

HOPE

*understanding the mind,
restoring the spirit*





4075 Old Western Row Road
Mason, Ohio 45040

513-536-HOPE (4673)

www.lindnercenterofhope.org

Our Mission

The Lindner Center of HOPE is a nonprofit, mental health center staffed by a diverse team, united in the philosophy that by working together, we can best offer hope for people living with mental illness. The patient and family are at the center of our treatment, education and research.

Our Vision

The Lindner Center of HOPE will be a universally recognized leader in mental health care.

A MESSAGE FROM
OUR CHAIRMAN



Our Founders, Frances R. and
S. Craig Lindner

Dear Friends and Supporters,

I am guessing that most people reading this letter have somehow been affected by mental illness, either directly or indirectly through a family member, friend or co-worker. For those trying to find help for someone with mental health problems, the experience can be overwhelming. It leaves many families who are searching for comprehensive care for a loved one with a profound sense of helplessness.

My wife Frances, my parents Edyth and Carl Lindner, and I felt we might be able to begin addressing this problem in our community. We had a wonderful opportunity here in Cincinnati under Dr. Paul Keck's leadership to put together a team of clinicians and researchers that is truly among the best in the nation. Our goal was to build a facility where everything – diagnosis, treatment and research – could be in one location.

We could never have done this alone. I want to thank the members of our family and our many friends in the community for their encouragement, generous donations, and time serving as members of the Board of Directors or as volunteers.

There is much work yet to be done so that mental illness is better recognized for what it is—a medical problem. There also must be a better understanding that the cost of providing quality diagnosis and treatment of mental illness is negligible compared to the lost wages and productivity that result from spending too little.

In closing, I want to extend a challenge to the leaders of our local hospitals and our business community – we need to work together to establish a better system of mental health care in our region. There is such a huge need. There is also an unparalleled opportunity for Greater Cincinnati to take the lead in addressing one of our country's most pervasive health problems.

S. Craig Lindner
Chairperson, Board of Directors

HOPE

is a destination

Lindner Center of HOPE is a place where the best and most advanced possibilities for mental health care have come together in a single setting.

Opened in August 2008, the Center is a 103,000 square foot facility located in Mason, Ohio on a 36 acre campus filled with mature trees and walking paths. Just as the human mind and spirit are wonders of complexity and connection, the Center brings together the latest scientific advancements, world-class diagnostic and clinical skills, and, most importantly, a profound compassion for people suffering from mental illness.

As many patients and their families have discovered, there are few if any places in the country where this

level of comprehensive mental health care can be found, and if there are, they are hundreds of miles away. The Center offers:

A full service mental health hospital with 64 private rooms. Patients can be admitted 24 hours a day, 365 days a year. We provide inpatient programs for adolescents (age 11-17), adults, and seniors; residential programs (age 18 and older), and comprehensive assessments and second opinions.

An outpatient clinic for all ages including children (ages 2 and older), adolescents, adults, and seniors that is staffed by many of the nation's most highly trained and experienced clinicians. Comprehensive

assessments and second opinions are also available on an outpatient basis.

A research institute staffed by internationally recognized scientists seeking new and better treatments for mental illness, as well as a deeper understanding of the causes of these illnesses.

A state-of-the-science Brain Imaging Center for advanced diagnosis and research. Illnesses addressed at the Center include depression and bipolar disorders; eating disorders; addictive and co-occurring psychiatric disorders; anxiety and obsessive compulsive disorders; schizophrenia and related conditions; attention deficit hyperactivity disorders (ADHD) and stress-related problems.



A MESSAGE FROM
OUR PRESIDENT



Dear Friends and Supporters,

It is hard to believe that it has been two years since we opened Lindner Center of HOPE. I am pleased to tell you that in that time we have made a profoundly positive impact in the lives of thousands of patients, their families, our community, and in the field of mental health.

Since our opening, more than 2,000 patients have received hospital care. We have had more than 38,000 outpatient visits. Patient satisfaction levels are extremely high. Our researchers have participated in 20 national and international studies. We were honored to be asked to be a founding member of the National Network of Depression Centers.

None of this would be possible without the vision of Frances and Craig Lindner. Their support, along with members of their family and the community, helped create this remarkable resource for our region. Greater Cincinnati now has one of the most beautiful and innovative mental health facilities in the world. Patients of all ages from throughout

our region and beyond are benefitting from the comprehensive system of mental health care that is being delivered here.

