



The Harold C. Schott Foundation

Eating Disorders Program

at Lindner Center of HOPE

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at Lindner Center of HOPE specializes in anorexia nervosa, bulimia nervosa, binge eating disorder, overeating, compulsive exercising, and related mental health issues. Treatments for these illnesses are available on an inpatient, partial and residential basis, an outpatient basis, or through participation in research studies.

Approximately ten million adolescents and adults in the United States have an eating disorder. These are illnesses with both initiating and sustaining biological factors. Initiating factors include genetic and neurochemical differences found in eating disorder patients. Sustaining factors refer to biologic disturbances that occur secondary to weight loss and malnutrition. Also, the development of eating disorders seems to be related to certain temperament and personality features such as perfectionism and obsessiveness. Finally, conflicting social messages about nutrition and extreme thinness as a cultural ideal influence both the development of and the treatment for eating disorders.

Being underweight or overweight can pose a number of risks to a patient's health. Being preoccupied with thoughts and activities related to weight, shape and food may cause substantial impairments in a patient's overall functioning. Eating disorders interfere with the ability to engage in normal activities and to even think clearly. Fortunately, effective treatment is available.

For more information call
513-536-HOPE (4673)



4075 Old Western Row Road
Mason, Ohio 45040
lindnercenterofhope.org

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Residential Treatment

A Unique Diagnostic and Treatment Environment

Sibcy House, Lindner Center of HOPE's premiere, short-term residential program offers individualized mental health and addictive disorders treatment for patients age 18 and older. Patients often travel from other hospitals and programs to participate in Sibcy House's Eating Disorders Program. Upon completion, they return with their blueprint for treatment.



Patients who come to Sibcy House enroll in a process of recovery that includes concentrated medical attention, respect for each individual and in-depth programming. Individuals at Sibcy House benefit from a robust approach to eating disorders that addresses the symptoms of the disease, the underlying causes and provides them with the tools to return to productive and meaningful lives.

Patients with eating disorders benefit from a nationally and internationally recognized clinical team dedicated to diagnosing, treating and studying the complexities of eating disorders. Through a coordinated and multi-disciplined approach, patients have access to the following resources so that they can address all aspects of their disease:

- A comprehensive eating disorders evaluation that includes a psychiatric assessment to diagnose co-occurring disorders
- Daily visits with the treating psychiatrist
- Medication management for co-occurring medical conditions as needed
- Daily individual and group nutrition counseling with a registered dietitian specializing in eating disorders management
- Individual and group counseling by our spiritual care coordinator

The exceptional treatment plans at Sibcy House not only address immediate patient needs, but also teach patients alternatives to self-destructive behaviors and the skills to help prevent relapsing.

Payment for Sibcy House is discretely arranged on a private-pay basis.

Research Program

The Research Institute at the Lindner Center of HOPE, in affiliation with the University of Cincinnati (UC) College of Medicine, conducts research in genetics, brain imaging, psychopharmacology and psychotherapy. This research will provide new methods to better prevent, diagnose and treat common mental illnesses, including eating and weight disorders. Research studies, and the advances to which they lead, are closely integrated into the evidence-based treatment programs provided at the Center.

Currently the Research Institute is conducting several binge eating disorder outpatient studies. Patients may

qualify for our binge eating disorder studies if any or all of the following applies to them.

- Eating large amounts of food in a relatively short time
- Continuing to eat even when they do not feel physically hungry
- Feeling a lack of control over eating
- Feeling upset, guilty, or depressed after overeating
- They are a man or woman between the ages of 18 and 65

The Lindner Center of HOPE is affiliated with the University of Cincinnati College of Medicine.





Inpatient Care at Lindner Center of HOPE

Lindner Center of HOPE offers a symptom specific inpatient treatment track for patients with eating disorders.

Patients on this track receive 24-hour specialized medical, psychiatric and nutritional care. Treatment is available for male and female adults and adolescents, 11 years and older.

After a complete medical, psychiatric, nutritional and psychosocial assessment, a multidisciplinary treatment team works with each patient to develop an individualized treatment plan. Our goal is to provide a comfortable and supportive environment while assisting patients in breaking the cycle of disordered eating and/or exercising.

