

Student- Researchers Assist Barbados Nutrition Project

For the past 43 years, Judge Baker Children's Center Senior Scientist, Janina Galler, MD, who is also Professor of Psychiatry at Harvard Medical School, has directed the Barbados Nutrition Study (BNS). This study is a long-term research study examining the effects of early childhood malnutrition on mental health throughout the lifespan and over two generations. This past summer, three Harvard University undergraduate students joined the Barbados Nutrition Study as student-researchers. Through the Harvard Institute for Global Health (HIGH), the student-researchers spent 8 weeks in Barbados on a pilot study examining the unexplored prevalence of child abuse in the BNS participants. "Barbados is a country where there is currently no national data on child abuse," Dr. Galler commented. "This pilot will serve to provide the basis for future country-wide surveys in Barbados and the English-speaking Caribbean to address the prevalence and prevention of child abuse and its adverse effects on the mental health of children and adolescents."



Left to Right: Dr. Janina Galler, Sarah Littlehale, Rachel Granetz and Emily Robinson at Judge Baker Children's Center.

Dr. Galler and Dr. Cyralene Bryce, Field Director of the BNS, served as mentors for the interns. Each of the students has a different field of study. Emily Robinson is a senior studying social anthropology, Sarah Littlehale is also a senior studying human evolutionary biology, and Rachel Granetz is a junior studying the history of science.

The student-researchers met with Professor Galler last spring to develop their research projects.

During their time in Barbados, they interviewed local Barbadian women regarding their exposure to different forms of abuse and also administered a standardized mental health questionnaire. The goal of this pilot study was to trial different screening instruments to assess their usefulness and relevance in this group of women. These results will allow Dr. Galler and her colleagues to put together a concise, reliable survey of child abuse for future use on a national level.

The time in Barbados also presented an opportunity for each student to learn about health care and education on the island and also to explore different aspects of research that were of particular interest to them. All three students are currently working on independent research projects based on their summer experience. "The time I spent in Barbados hugely impacted how I understand the field of health policy, which is currently my minor," said Rachel Granetz. "Not only did I get a sense of satisfaction that I actually contributed to Dr. Galler's work, but I also gained a sense of what a career in health policy or public health might be like. It was truly an invaluable experience."

Dr. Galler plans to continue this project with Harvard University undergraduate students next summer through her affiliation with the HIGH program. Emily, Sarah and Rachel would highly recommend the experience to other interested students.

The Manville School Welcomes New Psychiatrist

Judge Baker Children's Center houses several researchers and clinicians who specialize in many different areas of child and adolescent mental health. One of our latest additions to this group is Scott Leibowitz, MD. Dr. Leibowitz has taken over the role of Director for Psychiatric Services at the Manville School in conjunction with the Children's Hospital Neighborhood Partnership Program in the Department of Psychiatry.

Dr. Leibowitz was very excited to be a member of the Manville School psychiatric team. "The ability to make treatment decisions on any given Wednesday, and then be able to assess those effects in-person only two days later is unique and rewarding," he said. "Also, having the entire team all in one building, teachers, counselors, clinicians, nursing, and other specialists, it's such a great atmosphere."



Scott Leibowitz, MD

As Director of the Manville Psychiatry service, Dr. Leibowitz serves as part of the clinical team for many of the Manville students across the Lower, Middle, and Upper Schools. In addition to providing psychotropic medications for these students, whose diagnoses represent a wide spectrum of diverse psychopathologies, he seeks to take an active role in teaching clinical fellows and participating in Manville School initiatives. In the near future, he hopes to take psychiatric referrals from the Clinical Care program at the Baker as well.

In contrast to his work at the Baker, Dr. Leibowitz is also on staff at Children's Hospital Boston where he performs two roles; one as the staff psychiatrist for the Division of Adolescent and Young Adult Medicine and the other as coordinator of a pilot clinic in the Department of Psychiatry which serves the psychosocial needs of sexual minority youth, children and adolescents with nonconventional expressions of gender identity and/or sexuality. Under Dr. Norman Spack's leadership in 2007, Children's Hospital Boston became the first children's hospital in the country to offer medical treatment for transgender adolescents through the creation of the Gender Management Service (GeMS) in the Division of Endocrinology.

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For more information on The Baker Bulletin, a newsletter from Judge Baker Children's Center, please contact Kristen Woulfe at (617) 278-4297.