I am proud of our staff for these achievements. Yet we are still in the start-up phase. We are continually growing our capacity to help more people with mental illness. In addition, we are looking forward to developing new collaborations with other hospitals now that our initial partnership with the Health Alliance ended following its dissolution.

There have been incredible advances in the understanding and treatment of mental illness over the past 25 years, perhaps more than in any other field of medicine. With the continued support of our board, staff, donors, partners and the community, Lindner Center of HOPE will help further these advances and continue providing world-class care for patients and their families.

Paul E. Keck, Jr., MD
President and Chief Executive Officer

Natural elements from outside follow individuals into a bright and airy lobby.

A PATIENT'S STORY

TMS Therapy – an innovative new therapy for treatment-resistant depression

One-third of patients with depression experience what is known as “treatment-resistant depression.” That is, despite receiving standard treatments, they do not show adequate improvement or are unable to tolerate the side effects of antidepressant medications. Lindner Center of HOPE became the first provider in Ohio to offer an innovative new option for treatment-resistant depression in adults, called transcranial magnetic stimulation (TMS).

TMS is a safe, painless procedure done in an outpatient setting with no anesthesia required and few, if any side effects. Patients typically receive a series of daily treatments over six weeks. Each treatment lasts about 40 minutes, after which the patient can immediately return to work or home.

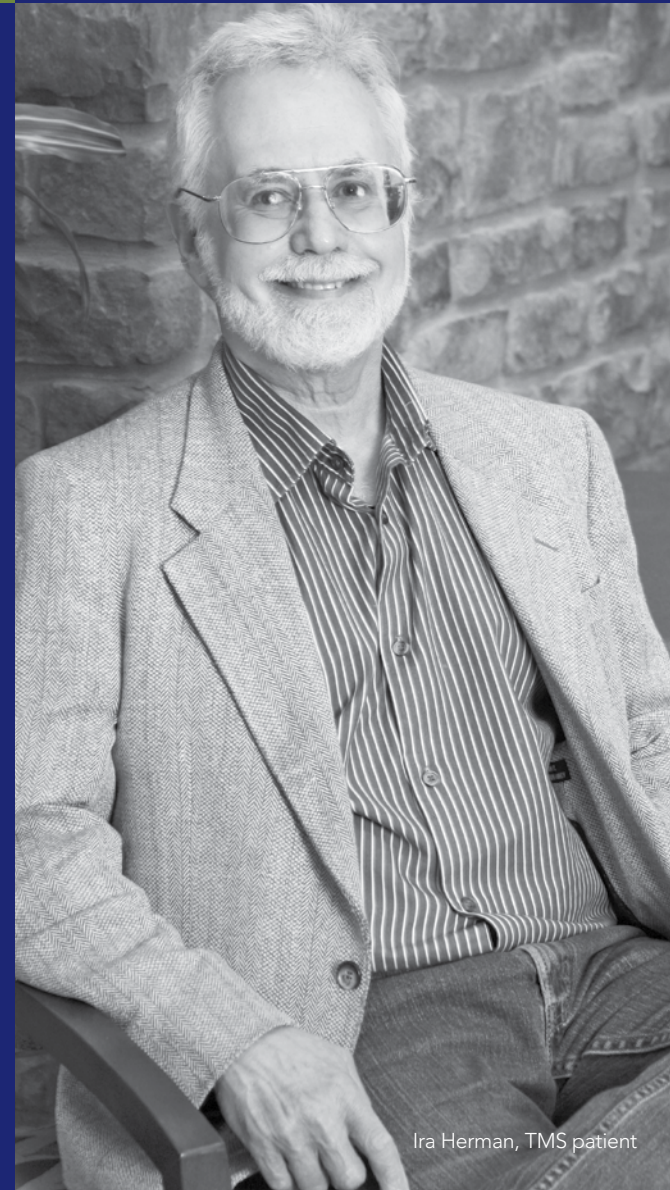
Results from two separate long-term studies showed that relapse rates for patients with treatment-resistant depression were much lower following TMS therapy than

is normally seen with medicines or electroconvulsive therapy. This innovative treatment is changing the lives of many patients. One of those is Ira, who is married and has four children, and had suffered with severe treatment-resistant depression for 14 years.