When a poorly nourished patient enters treatment, he or she is affected by the mental and physical effects of brain starvation. Early in treatment, high levels of supervision and support are provided to assure safety. Medical and nutritional goals are given initial priority. Nasogastric feeding is available when appropriate as a means of support during the weight restoration phase of treatment. Specialized meal support is provided to give patients the opportunity to observe "normal eating" choices, emotions, patterns, and food selections.

The average length of stay for an individual on our inpatient unit for eating disorder treatment is three to four weeks. However, the option of private pay, residential care to adult patients (18 and older) is available after inpatient stabilization. Lindner Center of HOPE accepts payment from major insurance carriers for hospitalization, according to the terms of individual benefit plans.

Outpatient Care

Lindner Center of HOPE's multidisciplinary treatment team provides comprehensive outpatient services for those patients who are assessed as being able to participate successfully in regularly scheduled outpatient visits and who are not at medical risk.

Depending on each individual's unique needs, a treatment team is formed and usually includes a psychiatrist, a therapist, and a dietitian. Registration staff will verify whether your plan is in or out of network. To inquire about insurance coverage, call 513-536-4673.

Partial Hospitalization Program

The Adolescent Partial Hospitalization Program is a comprehensive treatment option for teens age 11-18 and is beneficial for parents and families seeking a therapeutic environment for their children struggling with eating disorders. The program operates Monday through Friday from 8:30 a.m. to 4:30 p.m. and enrollees attend 5 days per week. Doctors and therapists will work with families to design the right plan for each individual.

The partial hospitalization program is helpful for many situations. For example; it can help teens who are being discharged from the hospital, providing therapeutic treatment while they transition back into their home and school environment. It is also beneficial for teens that need more intensive care than traditional outpatient visits can provide. Lindner Center of HOPE accepts major insurance or self-pay for partial hospitalization services.

For more information or admission, call 513-536-HOPE (4673)

Treatment Team



Medical Director:

Anne Marie O'Melia, MS, MD

Family Therapist/Intake Coordinator:

Scott Bullock, MSW, LISW-S

Licensed Clinical Psychologist

Sarah Lavanier, PsyD

Mental Health Specialist

Tracy Early

- Psychiatric assessment, including careful assessment for psychiatric co-morbidity
- Medical monitoring and stabilization
- Psychiatric medication evaluation and treatment
- Ongoing therapeutic evaluations and program support

Nursing Staff Members

- Medical monitoring: physical assessment including vital signs, monitoring of intake and output, etc.
- Management of therapeutic environment
- Utilization review
- Group therapies and unit activities

Dietitian

- Nutritional evaluation
- Nutrition group twice a week
- Ongoing individual nutrition education and meal planning

Care Coordinators / Therapists

- Treatment team planning
- Ongoing individual and family therapy
- Group therapies

Mental Health Specialists

- Management of therapeutic environment
- Meal support
- Group therapies

Teacher/ Education Specialist

- Individual support and monitoring of educational needs
- Communication with school to minimize potential educational and developmental impact from hospitalization
- Weekday classroom work with peers.

Internal Medicine/Pediatrics Consultants

- Initial physical assessment and medical planning
- Ongoing on site medical monitoring and care when needed



Do you or someone you know suffer from an eating disorder?

For those who suffer with eating disorders, food and the process of consuming it become a source of fear, panic, anxiety and pain. Left untreated, this cycle can race out of control, with potentially deadly consequences.

The following self test, developed by eating disorders experts, can help people determine if they may need a professional evaluation for an eating disorder.



Eating Disorder Screening

Please answer yes or no to each of the following:

- Do you ever make yourself sick or vomit because you feel uncomfortably full?
- Do you worry that you have lost control over how much you eat?
- Have you recently lost 15 pounds or more within a 3-month period?
- Do you believe yourself to be fat when others say you are too thin?
- Would you say that food dominates your life?

If you answered yes to 2 or more of the above questions, we recommend that you seek professional advice and consider a formal evaluation.

For an initial assessment and consultation with a licensed therapist at Lindner Center of HOPE, call 513-536-HOPE (4673). Assessment includes a 50-minute session with a licensed therapist. The initial assessment is covered by most major insurance plans.

From Morgan, Reid, and Lacey (1999) The SCOFF questionnaire: Assessment of a new screening tool for eating disorders, Journal of Medical Screening (BMJ), Volume 319, December 4, 1999.

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