

H McLean Hospital Horizons

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FOR FRIENDS AND SUPPORTERS



Ruth Ann Harnisch, The Harnisch Foundation

\$2-Million Gift Launches First-Ever Institute of Coaching at McLean

With an extraordinary \$2-million gift from the Harnisch Foundation, McLean Hospital recently launched the Institute of Coaching, the first-of-its-kind center for coaching research, practice and education. Coaching is a professional practice designed to optimize human potential by helping individuals achieve personal and professional goals and enhance their quality of life.

Rooted in the theories of positive psychology—a field founded on the belief that people want to lead meaningful and fulfilling lives, to cultivate what is best within themselves and to enhance their experiences in life—coaching is receiving increasing recognition in the mental health arena. According to Philip Levendusky, PhD, McLean's senior vice president for business development and communications, evidence shows that coaching can positively impact a person's ability to make healthy lifestyle changes. Since nearly 75 percent of health-care dollars are spent on lifestyle-related illnesses, such as those connected to smoking, obesity and stress, coaching can have a powerful effect on individual health.

"Coaching may help people with mental illness be more successful with medication compliance, weight loss, exercise and vocational pursuits," Levendusky says.

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Dear Friends,

I am delighted to announce the wonderful news that we have not only met but exceeded our \$9.5 million fundraising goal for the fiscal year, which ended on September 30. Individuals, foundations and corporations from all over the country gave a total of \$10 million—a real testament to the loyalty and generosity of our donors—especially in these challenging economic times.

We are stepping boldly into the next fiscal year and remain steadfast in our commitment to improving the lives of those with psychiatric illness and their families. We look forward to having you join us in our efforts.

In this issue we celebrate the many ways in which philanthropy has played a role in helping McLean achieve its mission of excellence and innovation in psychiatric treatment, research and education. From our robust fellowship programs to advances in the field of college mental health, McLean thrives because of the support of people like you.

Thank you!

Sincerely,

Catharine Cook

Catharine Cook
Senior Vice President and
Chief Development Officer

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\$2M Gift Launches Institute of Coaching

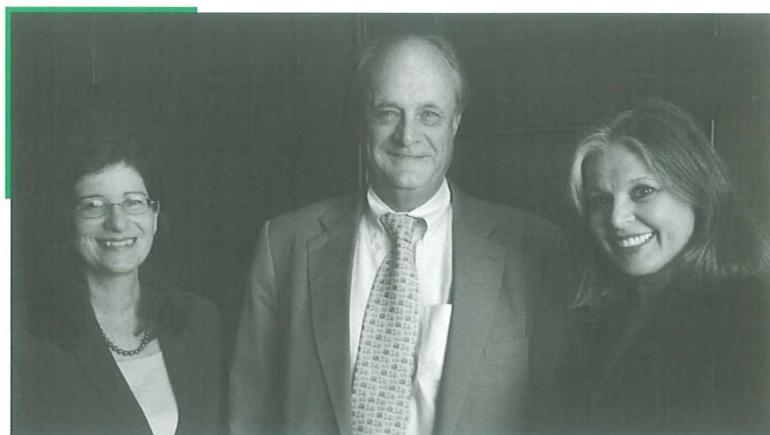
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The Institute of Coaching will advance the field of coaching through five centers of excellence: research, education, applied positive psychology, health coaching and leadership coaching. The \$2-million gift to McLean from the Harnisch Foundation will be used specifically to support the Institute's research center, which will award coaching research grants and disseminate peer-reviewed coaching studies.

The Institute's director, Carol Kauffman, PhD, a McLean psychologist and executive coach, says the Institute will inspire doctoral candidates and academics to conduct coaching research that will help build a solid foundation for the practice of coaching. "Coaching is a remarkable change process that has often been thought of as a self-help method without established best practices," she says. "Our goal is to provide a solid scientific foundation of coaching based on good science, good research and good practice."

serious academics attempting to do peer-reviewed, respected coaching research," Harnisch says. "It became clear to me that a respectable academic home for coaching would be a game-changer for the field."

Establishing the Institute at Harvard-affiliated McLean Hospital was a good fit, according to Harnisch. Known for its cutting-edge psychiatric research and world-class professionals, McLean has been



Left to right: Carol Kauffman, PhD, Philip Levendusky, PhD, and Ruth Ann Harnisch

studying and practicing positive psychology and coaching-related disciplines for years.

McLean President and Psychiatrist in Chief Scott L. Rauch, MD, acknowledges that while coaching is not a substitute for

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This new institute at McLean will help explore the scientific basis by which coaching can support health and well being."

-Scott L. Rauch, MD, President and Psychiatrist in Chief

Ruth Ann Harnisch, trustee of the Harnisch Foundation and a certified professional coach, chose to fund coaching research at McLean after listening to the stories of researchers at a 2008 international gathering of coaching researchers organized by Kauffman and funded by the Harnisch Foundation. The Harnisch Foundation is a pioneer in coaching-related philanthropy and has previously funded other coaching initiatives. At the conference, "researchers talked about the challenges they faced as

medication and therapies that are essential for treating major psychiatric disorders, it has a place in the continuum of McLean's broad mission to support mental health. "Coaching offers the potential to tap into positive traits that individuals need in order to thrive—both in illness and health," he says. "This new institute at McLean will help explore the scientific basis by which coaching can support health and well being."

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Levendusky says that Harnisch's vision for the Institute, combined with Kauffman's significant coaching and academic expertise, will, in the long term, reap big rewards both for patients and the health-care system as a whole. "In her gift to McLean, Ms. Harnisch has made a significant commitment to the coaching profession and to improving the well-being of individuals in the McLean community and beyond." ♦

If you would like to learn more about the Institute of Coaching and opportunities for donor involvement, please contact the Development Office at 617.855.3415 or mcleandevlopment@partners.org

College Mental Health Initiative

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private funding will continue to support CMHI's many exciting goals. "We need to wrap our arms around the student mental health issue in a systematic, coordinated way," she says. "By strengthening existing partnerships and developing new connections between the hospital and college campuses, CMHI can make significant contributions to the mental health of college students." ♦

If you are interested in learning more about McLean's College Mental Health Initiative, please contact the Development Office at 617.855.3415 or mcleandevlopment@partners.org

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make significant
contributions to the
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*—Stephanie Pinder-
Amaker, PhD*