

New Program Offers Clinical Care for Boston Area Children

Judge Baker Children's Center is pleased to announce the addition of a new component to its direct service programs: Clinical Care. This program provides mental health assessments and focused short-term treatments for children ages 4-17 who experience anxiety or depressive/disruptive behavior disorders. Clinical Care is supported by nine clinicians with diverse specialties who have been trained in evidence-based treatments.



Clinical Care Staff. Back left-right: Steve Schaffer, COO, James Slavet, Ph.D., Mitch Abblett, Ph.D., David Langer, Ph.D., Ana Ugueto, Ph.D., Adam Weissman, Ph.D., Dikla Eckshtain, Ph.D. Front left-right: Mariana Negron, Sue Woodward, Ph.D., Jenny Herren, Ph.D., Sarah Kate Bearman, Ph.D., John Weisz, Ph.D., ABPP, CEO.

The Baker's Clinical Care uses "evidence-based treatments" - treatments that deliver improved outcomes for clients, as documented by consistent scientific evidence. By using these treatments to help children with specific disorders (e.g. anxiety, depression, ADHD), results may be seen in a shorter period of time. "While many experts agree that evidence-based treatments work and can make a real difference for children and families, these practices have not spread very far into the world of everyday clinical care," stated John Weisz, Ph.D., ABPP, President and CEO of Judge Baker Children's Center. "At the Baker we are addressing this problem through research, training, and direct service. We conduct research designed to identify best practices for children and strategies for disseminating these practices into the community. This led to the creation of our Clinical Care program." By putting research into practice, Clinical Care is able to more effectively help the children whom it serves.

Dr. Weisz is a world-renowned researcher of and advocate for evidence-based mental health treatments for children and families. Weisz and his colleague Dr. Bruce Chorpita, working with the national Network on Youth Mental Health that Weisz directs, have developed a leading approach for treatment of conduct problems, depression, and anxiety in youth, which will be used in Clinical Care at the Baker. Other

(Continued on page 2)

No Bullying for Our Kids

Schools across the country have seen a rise in the number of children involved with bullying at school, often times resulting in injuries and the need for law enforcement assistance. The Baker's Manville School, even with its small class sizes, therapeutic environment and staff to student ratio, faces challenges with bullying and is addressing this issue in a very direct and proactive manner. The school believes that creating a safe environment for all students is critical to learning and growth.

Manville's Lower School has taken steps to combat bullying with its youngest students by holding a monthly assembly to share work, have fun and strengthen its community bond. Earlier this year, one assembly was devoted entirely to talking about bullying and how to be good friends. Students identified what it meant to be a bully and what bullying looked like. They talked about physical bullying, teasing and using mean words, secret or sneaky bullying and even cyber bullying. They discussed the reasons people bully, including trying to fit in, not knowing how to make friends and possibly having been bullied themselves in the past. The Lower School has also implemented weekly therapy groups where students can discuss conflicts they are having with peers, both here at school and in their communities. Students and staff offer support and advice; helping to strengthen the community bonds and create an environment where everyone feels safe and supported.



Manville's work raising awareness on bullying has brought about some positive outcomes. One student stated, "I think there have been improvements in bullying and unacceptable behavior. I think everyone has been working hard to stand up for each other and not be a bully."

(Continued on Page 5)

Inside This Issue:

President's Corner	- 2
Trustee Update / Awareness Day	- 3
Save The Date / Manville Science Program	- 4
Estate Planning	- 5

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

Executive Team:

- John R. Weisz, Ph.D., ABPP
President & CEO
- Stephen Schaffer
Chief Operating Officer
- Michele D. Urbancic
Vice President of Advancement

Program / Department Heads:

- Todd Anderson, *Information Technology*
- Anthony Bono, *Finance*
- Elizabeth Fitzsimons, *Development*
- Alvin F. Poussaint, MD, *Media Center*
- James Prince, LICSW, *Manville School*
- Nina Rodriguez, *Facilities*
- Phyllis Rothberg, LICSW, *TEAMS*
- Julie Sweeney Springwater,
New England Association of Child Welfare Commissioners & Directors
- Rachel Sudikoff, *Human Resources*
- Sue Woodward, *Clinical Care*
- Richard Young, *Child-at-Risk Hotline*

Principal Investigators:

- William R. Beardslee, MD
- Sarah Kate Bearman, Ph.D.
- Janina R. Galler, MD
- Claudio O. Toppberg, MD
- John R. Weisz, Ph.D., ABPP

Board of Trustees:

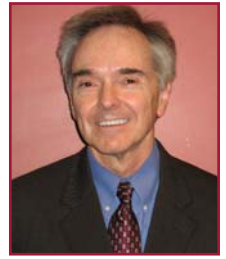
- Kathryn E. Cade, *Chair*
- Edward E. Mullen, *First Vice Chairman*
- Jay L. Webber, *Second Vice Chairman and Treasurer*
- Verne W. Vance, Jr., *Clerk*
- Deborah L. Anderson
- Carol E. Bonner
- Thomas W. Cornu
- Robert P. Gittens
- Robert G. Holdway
- Andrew R. Knowland, Jr.
- George Macomber
- John R.A. Pears, RIBA
- Claire S. Stern
- Dorothy A. Weber, Ed.D.
- John R. Weisz, Ph.D., ABPP
- Lucie E. White
- George C. Wilson



Corner

President's

We in Massachusetts are mourning the loss of Phoebe Prince. Earlier this year, the intelligent, attractive 15-year old took her own life after three months of intense bullying—in person and on Facebook—from fellow students in a Massachusetts high school. In the wake of this tragedy, nine teens have been charged with crimes including criminal harassment, stalking, and statutory rape. And of course Phoebe's family and friends are devastated. These events—now widely publicized—bring into sharp focus the risks behavioral and emotional problems pose for children and adolescents. Behavioral problems unaddressed can escalate to dangerous levels during the school years, causing massive harm to young victims and sometimes evolving into chronic antisocial and criminal behavior in adulthood. Emotional problems unaddressed can overwhelm the developing coping skills of girls and boys, leading to severe and prolonged pain and suffering.



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

The importance of behavioral and emotional development—good mental health—is sometimes overshadowed by a focus on physical illness. However, behavioral, emotional, and mental health problems can be just as devastating as many physical illnesses—and just as widespread. One in five children and adolescents suffers from a diagnosable mental health disorder. This rate exceeds the prevalence of pediatric diabetes, asthma, scoliosis, anemia, and all forms of cancer combined. Clearly the scope and impact of youth mental health problems warrants a national effort to make a difference.

At the Baker, we seek to make that kind of difference nationally, regionally, locally, and with one child and family at a time. Our focus is on behavioral, emotional, and mental health of children and adolescents. We build prevention and treatment programs for young people, we use clinical trials to study their impact, and we disseminate information about program effectiveness. We then develop and test strategies for disseminating effective programs to schools, clinics, and other settings, and we train professionals in those settings to deliver the programs skillfully. Because the interventions we use are tested and shown to work, they are called “evidence-based.” In brief, we use evidence to improve the quality of mental health care for girls and boys.

Our most recent venture is a case in point. Our newest program at the Baker-- Clinical Care--will provide direct outpatient services to youngsters in the community. We will offer evidence-based treatment for problems and disorders of anxiety, depression, disruptive conduct, and trauma exposure. The clinical experts at the Baker who spend much of their time training other professionals in effective practice will be providing direct service to the community through this new program. Clinical Care at Judge Baker Children's Center—described elsewhere in this edition of the Bulletin—illustrates our ongoing effort to bring the best possible mental health to children, adolescents, and their families.

Clinical Care (Continued from page 1)

evidence-based practices—for both assessment and treatment of mental health challenges—will also be provided in the new Clinical Care program.