“When I went in for the TMS treatments I was skeptical,” Ira says. “After all, nothing else had worked for me. At the end of the second week of treatments, I noticed that my long-gone appetite was returning. By the end of the fourth week, I conservatively estimated my improvement at 50%. Midway through the sixth week, I realized I was completely better, and that has continued ever since. TMS gave me my life back. Now I am totally in remission.”



The Farmer Family
Neuromodulation
Center



Ira Herman, TMS patient

HOPE

for people with mood disorders

Mood disorders include depression and bipolar disorders, two of the three leading causes of disability in the world. The third leading cause of disability, alcoholism, often co-exists with one of the other two.

Lindner Center of HOPE provides people with mood disorders in Greater Cincinnati and beyond access to the most comprehensive and advanced diagnostics and treatments available for these illnesses. Since the Center opened in August 2008, thousands of patients have received hospital care, voluntary residential care through the Sibcy House, and outpatient treatment.



Dr. John Hawkins

Yet there are many more who have not, because the majority of people with mental illnesses seek medical treatment rather than mental health care. An estimated 60% of primary care visits are to some extent related to depression or anxiety. These are understandable statistics, not only because of the stigma surrounding mental illness, but also because it often co-exists with other disorders and medical problems.

Few mood disorders are simple or easily conquered. One of the great strengths of Lindner Center of HOPE is the breadth of experience of the clinical staff who can diagnose and treat complex mental health disorders. The Center's clinicians also serve as a

resource for area physicians seeking additional consultation for their patients.

"We're fortunate to have many wonderful physicians and mental health clinicians in our region," says **Dr. John Hawkins, Chief of Psychiatry. "At Lindner Center of HOPE, we're able to offer referrers and their patients access to experts, testing and procedures they might otherwise not have access to."**

The Farmer Family Foundation has given a generous gift to our Neuromodulation Center.

HOPE

for people with eating disorders



The Harold C. Schott Foundation

Eating Disorders Program

at Lindner Center of HOPE

Eating disorders are common, psychiatric illnesses that affect both women and men and can be life threatening.

They include anorexia nervosa, where an individual attempts to maintain a body weight far below what is healthy; and bulimia nervosa, where a person develops an unhealthy pattern of bingeing on food and then purging. Other eating disorders include binge eating disorder, overeating and obesity, and compulsive exercising.

While the media often portrays eating disorders as matter of choice, they are definitely not. It has been estimated that up to 70% of a person's susceptibility to developing an eating disorder may be due to genetic factors.



Dr. Anne O'Melia

"These are biologically based illnesses that cause a great deal of suffering," says **Dr. Anne O'Melia, Medical Director of The Harold C. Schott Foundation Eating Disorders Program at Lindner Center of HOPE.** "An eating disorder may start with a choice, such as going on a diet, but for those who are vulnerable, a change takes place. The balance of power shifts from the person being in control to a situation where the illness affects their decision making process."

About 10 million adolescents and adults in the United States have an eating disorder.

For young women age 15-24, the mortality rate for anorexia nervosa is 12 times higher than from all other causes. It has the highest mortality rate of all psychiatric disorders.

Lindner Center of Hope is in a unique position to make inroads in the treatment of eating disorders, where specialized centers usually cannot. That is because eating disorders often co-exist with other mental illnesses. The Center has extensive capabilities to deal with complex disorders—a multidisciplinary staff; inpatient, outpatient and residential care units; as well as genetic testing, brain imaging and expert researchers available for consultation.

Under the guidance of Dr. O'Melia and Dr. Susan McElroy, Chief Research Officer, clinicians and researchers at the Center are developing an evidence-based protocol for the treatment of eating disorders that can be replicated to any psychiatric program in the country. "It will allow patients to receive treatment near their homes, near their "stressors and supports," Dr. O'Melia says.

Harold C. Schott Foundation made a generous gift to the Eating Disorder Program at the Center.



At Lindner Center of HOPE, patients and staff eat together in our dining room, where wait staff serve healthy, delicious food made to order.

A PATIENT'S STORY

“Being treated at the Lindner Center of HOPE was extremely beneficial to my recovery.

I honestly would never have thought this because the Lindner Center of HOPE is a psych hospital. I had been in several different strictly eating disorder residential treatment centers. I thought the only option for me was to be shipped off to some place far away, get a tube up your nose, and be surrounded by 10 or 15 girls all struggling with similar issues.

