of Fergione’s most successful stories involves a young man who was isolated in his bedroom for five years. His paranoia and psychosis were so extreme that his family eventually grew to accept his self-seclusion, not knowing what else to do. After finally being hospitalized at the IOL, Fergione met him and introduced him to the Outreach Program.

“After he was discharged, I called him frequently asking to meet and he eventually let that happen,” Fergione said. “When I would go to his house, I would have to go get him and bring him to the car. But I remember one day, I got to his house and he was waiting outside for me. I almost cried.”

The young man, who now attends group therapy once a week and is starting to engage more and more, is just one example of the untraditional success stories of the outreach program.

“Success can mean all kinds of things,” Fergione said. “It’s different for everybody. What’s so special about the Outreach Program is that we recognize those individual successes.”
BrainDance Steps on Stigma for the 11th Year

More than 200 teachers and students submitted academic, art, and mixed media projects for the 2014 edition of BrainDance, a state-wide high school academic, artistic, and mixed media competition that encourages students to learn about psychiatric diseases and develop a more tolerant and realistic perspective toward people with severe psychiatric problems.

The competition also aims to promote students’ interest in careers in mental health care. The top prize of $1,000 in this 11th annual event went to Nicole Crapser, a senior at Bristol Eastern High School, for her video presentation entitled, “Finding the Way Out of Stigma: Asperger’s Uncovered.” Pictured with Nicole above left to right are Morris D. Bell, PhD, Yale School of Medicine; Godfrey Pearlson, MD, Director of the Olin Research Center, IOL; and Nancy Hubbard, Director of Outpatient and Rehabilitative Services, IOL.

“An Honest Look at Mental Illness” with The Connecticut Forum

The IOL’s Psychiatrist-in-Chief, Harold I. Schwartz, MD, was one of the featured panelists for “An Honest Look at Mental Illness,” part of the 2013-2014 offerings of the state’s preeminent lecture/discussion series, The Connecticut Forum. This sold-out event took place at the Bushnell Center for the Performing Arts on March 7, 2014 with over 2,800 in attendance. Andrew Solomon, (at far right) psychologist and author of Far from the Tree, and Dr. Kay Redfield Jamison, (second from right) foremost authority on bipolar disorder and author of An Unquiet Mind, were also part of this live, unscripted discussion about the perceptions and realities of living and working with the stigma of mental illness. WNPR’s John Dankosky (at far left) served as moderator. The Hartford HealthCare Behavioral Health Network was the lead sponsor and host of this event.
Family Resource Center & ACCESS MH-CT Open House and Ribbon Cutting

The IOL’s Family Resource Center partnered with the new ACCESS MH-CT hub (see page 5) to tout their services to the public at an open house and ribbon-cutting event on September 24, 2014. More than 60 people attended. Program and clinical staff were on hand at the Massachusetts Cottage to provide tours, assist visitors with questions, and highlight services.

Traumatic Loss: Stories of Resilience and Recovery

Personal stories of resilience and recovery were in the spotlight on Sept. 19, 2014 as The Institute partnered with FOX CT television and The Hartford Courant to host one of a series of 2014 Key Issues Forums honoring the 250th anniversary of the newspaper’s founding. Moderated by Courant Editor Andrew Julien, the forum featured the moving stories of Mary Fetchet, whose son, Brad, was killed in the 9/11 attacks; Marisa Gianella-Porco, who lost her son Matthew to suicide; and Kevin Becker, program director for the Massachusetts Resiliency Center, established in the aftermath of the 2013 Boston Marathon bombings.

IOL at the 167th American Psychiatric Association Meeting

The Institute was prominently represented at the 167th annual meeting of the American Psychiatric Association in New York in May 2014. The meeting featured a symposium chaired by IOL Psychiatrist-in-Chief Harold I. Schwartz entitled, “The Sandy Hook Disaster: Crisis Management, Recovery and Policy Response.” Six scientific and clinical reports and four poster presentations from IOL researchers and clinical leadership were presented at this prestigious meeting. IOL leadership and marketing staff were in attendance to promote IOL programming and services.

(L-R): Marisa Gianella-Porco; Kevin Becker; Mary Fetchet; Andrew Julien (back to camera)
September: An Emphasis on Suicide Prevention

The August 2014 suicide death of comedian and Academy Award-winning actor Robin Williams came as a shock to many, yet suicide is a growing public health concern.

To raise awareness about suicide as an international public health concern, the Institute of Living joined with the International Association for Suicide Prevention, the World Health Organization and the World Federation for Mental Health on Sept. 10 to honor World Suicide Prevention Day.

