

to every other week, depending on the severity of disturbance and the course of recovery progress. Typically, therapy starts with weekly visits. The therapy sessions may take place in the therapist's office, but at times may be supplemented by offsite visits to places where the exposures can be experienced more effectively. For instance, a patient who fears contamination from dogs and cats, may be accompanied by the therapist to a pet store or animal shelter in order to face their fear triggers. In addition, to the psychotherapy, the patient may also be under the care of an outpatient physician or advanced practice nurse who may be prescribing medication to augment their treatment. Standard outpatient treatment is covered by most insurance companies and the length of sessions may vary between 45 minutes and 90 minutes. A primary advantage of standard outpatient treatment is that it is minimally disruptive to the person's daily life and they can typically continue their engagements with work or school related activities while participating in treatment.

Intensive Outpatient Treatment

Intensive outpatient treatment for OCD may occur in either an intensive outpatient program (IOP) or partial hospitalization program (PHP). An individual who participates in the this level of treatment will attend treatment 3 to 5 days per week and receive between 3-4 hours of ERP during each treatment session. Treatment will include both individual and group modalities. IOP programs usually include 3 days of treatment weekly and are sometimes held in the evenings to allow individuals to attend school or jobs during the day. PHP programs are typically scheduled during the day and the individual attends 5 days per week and will meet with a psychiatrist to evaluate medications weekly. With prior authorization, many health insurances companies provide coverage for this type of treatment.

Intensive Residential Programs

In specialized OCD programs that offer intensive residential treatment for OCD, including the Sibcy and Williams Houses at the Lindner Center of HOPE, the individual with OCD will stay at the treatment center that provides staff supervision and therapeutic assistance around the clock. Commonly, 3-5 hours of daily ERP in both individual and group formats are offered and regular meetings with a psychiatrist occur during the treatment. The duration of this treatment may range from 1-3 months, and occasionally longer in the most severe cases of the illness. Insurances vary in whether or not they provide coverage for residential treatment, though some will reimburse for the professional fees accrued during the treatment.

Choosing the Appropriate Treatment Level

Within behavioral health care a primary goal is to provide effective treatment in the least restrictive environment. For this reason, most individuals with OCD will initiate treatment with standard outpatient treatment. This provides minimal disruption to their daily job, school,

and social routines. However, unfortunately there are instances in which the person lives in an area in which specialized OCD treatment is not available in a standard outpatient setting. In these instances, an individual may look to start treatment in a locale that has an IOP, PHP or residential program. In these situations, a person may travel to a city and stay with a relative, friend, or in a hotel while attending an IOP or PHP program. Otherwise they may enroll in a residential program and reside on-site at the treatment facility.

Illness severity and the presence or absence of co-occurring mental illnesses or substance use disorders also may factor into deciding at what level of treatment to start. Untreated OCD is a severely disabling disorder and nearly two-thirds of the time a person suffering OCD has suffered a major depressive episode. Individuals with OCD may also struggle with substance use disorders. When OCD is severe and disabling the patient may require participation in either a PHP or intensive residential program in order to get sufficient structure, encouragement, and support to engage in treatment. These settings are also the most likely to be able to provide resources for concurrent treatment for any co-occurring disorders. For instance, patients admitted to the Sibcy House with severe OCD and depression may benefit from the availability of neuromodulation treatments like transcranial magnetic stimulation and ECT to help lessen crippling depressive symptoms sufficiently to allow successful participation in ERP. When an individual with OCD also struggles with a substance use disorder, intensive residential settings that allow integrated treatment approaches may be particularly useful. In addition to the intensive ERP, the individual may require the structure and addictions treatment offered to safely detoxify and begin pursuit of sobriety.

Intensive residential programs may be particularly useful when OCD interferes with night-time and morning functioning as they provide therapeutic support for ERP that may need to be applied at these specific times. Because intensive residential programs, as well as IOP and PHP programs, include group as well as individual therapy, they provide additional camaraderie with other patients who are fighting to recover from their OCD.