While it is comforting to know that you are all there for the same reason, it is also very triggering. Every time there would be a new patient, my anxiety would skyrocket. Would she be skinnier than me? Would she be sicker? I found myself constantly comparing myself with other girls.

It was different at the Lindner Center of HOPE. I was able to truly focus on my own recovery goals and to discover what recovery really meant.”





A PATIENT'S STORY

“The Sibcy House was vital to my recovery and I believe truly helped me a lot.

My entire teen years I'd been in and out of treatment. People told me I was moody but it had never been addressed, and due to that things got way, way, way out of control. By taking time to evaluate my medicine, depression, suicide attempt, anorexia, bulimia, and other mood issues, I truly believe I was able to get better. I think being treated locally was also a crucial piece of my recovery. At Lindner Center of HOPE, I was able to leave on passes, keep up with school work, and work with my family. It has been almost a year since I have been out of the hospital and that is amazing for me.”

Every unit at Lindner Center of HOPE is designed to accommodate both group and private activities.



HOPE

for people with complex disorders



Dr. Todd Palumbo

A good way to describe the mission of Sibcy House is hearing how one patient summed up his experience: **"Sibcy House helped me put the brakes on the chaos my life had become."**

For some people experiencing mental illness, it is not one thing causing distress. It is many things tangled together in a seemingly hopeless knot. Even proven treatments sometimes do not lessen suffering. Is it an unrecognized condition? Or is it a combination of mental, social, and physiological problems?

Sibcy House is a voluntary, residential unit within the Lindner Center of HOPE. The program helps patients age 18 and older with complex and challenging mental disorders. It provides the private setting, clinical expertise,

and advanced diagnostic tools needed for a complete assessment of an individual in both body and mind. Using the assessment, the expert clinical team at Sibcy House develops a comprehensive treatment plan for the individual, and, whenever possible, includes family.

"There is a lot of passion to do great things here," says **Dr. Todd Palumbo, Medical Director of Sibcy House. "What we can do at Sibcy House in less than a month, in most places would take many months, if it could be done at all."**

Patients have come to Sibcy House from many states and several countries for help with depression and bipolar disorders, eating

disorders, addictive and co-occurring psychiatric disorders, and anxiety and obsessive compulsive disorders.

"To see a patient come into Sibcy House and begin turning the corner in their life, they look so much different, like a new person," says Stacey Reese, Manager, Inpatient Social Work for the Lindner Center of HOPE.

Sibcy House is supported in part by a generous gift by Mr. and Mrs. Robert N. Sibcy.

HOPE

for the future — Research and Innovation

Research INSTITUTE *at Lindner Center of HOPE*



Dr. Susan McElroy

New insights through classic clinical research

When research and treatment are conducted within the same setting, as they are at the Lindner Center of HOPE, it can lead to bold new ideas about the causes of, and treatments for mental illness. It can also provide patients participating in studies access to innovative new treatments sometimes years before they are widely available.

Since opening in August 2008, the Research Institute at the Lindner Center of HOPE has participated in more than 20 studies, 11 of which were active as of fall 2010. Most of

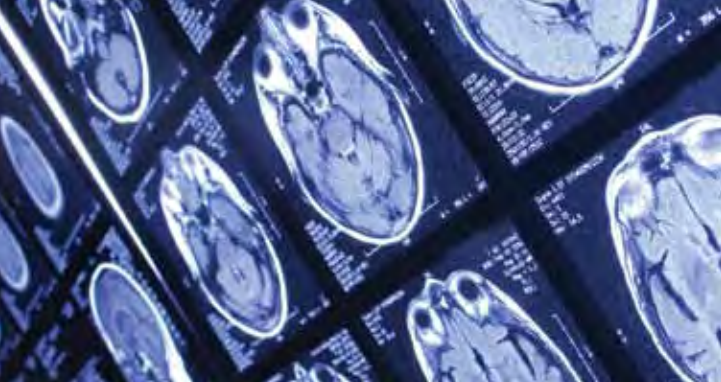
the studies are in the area of mood disorders and eating disorders. Others involve genetics and brain imaging. Some measure whether a medication that is FDA approved for one problem will help with another problem. Still others investigate medications not yet approved by the FDA. The studies are conducted in affiliation with the University of Cincinnati College Medicine.