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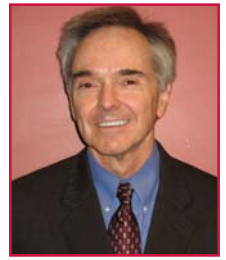
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John R. Weisz, Ph.D., ABPP
President and CEO

For all of us, in our work and in our personal lives, it's a good idea to stop and take stock from time to time, reflecting on where we are, where we are headed, and whether our goals need adjusting. This is what we've been doing at the Baker since March of this year, in a formal strategic planning process. The most important question for us in this process is this: How can the Baker, with our historic legacy, our array of resources, and the rich talent pool of our staff, have the biggest impact for good in the lives of children and families?

Our self-study and planning process has involved a core leadership team at the Baker, working with consultants who have expertise in both strategic planning and children's mental health. The process has been guided and informed by a Board of Trustees Advisory Committee and by the Baker Management Team, who oversee the internal operations of the Center. Numerous individual interviews have been conducted with key staff members, with trustees, and with external experts in children's mental health care, public policy, and funding. We have learned a lot about opportunities and challenges in child mental health, and we have weighed multiple strategies for magnifying our impact.

Much of our planning has focused on the potential synergy among the Baker's research, direct service, and training and dissemination activities. As an example, our new outpatient Clinical Care program, provides assessment and treatment services for children, but it also has the potential to be an excellent site for randomized trials testing new interventions, and its role in training new clinicians can be expanded over time. As another example, much of our current research involves training clinicians in best practices for child treatment, and then assessing outcomes among the children they treat. We are now exploring whether this work might be expanded and become an ongoing focus at the Baker—that is, whether we might develop a Baker program devoted to dissemination of best practices through intensive training, influencing direct services by improving child treatment, and studying the impact of these changes in the lives of children. Whether in these forms or others, our hope is to create a model for the Baker that entails three interconnected spheres of activity: research, direct service, and dissemination/training.

Our strategic planning process is ongoing as of this writing, so I can only tell you about process, not product. We expect to finalize a draft plan for discussion with the Trustees by the end of this calendar year. As we move to closure, I look forward to sharing details and directions with you!

With best wishes,

John

Putting Your IRA to Good Use

The year 2010 presents a unique planning opportunity in the income tax arena due to a scheduled rise in income taxes. This is the last year of the Bush administration tax breaks. On January 1, 2011, income tax will revert to the 2000 rates. Therefore, now is the time to prepare for the future at a lower income tax rate.

One strategy to explore is the conversion of a traditional IRA to a Roth IRA. Beginning in 2010, all income limitations for conversions have been lifted; meaning, that irrespective of the amount of income earned, you qualify to convert a traditional IRA to a Roth IRA. One benefit of converting to a Roth IRA is the investment can be withdrawn on a tax-free basis in retirement. However, there is an income tax implication to a conversion.

Federal income tax must be paid on any pre-tax contributions to your IRA and any growth in the investment value when you convert a traditional IRA to a Roth IRA.

The Liberty Mutual Invitational Golf Tournament to benefit Judge Baker Children's Center was held on Tuesday, June 8, 2010 at Blue Hill Country Club in Canton, Massachusetts. This was the fifth anniversary of the tournament for the Baker and what a way to celebrate – by exceeding our goal and raising over \$98,000! The introduction of a “Golf Ireland” raffle helped to ensure this financial success. The raffle was an all inclusive trip for four to Ireland with five days of golf at some of Ireland's most famous courses. Peter Simmons of Peddock Capital Advisors, LLC, a loyal supporter of the tournament, was the lucky winner of the trip.

The Baker extends special thanks to everyone who worked on this tournament, sold and purchased raffle tickets and/or joined us to celebrate the day. Specifically, we thank Trustee and Committee Chair, Jay Webber and the planning committee members for their five years of leadership and friendship as we worked to pull this tournament together. We also need to extend our congratulations to our tournament winners: Rick Renwick, Greg Bertovich, Joe Gardner and Gerry Weber. This winning foursome received an invitation to play in the Liberty Mutual National Finals at Pinehurst in North Carolina in March 2011. We hope you mark your calendars for next year's tournament to be held at Walpole Country Club in Walpole, Massachusetts on June 27, 2011.



The winning foursome left to right: Gerry Weber, Greg Bertovich, Joe Gardner and Rick Renwick.

Manville Encourages Healthy Lifestyles for Students

The national average of children age 6-18 years old with obesity is now at 19 percent. Obesity can lead to diabetes and cardiovascular disease, even in children. To ensure the health of their students, the Manville School created a committee focused on healthy lifestyles. This committee consisted of Jim Prince, the Manville School Director, Kathy Desmond, the school nurse, Seamus Healy, the kitchen manager, and upper school teacher Emily Rifkin.