Clinical Care Program Manager Sue Woodward, Ph.D., has extensive experience treating children and adolescents with anxiety, depression, disruptive behaviors and social skills deficits. This experience will assist her as she both manages the Baker's Clinical Care program and works directly with children as one of the Clinical Care clinicians. “We are thrilled to bring our treatment model to children and families of the greater Boston area. Today's families are dealing with a very difficult combination of increased stresses on children and much busier family schedules. With specific techniques targeted for a variety of childhood disorders, we aim to teach children and parents critical life-long skills to address and ameliorate their current distress, and to build resiliency when facing future challenges,” said Dr. Woodward.

Clinical Care, located at Judge Baker Children's Center, 53 Parker Hill Avenue, Boston, officially opened at the end of March. Appointments may be made Monday through Thursday, between 3:00 pm and 7:00 pm. For additional information, please visit our website at: www.jbcc.harvard.edu/CC.html.

A Day to Celebrate Children's Mental Health

Thursday, May 6, 2010 will mark the fifth anniversary of National Children's Mental Health Awareness Day (Awareness Day), created by the Substance Abuse & Mental Health Services Administration (SAMHSA). SAMHSA describes Awareness Day as an "opportunity for people to promote positive youth development, resilience, recovery, and the transformation of mental health services delivery for children and youth with serious mental health needs and their families." This will be the first Awareness Day to focus specifically on early childhood.

Judge Baker Children's Center is very pleased to have people across the country unite to promote positive mental health for our children. We hope that you see the importance in this nation wide Awareness Day for children who experience mental health challenges. We ask you to step forward and make a donation to Judge Baker Children's Center to show that we have raised your awareness on the importance of the work being done by SAMHSA and the Baker to promote positive youth development and provide mental health services for those children and families who are in need. Your \$25.00 donation will help the children who benefit from the Baker's direct service programs.

- Yes! My Awareness about Children's Mental Health Awareness Day has been raised. I wish to support the Baker's work promoting children's mental health by making a \$25.00 donation.

Donations may be made through our website at www.jbcc.harvard.edu/donate.htm or you may send a check. Please make checks payable to Judge Baker Children's Center, and mail to Development Office, Judge Baker Children's Center, 53 Parker Hill Ave, Boston, MA 02120.

TRUSTEE UPDATE



Jay L. Webber,
Trustee

Judge Baker Children's Center applauds Jay Webber for his ten years serving on the Board of Trustees. Jay has worn a few hats during his time on the Baker Board: Trustee, Second Vice Chair of the Board, Treasurer, and Chair of the Finance Committee. He added another duty to that list when he helped create the Baker's annual Golf Tournament. 2010 will mark Jay's fifth year serving as the chair of the planning committee for this very successful event. He has been a loyal friend, an inspired leader and a trusted confidant of Judge Baker Children's Center.

When asked "Why the Baker?" Jay responds, "The staff at Judge Baker Children's Center has dedicated their lives to helping children living with severe mental health challenges. They invest so much of themselves into helping every child reach his or her fullest potential. I wanted to be a part of that, to do whatever I could to assist them in this mission." Having served on other area not-for-profit boards, Jay is able to bring a wealth of knowledge and experience to the Baker. He knows the importance of efficient and effective leadership when it comes to guiding an organization and ensuring its overall success. Jay also sits on the Controlled Risk Insurance Company, Ltd. (CRICO) Board representing Judge Baker Children's Center.

An avid golfer, Jay was eager to have a golf tournament become a significant fund raising vehicle for the organization. He set out to build the golf committee and then motivated committee members to get others involved. His drive and commitment introduced the Baker to a new group of donors who were interested in learning about the work we do and how they can support our mission. Now in its fifth year, the golf tournament has grown from a \$35,000 tournament to an \$85,000 one. "Golf is a great way to get folks involved," states Jay, "What could be better then spending a warm, sunny day golfing with a group of good friends and at the same time be helping children struggling with major mental health challenges? You get to do something you enjoy and you get to make a difference too." The Baker is grateful to have Jay on its team – we could never achieve such great success without him!