"We do classic clinical research," says **Dr. Susan McElroy, the Center's Chief Research Officer.** "We do research and see patients. There's a tendency today to be either a researcher or a clinician, partly because of funding. It's hard to do both.

But there's still an important role for clinical research, because you get important insights."

Having the Research Institute in the same building as the hospital and outpatient clinics has provided additional benefits for patients of the Center and their clinicians.

"If a clinician has a question about a co-occurring condition or a complex disorder, for example, the research team is here to provide backup," says Dr. McElroy.



The Brain Imaging Center – pursuing a better understanding of the frontier within

At first glance, the control room in the Center's Brain Imaging Center looks more like it belongs in a graphic arts studio, with several keyboards and flat-panel monitors set up for working with high resolution images. But when Radiology Technician Barry Southers begins bringing up the images, it is instantly obvious this is a new world. The images, in stunning clarity and multiple colors, show the inner structure and workings of the human brain. They are complex, mysterious and beautiful.

The source of the images is a 3.0 Tesla Magnetic Resonance Imaging (MRI) scanner in the much larger room next door. It is the most powerful MRI approved for clinical use, meaning it is safe for patients while providing unparalleled opportunities for diagnosing and researching diseases of the brain.

In collaboration with the University of Cincinnati, Lindner Center of HOPE has several research projects underway at the Brain Imaging Center. The studies could lead to

important discoveries in the areas of traumatic brain injury, post traumatic stress disorder, bipolar disorder and treatments for adolescent patients with suicidal thoughts.

Creating a biological “library” for bipolar researchers

One study at the Research Institute involves the development of a “Bipolar Biobank.” The study is sponsored by the Mayo Clinic and being carried out at six sites including the Lindner Center of HOPE. Participants in the study have bipolar disorder. They provide a blood sample, answer a series of questions, allow access to their medical records, and agree to be part of follow-up activities. In the future, researchers will be able to use samples and patient data from the thousands available through the Biobank. It promises to improve the ease and cost of doing bipolar disorder research, while opening new avenues for better treatments.

HOPE

lives in service and achievements

STATEMENT OF OPERATIONS

Services & Development Revenues 2010

Inpatient Service	\$ 11,390,806
Outpatient Services	\$ 2,805,332
Residential Services	\$ 1,807,108
Development & Research	\$ 6,784,912
Net Services & Development Revenues	\$ 22,788,158

Direct Service Expenses

Salaries & Benefits	\$ 13,722,179
Services & Supplies	\$ 4,589,275
Depreciation & Interest	\$ 3,458,569
Total Direct Service Expenses	\$ 21,770,023

Net Margin on Services & Development \$ 1,018,135

MSO Support Services Expenses \$ 5,458,653

Consolidated Net Income \$ (4,440,518) **

NUMBERS AND STATISTICS 2010

Uncompensated Care	\$ 801,683
Licensed Beds	64
Admissions	1,452
Inpatient Days	11,253
Outpatient Visits	25,669
Research Trials	12
Research Visits	800
Employees	295
Clinicians	33

Notes:

* Fiscal year ended June 30, 2010; Unaudited

** The Lindner Center of HOPE is still in its start-up phase, having completed two years of its initial five year operating plan. We fully expect the volume of inpatient and residential days to continue increasing, as awareness and relationships grow with regional and national/ international referral sources. Revenues from the delivery of those services, along with growth in revenues from development and research, will increase net margin, while MSO support services expenses will remain relatively constant. The result will be that the Lindner Center of HOPE will move closer to break even while providing high quality mental health services to more patients and families.



The National Network of Depression Centers



Lindner Center of HOPE took a major step toward becoming a nationally recognized leader in mental health care, when, along with its affiliate, the University of Cincinnati, it joined 13 other leading institutions around the country as a founding member of the National Network of Depression Centers (NNDC).

The NNDC is based on the idea that centers of excellence working together can make unimaginable advancements decades faster than working independently; and that the groundbreaking achievements of its members can be replicated, just as similar networks have done in the fields of cancer and heart disease.

"This is the first network of academic institutions created to enhance the treatment and research of mood disorders, in fact of any mental illness, in history," says Dr. Paul Keck, President and CEO of the Lindner Center of HOPE. "As a member, we can bring to Cincinnati the best our country has to offer while sharing what we learn with them."