The decision on what level of treatment to choose can be challenging, particularly as the severity of the illness escalates and the occurrence of other mental illnesses or addictions becomes apparent. Fortunately, effective treatment for OCD and OCD related illnesses are available at all of these various "dosing levels". Choosing the right level of treatment is helpful and can make treatment more efficient, but the only wrong decision that can be made is the decision not to pursue treatment.

IN THE NEWS

Lindner Center of HOPE Doctors Among Best in Nation Ranking Places Four Lindner Center Doctors at the Top Locally

The Frances and Craig Lindner Center of HOPE is pleased to announce the following doctors were ranked among the best doctors in the nation and among the top specialists in the Tri-State as indicated by The Best Doctors in America 2015-2016 database. As selected by their peers, 478 specialists from the Tristate were included in the listing published in Cincy Magazine's December 2016/January 2017 issue:

Paul E. Keck, Jr., M.D., President-CEO, Lindner Center of HOPE, is a nationally renowned psychiatrist and researcher in Bipolar Disorder and psychopharmacology. He authored over 700 scientific papers in leading journals and was the 7th most cited scientist in the world published in the fields of psychiatry and psychology over the last decade.

Michael A. Keys, M.D., Dr. Keys is a regionally known and respected expert in Geriatric. He currently serves as Director of Senior Adult Psychiatry at the Lindner Center of HOPE. He is also a member of several national and international psychiatric associations and editorial boards.

Susan L. McElroy, M.D., A nationally recognized researcher and educator, Dr. McElroy is internationally known for her research in bipolar disorder, eating disorders, obesity, impulse control disorders and pharmacology. As Chief Research Officer for the Lindner Center

of HOPE, she currently oversees multiple ongoing studies in bipolar disorder, major depression, binge eating disorder and obsessive compulsive disorder.

This is the sixth consecutive year these doctors were included in this database. All three physicians hold faculty appointments with the University of Cincinnati College of Medicine and are part of UC Physicians.

Joining the list this year is:

Brian P. Dowling, M.D., a highly regarded psychiatrist in the Cincinnati area, who focuses on maximizing time with his patients in order to truly understand their individual stories attempting to offer them hope and a sense of possibility. Dr. Dowling is the Director of Medical Education at Lindner Center of HOPE.

Christopher J. Lockey, M.D., FAPA, a staff psychiatrist at the Lindner Center of HOPE working primarily with patients at Sibcy House, the center's specialized unit, offering a comprehensive diagnostic assessment and short-term intensive treatment program for patients, age 18 and older, suffering with complex, co-morbid mental health issues.

SAVE THE DATE!

Lindner Center of HOPE's 8th Annual Touchdown for HOPE The Best Super Bowl Party In Town!

Date: Sunday, February 5, 2017

Time: 5:30 p.m. Tailgate

6:30 p.m. Kickoff

Place: Great American Ballpark-Champions Club

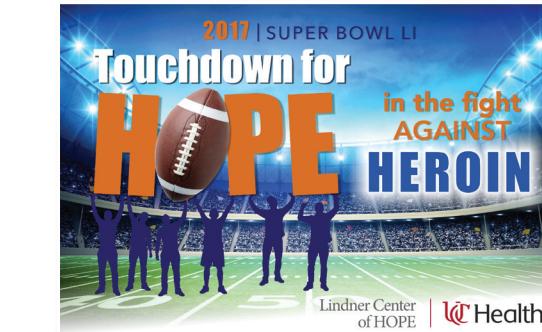
About the event:

It's an evening of fun, food, football, big screen TV's – all the while supporting Lindner Center of HOPE.

Registration fee includes free parking in Central Riverfront Garage and unlimited food and beverages.

How funds are used:

Proceeds from the event will be used to subsidize the cost of treatment for those suffering from prescription opioid/heroin addiction at HOPE Center North.



Cost to attend:

\$100 per person

\$65 Young Professionals 35 years and younger

After January 15, 2017:

\$125 per person

\$75 Young Professionals 35 years and younger

Special Deal: Purchase 9 tickets – get one FREE!

Questions? Contact Amie Kocher in Development: (513) 536-0328 or amie.kocher@lindnercenter.org