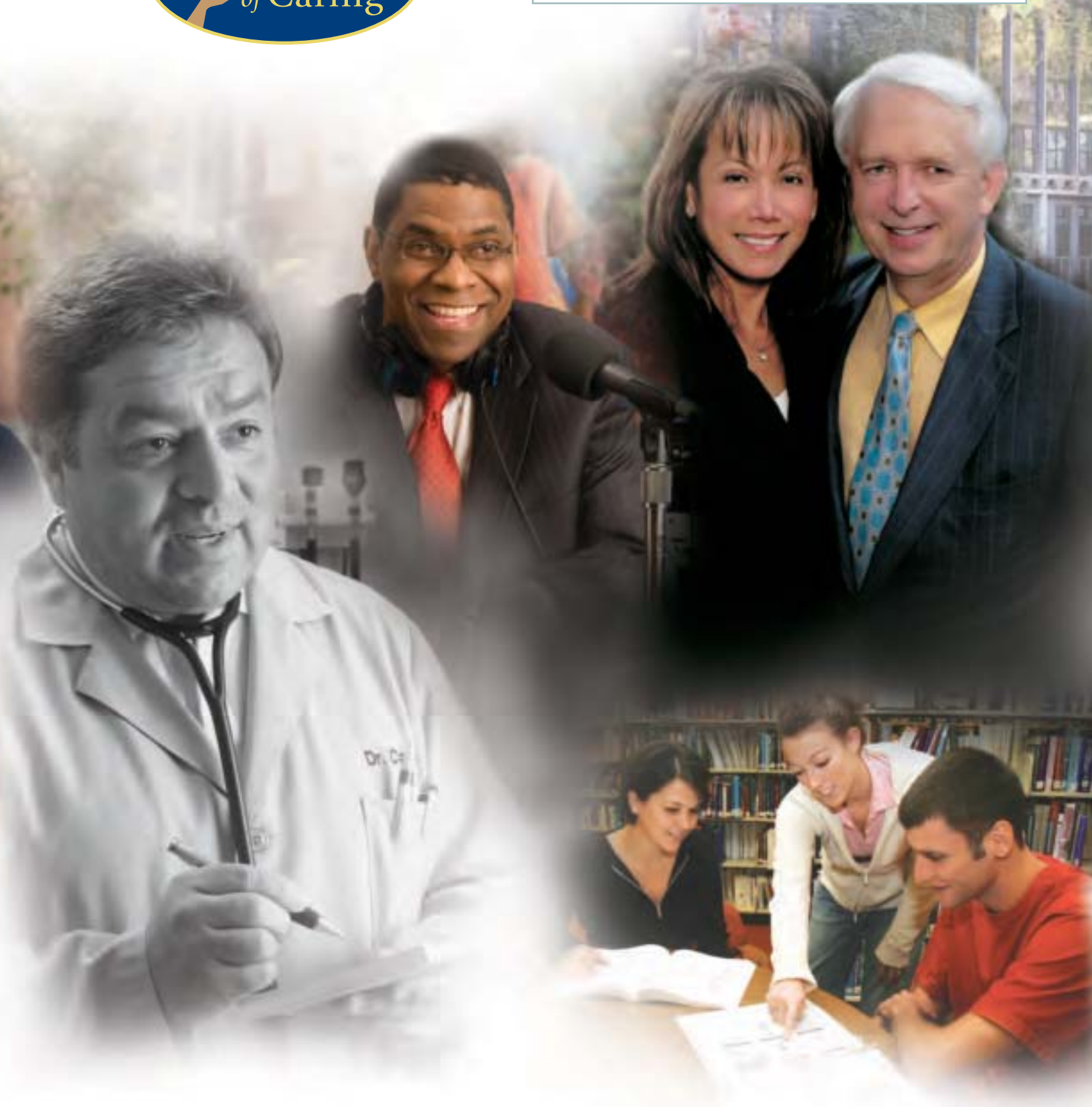




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FISCAL YEAR 2008



“THERE IS A GREAT NEED FOR MORE RESEARCH IN PEDIATRIC MENTAL ILLNESS.
THE COLBETH CLINIC RECEIVED ONE OF OUR LARGEST AWARDS,
BECAUSE IT FIT SO WELL WITH THE BEST FOUNDATION’S MISSION.” — CHERYL FAIR