Jay is a CPA and is currently a Managing Director/Shareholder of CBIZ Tofias in Cambridge and resides in Sharon, Massachusetts.



**The Liberty Mutual Invitational Golf Tournament
to Benefit Judge Baker Children's Center
Tuesday, June 8, 2010 at
Blue Hill Country Club in Canton, MA**

We have a new title sponsor for this year's tournament, Liberty Mutual.

If you are interested in being a sponsor or creating a foursome for this tournament please contact Liz Fitzsimons at (617)278-4279.

Additional information is online at www.jbcc.harvard.edu



**20th Annual Rodman Ride for Kids Cycling Event
Saturday, September 25, 2010
in Foxboro, MA**

We need sponsors, riders and volunteers! If you are interested in becoming involved with Team Baker in the Rodman Ride for Kids, please contact Liz Fitzsimons at (617) 278-4279.

Participants can chose to ride 25, 50 or 100 miles at this event.

Additional information is online at www.jbcc.harvard.edu

Manville Science Program Steps Out of the Classroom

Four students from the Baker's Manville School had the unique opportunity to hone their science skills in a real laboratory, thanks to the Biogen Idec Community Lab. This lab is offered at no cost to high school and middle school students generally from the Cambridge and Somerville areas. The four students, Kairon Marshall, Harrison DiLiello, Michael Spears and Bob Waters, were able to spend a day at the Biogen Idec Community Lab, as Biogen Idec's guests, and conduct a real biotechnology experiment. Ms. Karasoulos-Vekiarides, Manville's Science Coordinator, known as Ms. K-V to her students, was excited that her students had this opportunity to work with sophisticated apparatus and equipment not currently available at Manville. "This community-based experience allowed our students to conduct active experimentation in a 1,100 square foot laboratory using an inquiry-based approach, and collaborate in a similar manner to actual researchers. In simpler words, they were 'biotech scientists' for the day," said Ms. K-V.

These four students have completed the Biology MCAS test successfully, achieving a passing score. They are all currently in Biology II, and have been studying an array of modern genetics topics from Human Genetic Variation to Sleep Disorders to the Bioethics of Huntington's Disease. The lab they conducted at Biogen Idec is called, "The Mystery of the Crooked Cell" and is originally from Boston University's CityLab, at the Boston University School of Medicine (written by Donald A. DeRosa and B. Leslie Wolfe.) Through the experiment, the students took multiple steps to uncover the genetic condition that their mystery patient was suffering from. By observing, modeling, role playing, making predictions and performing gel electrophoresis to analyze their patient's DNA, the Manville students discovered that their mystery patient had Sickle Cell Anemia. This was a positive day for the students and the attending Manville staff, upper school teacher Emily Rifkin and counselor Peter Cavicchio.

The students also had the chance to speak with some of Biogen Idec's staff in the cafeteria during a power lunch/informal networking session. One of the day's highlights was meeting Biogen Idec's Vice-President of Finance & Treasurer, Michael Phelps. Mr. Phelps spoke to the students about the variety of non-science related careers at Biogen, including marketing, finance and manufacturing, which really got them thinking about what their future prospects might be.

This exposure to one of the world's first biotech companies, as well as the ability to use state of the art lab technology helped these students learn how the biotech field can impact our lives and our health. Taking education beyond the classroom allowed these Manville students to talk to professionals working in the biotech field and become informed of the scientific discovery and therapies Biogen Idec does. The Manville School hopes to continue this relationship with Biogen Idec and offer a similar opportunity to students next spring. This was the second year Manville was approved to use the Biogen Idec Community Lab.