In honor of the suicide awareness day, the IOL held its second annual flag-lowering ceremony in front of the main Hartford Hospital facility. Staff and leadership from the IOL and Hartford HealthCare’s Behavioral Health Network along with members of the public were in attendance to honor the day in a brief yet emotional service featuring Stuart Markowitz, MD, President of Hartford Hospital; Jay Cooke, Hartford Hospital Director of Pastoral Services; and Harold I. Schwartz, IOL’s Psychiatrist-in-Chief.

Immediately following this early morning ceremony, the Institute sponsored a free educational seminar for more than 175 clinicians on suicide prevention among older adults, a population experiencing an increase in suicide. This event featured Yeates Conwell, MD, Co-Director of the Center for the Study and Prevention of Suicide, Director of the Geriatric Psychiatry Division of the Department of Psychiatry, and Director of the University of Rochester Medical Center’s Office for Aging Research and Health Services. Other distinguished presenters included IOL Medical Director Linda Durst, MD, and Barbara Bennett Jacobs, PhD, MPH, RN, from the Hartford Hospital ethics committee.

Suicide prevention events were not limited to World Suicide Prevention Day, as Dr. Schwartz joined author, suicide survivor, and mental health advocate Kevin Hines to talk about the topic on Connecticut Public Radio’s “The Colin McEnroe Show.” On Sept. 23, Mr. Hines traveled to Connecticut as a guest of the IOL to speak at a free public educational seminar in West Hartford entitled “Cracked, Not Broken: Surviving and Thriving After a Suicide Attempt.” A standing-room-only audience of more than 230 people was riveted by Mr. Hines’ lifelong experience with mental illness, which culminated in his attempting suicide from San Francisco’s Golden Gate Bridge at age 19. In addition, the IOL’s Family Resource Center offered support groups to clinicians and to members of the public who had experienced a suicide of a loved one.

Above: Family members of the late Adam Salowitz, a former Hartford Hospital Personal Care Assistant (PCA), gathered to honor his life at the IOL’s suicide prevention awareness flag lowering ceremony on Sept. 10.
Leading the World in Schizophrenia Research: Godfrey Pearlson, MD

Godfrey Pearlson’s affability and modesty belie the fact that he is an intense research scientist whose body of work in the area of schizophrenia is so groundbreaking as to win international acclaim for himself and for the IOL.

A native of England, Dr. Pearlson decided as a teenager to become a psychiatrist. He attended medical school in the United Kingdom, and moved to the United States to earn a graduate degree in philosophy from Columbia University. During the time he was completing his postdoctoral studies and his psychiatry residency at the Johns Hopkins University, the groundbreaking work of British psychiatrist and Oxford researcher Dr. Tim Crow caught his attention.

“In the 1970’s, Tim Crow published the first study on patients with brain abnormalities using CT scanning,” Dr. Pearlson said, noting that Crow’s work focused on structural
changes in patients who had been diagnosed with schizophrenia. Dr. Pearlson followed suit, making use of CT scanning in his research.

Thus began Dr. Pearlson’s journey into the recesses of the brain to further determine whether there were biological differences between schizophrenia and bipolar disorder. In 2000, already a full professor at Johns Hopkins, he moved to Hartford to continue his research as the Founding Director of the Olin Neuropsychiatry Research Center at the Institute of Living (IOL).

“Much of my work over the past 30 years has examined whether or not these are separate diseases, what the underlying biology of these disorders may be, and whether or not you can use biological criteria to better separate them,” Dr. Pearlson said.

While the the two disorders appear to overlap substantially both biologically and clinically, one exciting discovery from data collected from over 3,000 patients, family members, and control subjects indicates the possibility that schizophrenia and bipolar disorder separate into three distinct “biotypes,” essentially signifying three new and distinct biologically defined illnesses. Each biotype contains patients who would be conventionally diagnosed as having either schizophrenia or bipolar disorder, and are similar with regard to symptoms, but the biotypes are distinctly different at the level of MRI, EEG, and genetic patterns. This holds the possibility that the diagnosis and treatment of these biotypes may be more targeted and personalized to patients than once imagined. Pearlson and the teams with which he works at the IOL as well as Harvard, University of Chicago, University of Texas-Southwestern, and University of Georgia are now applying to the National Institutes of Health (NIH) to conduct a treatment trial to see if these three biotypes respond best to different treatments.

