

**More on the Web - [lindnercenterofhope.org](http://lindnercenterofhope.org)**

> **Library of Resources**

This library offers resources that will enhance the understanding of mental illness, specific diagnoses, and treatment options.

> **Treatment Teams**

Lindner Center of HOPE has a diverse team offering patients and families expertise in diagnosis and treatment.

> **Support Groups**

Review the list of support groups available at the Center.

> **For the Patient with Complex, Co-Morbid Needs**

A short-term residential treatment center where clinicians are dedicated to bringing the latest treatment methods to optimize successful patient outcomes. Call (513) 536-0537 to learn more about Sibcy House.

[www.lindnercenterofhope.org](http://www.lindnercenterofhope.org)

(513) 536-HOPE (4673)

**Lindner Center  
of HOPE** | **UC Health**

4075 Old Western Row Rd.  
Mason, OH 45040  
(888) 536-HOPE (4673)

**Interested in touring  
Lindner Center of HOPE?**

Contact Katie Hamm at (513) 536-0324.

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# The Source

Lindner Center  
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PSYCHIATRY AND PSYCHOLOGY NEWS FOR MENTAL HEALTH PROFESSIONALS

APRIL 2015



## Events

**May 3**

**Education Day: Education is the Key to Understanding: A ½ day workshop about mental illness and addiction;** Manor House, 11 a.m. - 4 p.m.

**May 5**

**Grand Rounds: Dr. Clifford Cabansag** presents Medication Assisted Treatment (MAT) in the Treatment of Opioid Use Disorder at Noon, Lindner Center of HOPE Gymnasium/Conference Center

**May 9**

**NAMI Walks Sawyer Point, 10 a.m.**



## Anorexia and Bulimia in Adolescents: Illness or Choice?

**Scott K. Bullock MSW, LISW-S**

*Clinical Director/Family Therapist Adolescent Services*

Past, and still some present, beliefs in the professional community as well as the general public are that Eating Disorders are a choice. It is believed that the person struggling with these illnesses is looking for attention or they are trying to punish others by their behavior. Anyone who has had a family member or friend deal with this illness knows that this disorder is much more than a choice or behavioral issue. The patient's ability to think clearly or make rational decisions about what is best for them is nonexistent. One patient's father described his child's illness as a possession. This article is intended to help shed light on how damages done to the body and the brain as the result of malnutrition can cause an adolescent to appear as more manipulative, self-centered and aware of their choices than they truly are as typical adolescents.

How can this be a biological illness when it cannot be seen or touched? In my experience with adolescents suffering with Eating Disorders from around the globe, including kids from Japan, United Arab Emirates and Canada, as well as inner city, suburban and rural areas from around the United States, each patient accused me of being a mind reader, even with translation. This is because no matter who you are or where you come from, the malnourished brain thinks and

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## Education Day

### Education is the Key to Understanding: A ½ day workshop about mental illness and addiction

SUNDAY, MAY 3, 2015

**MANOR HOUSE**  
7440 MASON-MONTGOMERY RD.  
MASON, OHIO 45040  
11 A.M. - 4 P.M.

An afternoon of enhancing awareness about the facts of mental illness and addiction. Knowledge helps break down stigma and encourages individuals and families to seek life-changing help.

#### CONFERENCE AGENDA

**Registration & Information Fair**  
11 a.m. - 12 p.m.

**Breakfast Buffet**  
**Welcome & Keynote**

**Paul E. Keck, Jr., MD,**  
President & CEO, Lindner Center of HOPE

#### Mackenzie Phillips

Mackenzie Phillips is an actress and singer best known for her roles in American Graffiti and as rebellious teenager on the well-known sitcom One Day at a Time. As a troubled teen star, Phillips made several visits to rehab before getting sober.

#### Breakout Session I

1:15 - 2 p.m. (Break 2 - 2:15 p.m.)

#### Breakout Session II

2:15 - 3 p.m. (Break 3 - 3:15 p.m.)

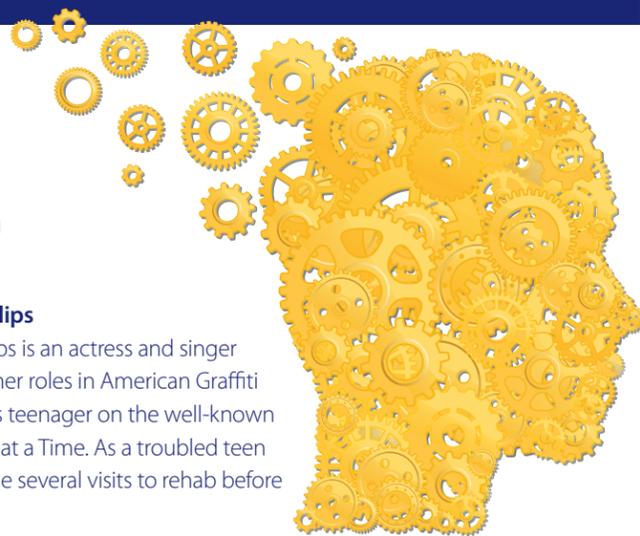
#### Breakout Session III

3:15 - 4 p.m.

This event is brought to you by the generous employees of Lindner Center of HOPE.

Watch [lindnercenterofhope.org](http://lindnercenterofhope.org) for more information.