The Manville School is grateful to the Biogen Idec Community Lab for providing them with this hands-on science experience. Special thanks are also extended to Tracy Callahan, Ph.D., the facilitator and director of the Biogen Idec Community Lab, for allowing Manville to use this facility and all its equipment.



Group at Biogen Idec Community Lab. Front Left to Right: Ms. K-V, Michael Spears, Harrison DiLiello. Back Left to Right: Peter Cavicchio, Emily Rifkin, Kairon Marshall, Bob Waters, Tracy Callahan, Ph.D.



Estate Planning in Uncertain Times

It's already spring of 2010 and Congress has yet to provide guidance regarding federal estate taxes. At the end of 2009 the federal estate tax and the generation-skipping transfer tax were repealed. Both of these taxes are scheduled to return in 2011 at unfavorable rates; however, for the remainder of 2010, the taxes that may be placed on an estate can differ depending on where you live, making estate planning rather challenging.

In 2009 the federal estate tax exemption amount was \$3,500,000. Any estate value less than \$3.5 million was not subject to federal gift or estate tax. Within the Commonwealth of Massachusetts, however, each person was only allowed to pass on \$1,000,000 free of estate and gift taxes. This meant any estate valued at over \$1 million would be subject to Massachusetts estate taxes on the total estate, less the \$1 million exemption. As the 2009 federal estate tax law stood, for married couples this tax would be due upon the death of the surviving spouse.

With the federal estate tax law being repealed, any person who dies in 2010 is able to pass on unlimited funds free of federal estate and gift tax. There will be no federal taxes on these funds within 2010, yet there is a possibility taxes may be instituted retroactively in 2011. The ability to pass on an unlimited amount of funds from an estate without state taxation is not possible for Massachusetts residents. The Commonwealth of Massachusetts still limits the monetary amount that may be passed on free of estate and gift taxes to \$1,000,000.

Even though there is no federal estate tax due for 2010 (according to the law currently in effect) proper estate planning is crucial to assure maximum allowable exemptions. If proper trusts are not drafted, an estate tax could be due to the Commonwealth on the death of the first spouse. This would diminish the assets available for the surviving spouse.

Planning is especially important if we look ahead just one year. In 2011, should the federal estate tax law not change, the amount an individual may pass at death decreases to \$1,000,000 and the maximum estate tax rate of 55% is reinstated. At this time, both the federal government and the Commonwealth will have the same estate tax exemption amount.

Proper estate planning is crucial for flexibility while the law is in a state of flux. Proper formulas in your documents will allow trusts to be funded in the most tax efficient manner while allowing the greatest flexibility in passing on your assets.

If you are unsure about where you stand with regard to your estate and what may transpire following your death, please consult with your estate planning attorney today. It is the best way for you to ensure that your wishes for your surviving spouse will be carried out according to your plans. This will also provide some peace of mind for your spouse as he or she looks to the future.

Bullying (Continued from page 1)

"I think everyone at the Lower School are caring, helpful, nice people." Another student noticed, "a lot of things have changed since the beginning of the school year. Some kids that used to be bullies have changed and are helping out." The Manville School staff agrees and is trying to do everything possible to make the Manville Lower School a better place for everyone.

According to the National Institute of Child Health and Human Development, more than 16% of U.S. school children say they have been bullied by other students during the current term. Research links bullying to a host of educational concerns ranging from academic failure to depression, substance abuse, delinquency, gang proliferation, self-harm and suicide. Students at The Manville School are particularly vulnerable to these negative effects and consequences of bullying. Many students come to Manville with a history of being severely bullied and tormented in their previous school settings. They have felt like outcasts and often there was little that was done about it by school staff and administration. We extend a special thanks to Brian McGown, Alice Cohen and the rest of the Lower School staff for helping to ensure a safe environment for our Lower School students.



Manville "lower school" students play together after lunch.