It is for this research and the entire body of his scientific work that Dr. Pearlson is being honored for his lifetime achievements by the American College of Psychiatrists, which the bestowing organization says constitutes a “major contribution to the understanding and treatment of schizophrenic disorders.”

“Dr. Pearlson’s research on schizophrenia has advanced the scientific understanding, diagnosis, and treatment of this brain disease,” said Harold I. Schwartz, IOL’s Psychiatrist-in-Chief and Vice President of the Hartford HealthCare Behavioral Health Network. “He is clearly a leader in the field of neuroscience, and we are both pleased and privileged that he is performing that cutting edge research here in Connecticut at the IOL.”

For his part, Dr. Pearlson is grateful for the support of Dr. Schwartz, Hartford HealthCare (HHC) and the IOL.

“HHC and IOL have invested substantially in building a true research hub at Olin Center and that’s made a lot of this possible,” he said. “I came here with lots of interesting questions and they’ve provided the means and the infrastructure to make this kind of research possible.”

The Stanley Dean Award for Research in Schizophrenia has been awarded yearly since 1964. As part of the award ceremony at next year’s annual meeting of the American College of Psychiatrists, Dr. Pearlson will present a lecture to his distinguished colleagues focusing on his work.
About the IOL

The Institute of Living, founded in 1822, was one of the first mental health facilities in the United States and the first hospital of any kind in Connecticut. Today, as Hartford Hospital’s Division of Psychiatry, the Institute is one of America’s leading centers for comprehensive patient care and a nationally recognized research center. With more than 4,000 inpatient admissions annually, the Institute excels at linking cutting-edge research programs with outstanding clinical care.

Clinical Services

The Institute’s spectrum of services includes outpatient, partial hospital, residential, inpatient, and consultation, as well as the Grace S. Webb School for elementary, middle, and high school students. Its many specialty centers (see page 18) offer an exceptional array of mental health resources. The Institute continues to pursue its “Depression Initiative.” This major fund development drive, now in its fifth year, aims to expand research and clinical programs in the mood disorders.

Research Activities

The Institute of Living has a stellar reputation as a research institution conducting groundbreaking studies to gain a deeper understanding of severe mental disorders. The Institute also conducts clinical trials of investigational new drugs and is a leader in outcome studies. This research occurs in four main centers: the Olin Neuropsychiatry Research Center, the Burlingame Center for Psychiatric Research and Education, the Braceland Center for Mental Health and Aging, and the Anxiety Disorders Center. IOL researchers were awarded $4.1 million in new grants this year.

National Prominence

The Institute is well-known in the international psychiatric community and among the general public. Institute physicians and researchers are frequent contributors to prestigious journals and presenters at important professional meetings. Last year alone, Institute faculty members published scores of scientific articles, chapters, and books and presented at more than 50 professional meetings on four continents.

Services

- Child and Adolescent
- Consultation/Liaison
- Crisis Intervention/Emergency
- General Adult
- Geriatric
- Inpatient
- Outpatient
- Partial Hospital (PHP/IOP)
- Psychological Testing/
  Neuropsychological Testing
- Residential Services
- Therapeutic Special Education
Institute of Living Leadership

Harold I. Schwartz, MD
Psychiatrist-in-Chief, IOL
Vice President for Behavioral Health, Hartford Healthcare

Linda Durst, MD
Medical Director

Annetta K. Caplinger, MSN, CS
Vice President, IOL Clinical Operations

Ellen Blair, APRN, NEA-BC
Director of Nursing Services

Joanna Fogg-Waberski, MD
Assistant Medical Director, Geriatric Psychiatry

Evan Fox, MD
Assistant Medical Director, Consultation/Liaison

Raveen Mehendru, MD
Assistant Medical Director, Adult Psychiatry

Robert Sahl, MD
Assistant Medical Director, Child and Adolescent Psychiatry

Clinical Departments

Nursing
Ellen Blair, APRN, NEA-BC

Psychology
James DeGiovanni, PhD

Vocational
Nancy Hubbard, LCSW

Social Services
Mary Gratton, PhD

Specialty Centers

*Anxiety Disorders Center/Center for Cognitive Behavioral Therapy (CBT)*
David F. Tolin, PhD

*Autism Consultation Service*
Robert Sahl, MD

*Dialectical Behavior Therapy (DBT)*
Cheryl Crowe, LCSW (deceased)