Edward Keating and Cheryl Fair of the Walter J. and Edith E. Best Foundation



Far Left:
Mani Pavuluri, MD, PhD,
Director of the Pediatric
Mood Disorders Clinic

Left:
Michael Naylor, MD,
Director of Child
Psychiatry at UIC

*Help a Child,
Heal a Family*



Best Foundation Helps Colbeth Clinic Battle Childhood Psychiatric Illness

Children and families come to the sleek, modern building on the UIC campus from throughout Chicago and as far away as Europe and the Middle East, often arriving out of options and hope. The Colbeth Child and Adolescent Psychiatry Clinic offers them a lifeline, annually treating approximately 3,500 patients and their families during more than 16,000 visits.

A nationally respected clinical, research and training center, the clinic specializes in childhood mental illnesses, treating pediatric bipolar disorder and depression, schizophrenia, stress and anxiety disorders, disruptive behaviors, autism, hyperactivity and learning problems. The Colbeth Clinic is part of UIC’s Institute for Juvenile Research, which conducts research in a broad spectrum of pressing issues in children’s psychiatry, providing clinicians with new treatments for patients’ illnesses.

“Pediatric mental illness takes an extreme toll on an entire family,” says Michael Naylor, MD, director of child psychiatry at UIC. “For too long, children have suffered the effects of chronic mental illnesses that are largely misunderstood, and parents have unfairly been blamed for what’s wrong with their kids.”

In fact, genetic links to mental illnesses are well-established — there are much higher incidences of illness in a family with a previous diagnosis — and major mental illnesses have biological causes.

“Whereas children with mental illnesses once went undiagnosed and were dismissed as problem kids, now we know so much more, including which types of disorders respond best to different types of medication and therapy,” Naylor says.

To make possible more advances and better care in treating such biological brain disorders, the Walter J. and Edith E. Best Foundation recently made a \$150,000 gift supporting the Colbeth Clinic’s work. The foundation’s late namesakes were the founder of a successful manufacturer of meat-cutting equipment and his wife, who never had children but wanted to leave a legacy of helping them. The Best Foundation’s co-trustees are Cheryl Fair, a vice president at Harris Private Bank, and Thomas J. Kuhn, a partner at the accounting firm Alexander X. Kuhn & Co. Edward T. Keating, vice president and senior portfolio manager, Harris Private Bank, also assists with the work of the foundation.

“There is a great need for more research in pediatric mental illness,” Fair says. “The Colbeth Clinic received one of our largest awards, because it fit so well with the Best Foundation’s mission.”

The gift will support the kind of work that produces successful outcomes from the least hopeful circumstances. Naylor remembers a 15-year-old girl who came to the clinic struggling with anorexia, depression and social isolation. “There was a lot of family conflict, and we found that she had an aunt with depression,” Naylor says. After a year of therapy, medication and nutrition counseling, the girl improved markedly. She eventually graduated from an Ivy League school, resolved her eating disorder and made close friends.

“That’s not an isolated case,” Naylor says. “There’s so much we can do, and the Best Foundation gift will help us do it. Their grant will translate into improved outcomes for these children and families in crisis, and we’re deeply grateful for that help.”

The Best Foundation gift will help fund research leading to treatment advances, such as the Colbeth Clinic’s cutting-edge treatment for pediatric bipolar disorder. This devastating mood disorder is characterized by episodes of mania and depression, irritability and aggression, and even psychosis. In children, it’s linked to suicide, failure in school, and high-risk behaviors such as sexual promiscuity and substance abuse.

“One moment, kids can be excitable, impulsive and loud; the next they are sullen, withdrawn and weepy. The changes in mood can leave parents and siblings exhausted and strained,” observes Mani Pavuluri, MD, PhD, director of the pediatric mood disorders clinic.

Pavuluri has developed a treatment that combines medication and specialized behavioral therapy focused on mood regulation. She also is conducting research focused on bipolar medication and brain imaging studies identifying differences in neural structures between ADHD and bipolar disorder.

It’s this kind of combination of scientific study and patient care that’s inspired the Best Foundation’s co-trustees to make the foundation a supporter of the Colbeth Clinic. “The synergy between the researchers and clinicians at Colbeth Clinic is something you don’t often see in mental health,” Fair says, “but it’s the kind of environment where breakthroughs can happen.”