ADAP – Educating local students about depression and suicide



Adolescent depression is increasing at an alarming rate, as is its tragic connection to suicide. Each year, almost 5,000 young people age 15-24 end their lives. The rate of suicide for this age group has nearly tripled since 1960.

The Lindner Center of HOPE is committed to helping young people in our community better identify and cope with depression. As part of that effort, the Center has introduced a new program into area high schools.



Called the Adolescent Depression Awareness Program (ADAP), the program has a 10-year proven track record. It was developed at the John Hopkins University School of Medicine, one of the Center's partners in the National Network of Depression Centers.

"Many people expect angst in teens, so they are confused about depression and where it begins," says Dr. Leah Casuto, Staff Psychiatrist and a member of the adolescent treatment team at the Center. "Part of what ADAP does is help teens, parents and teachers better understand depression, and that it's very treatable. Another aim of ADAP is to improve the likelihood that teens will reach out to their teachers, parents, rabbi, pastor, whomever, for help when they need it."

Eight area high schools attended the ADAP training program in Fall 2010 at the Center. Depending on donor support, the program may be extended to more high schools throughout the region.

HOPE

is a gift generously bestowed

Yes, I want to help Lindner Center of HOPE make a difference in people's lives.

You can donate now by calling the
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Thank you to the Lindner Center of HOPE's donors

for your generous and gracious support
for work that is providing world-class
treatment and hope for patients with
mental illness, while advancing knowledge
and discoveries in the field of psychiatry
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The walkway that welcomes patients, families and visitors to the Center is paved with well wishes from members of the Brick Sponsorship program.

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Putting Their Hearts into Hope

Many thanks to the Lindner Center of HOPE's incredible donors, who are instrumental in helping provide the resources needed to provide care for patients and raise awareness about mental health in our community.

In addition to the major gifts provided by our generous donors, the Center is fortunate to have committed volunteers helping to provide support through a series of special events.



High Hopes

The 75 members of the High Hopes group have been tireless supporters of the Center since the doors opened. Thanks to President Nancy Nyhart and officers Kathy Bechtold, Emme Dade, Jill Freshley, Macy Hansen, Kathy Maxwell, Susan Muth, Terry Quinn, Pat Ryan, Shannon Sibcy, and Susan Walker for their leadership in our first two years of operation. The Bridge to HOPE luncheon was a smashing success and will be repeated on March 1, 2011. High Hopes also sponsors boutique and specialty sales benefiting the Helping Hands Fund to provide financial assistance for those who qualify and seek care at the Center. Added to their many fundraising activities, they also volunteer their services where needed (including holiday decorating), and serve as ambassadors for HOPE in the community.



Touchdown for Hope Event

In 2010, Scott Robinson, Carl Satterwhite, and John Ryan wanted to know what they could do to help. They came up with the idea of holding a Super Bowl party. Francie Hiltz, Sue Lawrence, and Gwen Kennedy joined the committee to plan the first Touchdown for HOPE. Quickly identified as "the best Super Bowl party ever," this very successful event will be repeated for the 2011 Super Bowl.

Second Anniversary Celebration



For each of the past two years, Jon Zipperstein and his business partner Gregg Pancero have graciously donated and hosted an event at the Embers Restaurant for

Lindner Center of HOPE to celebrate its anniversary. This event is a fun evening for staff, donors, and friends and raises funds to be used where the need is greatest. We look forward to celebrating once again in August of 2011.

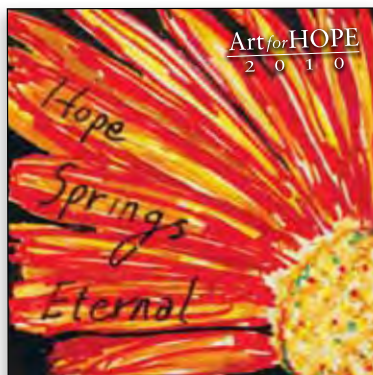
Thank you to all who given of themselves for Lindner Center of HOPE, and to everyone who has supported one of our many events and activities. Your help brings hope to others when they need it the most.



Art for HOPE

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Art for HOPE is a program that encourages patients to express themselves by creating art with a message of hope. The Art for HOPE collection includes coasters, notecards and other items available for purchase to support Lindner Center of HOPE.



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