Brian Wood (center) with Manville students showing off their new bikes.

The committee first focused on diet and nutrition. They created healthier options for breakfast, lunch, and snacks as well as emphasizing portion control and the nutritional value of each meal. Brian Wood, the Manville School physical education teacher took this plan to the next level, adding physical activity in to the students' routine. A healthy lifestyle must strike a balance between diet and exercise.

“A big part of any PE teacher's job is to instill the importance of a lifetime of physical activity into our students,” said Mr. Wood. “While conventional team and individual sports are fun to learn and play, they are not always the best activities to pursue throughout a lifespan and they do not always motivate our students to be active.” During the 2009 summer program, Brian engaged students in special fieldtrips learning how to canoe, and taking a bicycle tour through Boston. Both of these activities were very popular with the students. This inspired Brian to explore purchasing bicycles to enhance the physical education program at Manville.

With the help of an anonymous donation and the generosity of International Bicycles in Allston, Manville now owns 35 mountain bikes in adult and assorted youth sizes, as well as cycling helmets and tire pumps. “This activity in the beginning will be part of our Friday electives,” said Mr. Wood. “This will give us an adequate chunk of time to go over the skills necessary to ride a bike and have them practice riding, perhaps even join other more experienced student riders to take bike rides in the community. Eventually, I would also like to have classes use the bikes as transportation, taking small, local field trips combining exercise with learning.”

Mr. Wood introduced this program with the hopes that students will learn how fun bike riding can be as well as the importance of lifetime exercise. He also wants students to learn the fundamental skills involved in riding a bike safely on the road. There are some challenges ahead for Mr. Wood and the Manville School Occupational Therapy (OT) department. “Teaching any person to ride a bike can be extremely challenging because it takes great patience from both parties involved, the teacher and the learner,” said Mr. Wood. “I think the greatest challenge will be working with some of our students who have trouble with gross motor skills and receive OT here at Manville. They will find it challenging to find their balance on the bike and maintain control and balance while turning. I have been talking with our OT staff and they are equally as excited about this program and will be instrumental in helping our students new to cycling learn how to ride.”

There will be different sounds of excitement on the Manville playground and blacktop this fall, as students learn how fun exercising can be. Changes will continue to be made throughout the school to help keep our students healthy and active. A special thanks is extended to the Judge Baker Children's Center facilities department, for building a wonderful new shed to house all 35 bicycles and helmets.

The Board of Trustees at Judge Baker Children's Center is pleased to introduce its two newest members. Katie Nicholson and Lisa Burrows officially joined the Board in May 2010. They both bring a range of experiences and interests and will help make many positive contributions as Trustees of the Baker.



Katie Nicholson

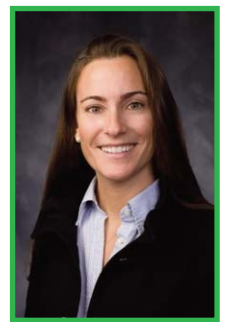
Katie Nicholson is the Director of BRIGANCE® Products at Curriculum Associates, LLC. She manages product strategy and marketing as well as product development for the company's BRIGANCE product lines, which are focused on the early childhood and special education markets. She has a passion for education and youth development. "I knew when I decided to join a Board that the organization would have to be focused on children in need of extra support," said Katie. She was especially pleased with Judge Baker Children's Center and the work being done 'on the ground'; where the funds raised for the Center are put to use right here with real children and families. Having held multiple positions in strategic planning and management consulting at other companies, Katie has volunteered to be a part of the Baker's Strategic Planning Board Advisory Committee. Her knowledge will be very helpful as the Baker moves forward over the next year refining and implementing its strategic plan.

Katie Nicholson, originally from New York City, moved to this area to attend Amherst College. She has remained in the Commonwealth since then with the exception of attending graduate school at Stanford University to obtain her MBA and Masters in Education. She and her husband, Craig, now live in Boston's South End. Craig is also taking an active role. He was one of the 50-mile cyclists for Team Baker in the 2010 Rodman Ride for Kids.

Lisa Burrows is Assistant Vice President, Director of Investments at Old Mutual Asset Management in Boston where she manages financial distribution of Old Mutual brands to the marketplace. Lisa graduated from Colgate University with a degree in economics. "I really enjoy finance; it's always changing and there are new things to learn everyday," said Lisa.