For more information and registration, visit:  
[lindnercenterofhope.org/patients-families/education-day/](http://lindnercenterofhope.org/patients-families/education-day/)



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behaves the same. Family studies by Lilenfeld and Strober have shown a 7 to 12 fold increase in prevalence of Anorexia and Bulimia in relatives of patients with eating disorders compared to control families. Other studies have shown high heritability in twin studies in which the concordance for Anorexia in monozygotic twin is approximately ten times greater than for dizygotic twins. There is also likely a genetic contribution with temperamental and personality vulnerabilities within individuals. Most parents will say that once their child's brain has been re-fed they feel like they have their child back. It is important to recognize that this illness knows no boundaries and everyone suffering from it describes a similar experience.

What does the malnourished brain look like? First we know that as a result of malnutrition the brain will shrink and lose gray matter. If 70-80% of the brain is composed of fat, then it is no wonder shrinkage occurs as a result of the body cannibalizing itself in an effort to find energy to support life. This then affects the insula in the inner brain, which acts as a switch board to help all the components of the brain to communicate with one another. Also, if the patient is excessively purging, it can cause problems with electrolytes, potassium, phosphorus and other chemicals in the body, which can cause medical problems, potentially leading to death. With just

the little bit of information provided so far, it is hard to believe that someone would be willing to die for attention or for behavioral reasons. Keep this in mind: Eating Disorders have the highest mortality rate of mental health diagnosis with Anorexia at 4%, Bulimia at 3.9% and all other Eating Disorders at 5.2%. Professionals believe that these rates are underrepresented due to the fact that many Eating Disorder related deaths are given a medical reason for cause of death such as heart failure, organ failure, and seizure or electrolyte imbalance. These medical conditions, however, are secondary to the Eating Disorder.

It is critical that we keep in mind that 24 million people across all genders, ages and cultures suffer from Eating Disorders and only 1 in 10 receive treatment. Among 5-8 year old girls 42% want to be thinner and 81% of 10 year olds are afraid of being fat. It can be seen how as a society we are priming the pump at a young age to make children and adolescents vulnerable to developing a clinical diagnosis. Let me make it clear that societies, families, personalities and traumatic events do not cause Eating Disorders, but does at times act as a trigger which sets the genetic predisposition into motion. These numbers are based off of the National Eating Disorder Association as well as Anorexia Nervosa and Associated Eating Disorders Association.

## Half-Day Workshop for Leadership and Care Providers of Faith Communities

### For: Clergy, Faith-based Social Workers, Therapists, Counselors and Mental Health Professionals

Promoting Hope and Reasons for Living: Suicide Awareness, Prevention, and Response  
A look at suicide, suicide assessment, interventions, and the aftermath of suicide.



Robin Thompson Arthur, PsyD

Join us for a half-day, discussion designed to strengthen your understanding of suicide and its impact on communities, how to conduct a suicide assessment, the aftermath of suicide, how to talk to someone who may be suicidal or is a survivor of suicide and other interventions.

**Thursday, May 21, 2015**  
**8:30 a.m. – 12:30 p.m.**

Lindner Center of HOPE  
4075 Old Western Row Rd.  
Mason, OH 45040

Discussion sponsored by NAMI affiliates of Southwest Ohio and Butler County and Lindner Center of HOPE in Mason, Ohio.

**Hurry! Seating is limited! Registration closes May 11, 2015**

2 CEU credits offered.



Leah Casuto, MD

#### Presenters:

**Robin Thompson Arthur, PsyD**  
Lindner Center of HOPE,  
Chief of Psychology

**Leah Casuto, MD**  
Lindner Center of HOPE,  
Staff Psychiatrist

**Event Cost:**  
**\$25.00 by midnight April 21, 2015**  
Includes continental breakfast  
\$35.00 after April 21, 2015

**Registration closes May 11, 2015.**

**To register or for more information,**  
**visit: [lindnercenterofhope.org/faith](http://lindnercenterofhope.org/faith)**  
**or contact Pricla at (513) 536-0318.**

## Events (continued)

#### May 12

**Dr. Anna Guerdjikova** presents to Delta Kappa Gamma, 6 p.m.

#### May 12

**Dr. Nicole Gibler and Dr. Erik Messamore** present webinar on Treatment Resistant Depression via Families for Depression Awareness

#### May 13

**Chris Tuell, EdD, LPCC-S, LICDC,** Lindner Center of HOPE, Clinical Director of Addiction Services, presents to the North Central Ohio Counseling Association in Cleveland

#### May 19

**Dr. Danielle Johnson** presents "Achieving Maximum Happiness by Mitigating Stress, Depression, and Anxiety" to the National Diversity Counsel at 9:15 a.m. at Kingsgate Conference Center

#### May 21

Faith Leaders Workshop on Promoting **Hope and Reasons for Living: Suicide Awareness, Prevention, and Response** 8:30 a.m., Lindner Center of HOPE Gym

#### May 21

**Angela Couch, RN, MSN, PMHNP-BC** presents at Southern Ohio Valley CMSA at 6 p.m. at Anthem

## Openings in DBT Groups

Lindner Center of HOPE has openings in their Dialectical Behavior Therapy groups, both afternoon and evening groups. To refer someone, please call Kelly at (513) 536-0634.