Judge Baker Children's Center
53 Parker Hill Avenue
Boston, MA 02120-3225
(800) 779-8390
www.jbcc.harvard.edu

Non-Profit Org
U.S. Postage
PAID
Boston, MA
Permit No. 57968

ADDRESS SERVICE REQUESTED

*
Alumni Corner

At the age of twelve, Joy Brickner Rabinowitz voluntarily sat in a juvenile court in Cleveland, Ohio listening to cases of youth delinquency. Her father thought it would be beneficial for Joy to be exposed to the challenges other children face in life. Her first experience in the juvenile courts made a lasting impression.

Thirty-four years later in 1954, married with three children, Joy approached the Massachusetts Youth Service Board (YSB) looking for a summer volunteer position. She was given work at the YSB Detention Center, the treatment arm of the Boston Juvenile Court, referring troubled youth to outpatient programs in greater Boston. Her volunteer position turned into a permanent job and Joy stayed there a year until she enrolled in Smith College School for Social Work to earn a master's degree in social work. Determined to continue her work with children and families, Joy sought to fulfill the requirements of her degree with a placement at Judge Baker Children's Center.

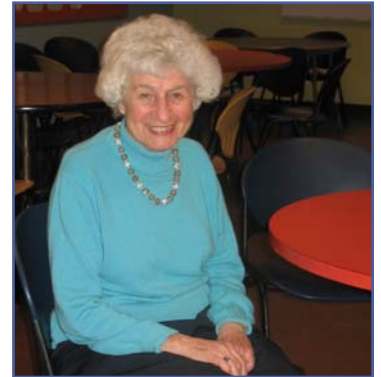
The Baker's reputation for ground-breaking work with delinquent children made it an attractive place for Joy to receive her clinical training. She was particularly eager to work with Irving Kaufman, MD, Principal Investigator of the National Institute of Mental Health (NIMH) Delinquency Research Project at the Baker. The five-year project investigated root causes of delinquent behavior in children, particularly differences between the schizophrenic and character disordered child. It was here that Joy honed her diagnostic and clinical treatment skills.

Following her graduation from Smith, Joy worked for several social service organizations, including the Massachusetts Society for the Prevention of Cruelty to Children, Roxbury Multi-Service Center, and the Boston Children's Services (BSCA), where she initiated a program called Project Juvenile, enabling children of juvenile court cases to be treated by her clinical staff. She later worked at the Roxbury Children's Services as the Director of Clinical Services from 1975 until retirement in 1990. She enjoyed her work in the field, interacting with chronic and multi-problem families. For over 30 years, she visited homes of Boston's inner-city population. In the early 1970's, Joy's social work skills were especially challenged as she helped youth attending the Roxbury and South Boston Schools adjust to their surroundings as participants of the City of Boston's plan to racially integrate schools.

Since 1994, Joy has volunteered at the Massachusetts Department of Children and Families (DCF). A few times a month she listens to cases of children in DCF care. Without prior knowledge of the children's circumstances, Joy's job is to provide a neutral point of view. She works with each child's team of multi-disciplinary professionals to find the best permanent solution for that child. Joy observes that the cases she deals with are much worse than they used to be. All the more reason why "they need Judge Baker Children's Center," Joy explains. Although she hears many difficult stories, Joy's outlook has always been to emphasize the positives. "You just have to find the good, healthy parts and concentrate on those."

Joy received her Bachelors Degree in Psychology from Wellesley College in 1941. She went on to earn a Masters in Social Work at Smith College School of Social Work (1958). She received the prestigious John Forbes Perkins award in 1978 from the Citizen Training Group for distinguished achievement in the field of social services to children and youth. Joy was a clinical trainee at Judge Baker Children's Center from 1957 to 1958.

Joy Brickner Rabinowitz, MSW
1957 - 1958



Joy Brickner Rabinowitz on a recent visit to the Baker.

* *The Alumni Corner serves as a tool to inform all of the Baker community on the success stories that this Center has helped to create.*

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, The Media Center, Clinical Care and all of our research projects! www.jbcc.harvard.edu