Lisa chose to join the Board of Trustees at the Baker due to her interest in children and education. Her mother has been a teacher for many years, and the passion she has about her job and children has really made an impact on Lisa. The idea that education is being made accessible to everyone is very important to Lisa. Although she has no prior experience working within the mental health spectrum, she was very impressed with the children and staff at our Manville School. Lisa has jumped right into her role as a Trustee joining the Development Committee. She hopes to help extend the Baker name to new networks, and expand the development and fundraising efforts while raising awareness. Lisa currently lives in the Beacon Hill section of Boston. She has become a newlywed since joining the Baker's Board of Trustees. Lisa and her husband, Jeb, were married in July.

Both Katie and Lisa are great additions to the Board of Trustees at Judge Baker Children's Center. We are pleased to welcome them as new Trustees.



Lisa Burrows

Putting Your IRA to Good Use (Cont.)

This income tax calculation must be taken into consideration to determine whether converting makes sense for you. An advantage of doing a conversion in 2010 is that taxable income can be spread out over two years, 2011 and 2012- helping reduce the tax bite. Additionally, the income tax due will be based on 2010 income tax rates.

If converting a traditional IRA to a Roth IRA is the right step for you, there is a strategy to employ to reduce the taxes. Consider making a contribution to a charity such as Judge Baker Children's Center (JBCC). A gift may be accomplished in different ways:

- Make an outright gift to JBCC of cash or appreciated stock. Because JBCC is a public charity, the amount you contribute is deductible up to 50% of your adjusted gross income. If you decide to make a gift of appreciated stock, you may give up to 30% of your adjusted gross income. Any amount you give that exceeds these limitations may be carried forward and used in future years.
- Establish a Charitable Trust with JBCC. There are four types of charitable trusts. In general, an individual contributes money to the trust. The trust then either pays a set amount or a percentage of the fair market value of the trust to either the named charity, (i.e. JBCC) or back to you for the duration of either 20 years or your lifetime. Then at your death either your heirs or the charity receive the remainder. This benefits you in two ways. You receive the charitable deduction in the year that the trust is funded and either you receive an annual distribution from the trust or your heirs receive the remainder.

Either strategy will help reduce your income tax obligation from converting your traditional IRA to a Roth IRA while also meeting your philanthropic goals. Because these strategies can be complicated, be sure to discuss the details with your tax advisor. If you are interested in making a planned gift to benefit Judge Baker Children's Center, please contact, Michele Urbancic, Vice President of Advancement at 617.278.4280.

Rodman Ride 2010

The 20th annual Rodman Ride for Kids was held on Saturday, September 25th. With 42 riders, Team Baker had representation in all three of the cycling classes: 25, 50 and 100 miles. The team was a great mix of staff, trustees, and friends, with our very own President and CEO, John R. Weisz, Ph.D., ABPP and his wife Jenny leading the way. For the fifth consecutive year our Board Chair, Kathy Cade, rode the 25 mile course and was Team Baker's unofficial cheerleader as her other fellow riders crossed the finish line.

Our fundraising goal for the Ride is \$85,000 and we have until November 30, 2010 to continue raising these funds. Every organization that reaches its fundraising goal will receive a 10% matching gift from the Rodman Ride umbrella organization. Thank you to all our riders and volunteers who spent the day in Foxboro, MA supporting Judge Baker Children's Center with this effort. Thank you, too, to all the donors who so generously gave their support to this cause, helping us to reach our goal. A special thank you to our corporate sponsors: Beacon Equity Partners, Anaqua, Exari, SGA², Bob's Discount Furniture, Sepracor Pharmaceuticals, Fiduciary Trust Company and three friends who have chosen to remain anonymous.

To make an online donation to Team Baker please visit www.jbcc.harvard.edu



JBCC President and CEO, John Weisz, Ph.D., ABPP and his wife Jenny, (far right) join Team Beacon Equity Partners. Special Thanks to Ed Mullen (in yellow) and Beacon Equity Partners for their second consecutive year as our lead corporate sponsor.



Manville School Chef Seamus Healey and Michael Burstin prepare for the 100-mile ride.

Manville Psychiatrist (Cont.)

This past July, with the formation of Dr. Leibowitz's new pilot mental health clinic, Children's Hospital once again broke new ground by offering comprehensive, interdisciplinary treatment for this underserved patient population. By treating the psychosocial needs of sexual minority youth, this pilot clinic serves an increasingly more visible patient population as societal acceptance of these issues increases.