*Eating Disorders*
Paula Holmes, MSN, APRN
Sara Niego, MD

*Family Resource Center*
Nancy Hubbard, LCSW

*Grace S. Webb Schools*
Kikke Levin-Gerdner, EdD

*Memory Disorders Center*
Karen Blank, MD

*Mood Disorders*
John W. Goethe, MD

*Program for Professionals*
Lee Albert, LCSW
Mohit Manandhar, MD

*Schizophrenia Early Intervention and Young Adults*
Michael Dewberry
David Vaughn, LCSW

*Schizophrenia Rehabilitation*
Warren Thime, PhD

*Somatic Therapies (ECT & TMS)*
Joanna Fogg-Waberski, MD

Resident Education

*Child & Adolescent Psychiatry*
Robert Sahl, MD

*General Psychiatry*
Adrienne L. Bentman, MD

*Psychosomatic Medicine*
Dahlia Sadd-Pendergrass, MD

Research Centers

*Anxiety Disorders Center*
David F. Tolin, PhD

*Braceland Center for Mental Health and Aging*
Karen Blank, MD

*Burlingame Center for Psychiatric Research and Education*
John W. Goethe, MD

*Olin Neuropsychiatry Research Center*
Godfrey Pearlson, MD

Clinical Program Directors

*Adult Services*
Raveen Mehendru, MD
Beth Pizzuto, RN, MSN

*Child and Adolescent Services*
Mary B. Gratton, PhD, LCSW
Robert Sahl, MD

*Consultation/Liaison*
Evan Fox, MD

*Geriatric Services*
Joanna Fogg-Waberski, MD
Beth Pizzuto, RN, MSN

*Young Adult Services*
Lawrence Haber, PhD
Godfrey Pearlson, MD, founding Director of the Olin Neuropsychiatry Research Center at the Institute, will receive the prestigious Stanley Dean Award for Research in Schizophrenia from the American College of Psychiatrists in 2015. (See page 15 for more information.)

Linda S. Durst, MD succeeded Theodore F. Mucha, MD, as Medical Director of the Institute of Living, effective June 1, 2014.

Dr. Durst comes to IOL from the Pennsylvania Psychiatric Institute, where she was Chief Medical Officer. At the same time, she served as Associate Professor of Psychiatry at Penn State College of Medicine. She has worked in all levels of behavioral health care, including inpatient, outpatient, partial hospital, intensive outpatient, residential, and nursing home, achieving expertise in the treatment of behavioral dyscontrol in intellectually disabled adults as well as grief therapy.

Originally from Pennsylvania, Dr. Durst attended college at the University of Pennsylvania and completed her medical training at Penn State College of Medicine. She completed her internship at Pennsylvania Hospital and residency at The Institute of Pennsylvania Hospital, devoting most of her final year of residency to specialty training in Geriatric Psychiatry. She has worked as both an administrator and clinical teacher, serving as a medical director of both inpatient and outpatient programs and teaching medical students and residents from the University of Pennsylvania Health System, Jefferson Medical College, the Philadelphia College of Osteopathic Medicine, and the University of Arizona College of Medicine and College of Pharmacy.

Dr. Durst has received awards for writing, teaching, and clinical skill and has been recognized as a Best Doctor in America for the past five years.

On December 31, 2014, David Tolin, PhD, ABPP, founder and Director of the Anxiety Disorders Center/Center for Cognitive Behavioral Therapy, concludes his one-year tenure as President of the Society of Clinical Psychology, one of the largest divisions of the American Psychological Association. In this role, Dr. Tolin has worked to redefine current models of empirically supported psychological treatments, and to disseminate information about empirically supported treatments and evidence-based practice to practitioners. He also led the development and implementation of a new continuing education program for psychologists, emphasizing evidence-based treatment. In 2015, Dr. Tolin will serve a one-year term as Past President of the Society of Clinical Psychology.

Ellen W. Blair, APRN, NEA-BC, IOL’s Director of Nursing, has been chosen to receive the 2014 Excellence in Practice Award from the American Psychiatric Nurses Association (APNA). This award recognizes an APRN member of the APNA who has made significant contributions to psychiatric mental health nursing through practice and research throughout his or her career.

Institute of Living faculty members are widely recognized for their accomplishments, leadership, and contributions to their fields. Here are some examples:

Godfrey Pearlson, MD, founding Director of the Olin Neuropsychiatry Research Center at the Institute, will receive the prestigious Stanley Dean Award for Research in Schizophrenia from the American College of Psychiatrists in 2015. (See page 15 for more information.)