"What inspired me about this work is the unique opportunity to advocate for the specific needs of these youth- a population with much higher rates of depression, risky behaviors, substance abuse, anxiety, and suicidality across all developmental stages" said Dr. Leibowitz. "Clinicians, teachers, and pediatricians need more education regarding those needs," he added. One subgroup of this population seeks medical interventions to align their physical selves with their affirmed gender identities. The GeMS program uses reversible puberty-blocking medication to prevent the irreversible development of secondary sexual characteristics, often devastating physical effects for those with cross-gender identities. Now internationally recognized as standard of care (published by the Endocrine Society), this reversible puberty-blocking treatment buys time for the adolescent's cognitive and emotional development to sufficiently mature in order to make decisions about less reversible medical options, including cross-sex hormone therapy and eventually surgery. Providing ongoing psychosocial support to these youth requires an in-depth knowledge of this experience and a sensitive non-judgmental approach to patients who typically feel marginalized and ostracized by society.

The staff at the Baker is pleased to have Dr. Scott Leibowitz as the Director of Psychiatric services for the Manville School and looks forward to this opportunity to work with him. As far as what the future holds, at this time Dr. Leibowitz admits that he has reached his current objectives. "I am satisfied with my daily contributions towards improving the lives of children and adolescents. With each day come new ideas and new goals to strive for in the future."



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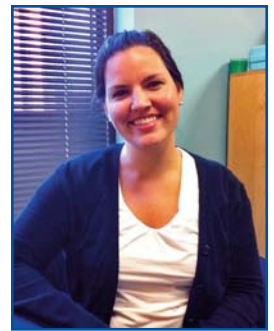
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 Alumni Corner

Jane Simpson Gray, Ph.D.
 2006 - 2008

In 2008, Jane Simpson Gray, Ph.D. completed her post-doctoral fellowship in clinical research at Judge Baker Children's Center. Under the mentorship of John Weisz, Ph.D., ABPP, the Baker's President and CEO, Dr. Gray served as project director for the Child STEPS Clinic Treatment Project and the Youth Coping Skills Project.

After completing her post-doctoral fellowship, Dr. Gray moved to Austin, Texas to join the Texas Child Study Center, a collaboration between the University of Texas and the Dell Children's Medical Center of Central Texas. Similar to the Baker, the Texas Child Study Center uses evidence-based treatments to treat children with anxiety, depression, and/or disruptive behavior disorders. At the Texas Child Study Center, Dr. Gray directs a training program educating trainees in evidence based treatments. She individually supervises five psychology trainees at the graduate student, intern, and postdoctoral levels. She also teaches seminars in advanced cognitive behavioral therapy and professional issues, law, and ethics.



Jane Simpson Gray, Ph.D.

Dr. Gray collaborated with two pediatric obesity experts at Dell Children's Medical Center to begin the Texas Center for the Prevention and Treatment of Childhood Obesity. Like the Texas Child Study Center, the obesity center's mission consists of clinical care, research, training, and advocacy. The Center include experts in pediatrics, nutrition, physical activity, nursing, and mental health. Its two main programs include the Activating Children Empowering Success (ACES) clinic and the Healthy Living Happy Living program.

The ACES clinic provides comprehensive evaluation, management, and treatment for obese youth ages two through 18 years. In this clinic, Dr. Gray designs and implements interventions appropriate for obese children with comorbid psychiatric diagnoses. The Healthy Living Happy Living program is a group program for children age six to eleven focusing on nutrition, physical activity and mental health. Following the program, many participants experienced improvement in their Body Mass Index (BMI). The results also showed mental health benefits; children reported fewer depressive symptoms and parents reported a decrease in parenting stress following the program.

Dr. Gray received her masters (2004) and doctoral (2006) degrees in school psychology from The University of Texas at Austin. She completed an internship in pediatric and child clinical psychology at the Children's Hospital Boston in 2006 and was a postdoctoral fellow at Judge Baker Children's Center from 2006 to 2008. Currently, Dr. Gray is the director of psychology training at Texas Child Study Center as well as adjunct assistant professor in the Educational Psychology Department at the University of Texas. She is also the director of psychology for the Texas Center for the Prevention and Treatment of Childhood Obesity, a specialty program at Dell Children's Medical Center. Dr. Gray and her husband, Justin, recently welcomed their first child, Maya, in May of 2010.

** The Alumni Corner serves as a tool to inform the Baker community of alumni success stories .*

Looking for additional information that was not included in this newsletter? Please visit our website for further details on Judge Baker Children's Center, The Manville School, Clinical Care and all of our research projects! www.jbcc.harvard.edu