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Federal

Pearson, Godfrey MD

Industry

Goethe, John MD
An Adaptive, phase IIIB/III, double-blind, randomized, placebo-controlled, multi-center study of the safety and efficacy of Namben® (sodium benzoate), a d-amino acid oxidase inhibitor, as an add-on treatment for schizophrenia in adolescents. Amarex Clinical Research, $71,394.

Malik, Salma MD

Winokur, Andrew MD
Open Competition

**Woolley, Stephen DSc**
Risk of Metabolic Syndrome Among Psychiatric Patients with Major Depressive Disorder Treated with Second-Generation Antipsychotics: Roles of Stress and Inflammation. HH-Endowment Funds (OC)-129513, $36,370.

Departmental

**Hyatt, Chris PhD**
Brain language mapping using neuronavigated transcranial magnetic stimulation (nTMS) prior to surgical resection treatment for tumor or epilepsy - a pilot study. HH Cost Center 129523, $9,058.

**Pearlson, Godfrey MD**
Investigation and Treatment of Auditory Verbal Hallucinations in Schizophrenia. HH-CostCenter-121961, $5,300.

**Stevens, Michael PhD**
Brain Function in ADHD and Non-ADHD. HH-CostCenter-121963, $7,380.

**Tolin, David PhD**
Reliability and Validity of a Structured Interview for Anxiety, Mood, and OCD and Related Disorders. HH-Cost Center-153659, $2,400.

Unfunded

**Carter, Allen PhD**
Diagnostic Screen for Bipolar Youth (DSBY) Pilot Study.

**Corbera, Silvia PhD**

**Malik, Salma MD**
The Intersection of Religion and Spirituality in Clinical Social Work Practice and Treatment.

**Namerow, Lisa MD**
Prevalence and Management of Anorexia Nervosa (AN) at the Connecticut Children’s Medical Center.

**Pappas, Maryanne**
Self Confidence Levels with Caring for Patients with Psychiatric or Behavioral Health Conditions or Co-Morbidities.

**Peck, Caleb PsyD**
Utility of the RBANS Effort Index and RBANS Effort Scale in an inpatient psychiatric population.

**Tolin, David PhD**
Salivary alpha-amylase, salivary cortisol, and CBT response.

**Young, Kevin PhD**
Initial Investigation: Rorschach Variable Differences in a Psychiatric Adolescent Inpatient Population Diagnosed with Posttraumatic Stress Disorder and/or Psychosis.
Jessica Zachs is clear about who inspired her family to establish the Zachs Endowment Research Fund for the Child & Adolescent Psychiatry Program at the Institute.

“It’s all because of Lisa Namerow,” Zachs said in reference to the child and adolescent psychiatrist at the Institute.

“She is incredible,” Zachs said. “It is her work, her manner, her care - everything about her has inspired us to support the IOL.”

The Zachs family - Henry, Eric, Jessica and Judith - are generous donors to the IOL whose gift helps support research in the area of the treatment of mood disorders in children and adolescents, specifically focusing on how personalized or genomic medicine can help to enhance treatment.

The Zachs were inspired to support the IOL, in part, because Jessica Zachs’ mother-in-law, Judith, worked as a clinical social worker at the Institute. They also found the idea of helping children and adolescents appealing, even though their own children are now adults.

“Anyone considering a gift has to find what resonates with them,” she said. “It’s not about the recognition. What you have to do is find what makes you feel good inside.”

Lazowski Gift Benefits Hartford Hospital Chapel

We are grateful for the lead gift from Alan Lazowski for the Hartford Hospital chapel. His support honors his father, Rabbi Philip Lazowski, and Father John J. Kiely, who worked together at Hartford Hospital and the Institute of Living for many years. For their love, healing and prayer for our community of patients, the Hartford Hospital chapel is now known as the Lazowski/Kiely Multi-faith Chapel.
With Gratitude to our Donors

The following donors have made an impact on the lives of others through their generous gifts to the Institute of Living during the 2013 fiscal year (October 1, 2013 to September 30, 2014). Their commitment is integral to maintaining the Institute’s mission to promote, restore, and maintain the health of all the people it serves. We are most grateful for their thoughtfulness and caring support.

We make every effort to list each donor’s name accurately. If there is an error, kindly accept our apologies and contact Carla Burgess, director of development, at (860) 972-1932 or at carla.burgess@hhchealth.org, so that we may correct our records.

The Institute of Living relies on private support to maintain the margin of excellence it is known for in mental health care. If you would like to support the good work of the Institute of Living, you can donate online at www.harthosp.org/giving or contact Carla Burgess at (860) 972-1932 or at carla.burgess@hhchealth.org. Thank you!

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