



In The News

New Additions Staff Join Lindner Center of HOPE



William Jason Thompson
LISW, LICDC

William Jason Thompson, LISW, LICDC, has joined Lindner Center of HOPE as Intensive Outpatient Program Coordinator and Addictions Counselor and **Rebecca Morrissey, PCC, LICDC, ERYT500**, has joined as addictions Counselor.

With more than 12 years of experience, Mr. Thompson serves as Intensive Outpatient Program Coordinator and Addictions Counselor at the Lindner Center of HOPE. Mr. Thompson works principally with the adult intensive outpatient program for addictive and co-occurring issues, in addition to providing services to Sibcy House clients and some outpatient clients.

Prior to joining the Lindner Center of HOPE, Mr. Thompson served as a counselor at Clermont Recovery Center. Other roles included Counselor/Outpatient Director at Northland, Milford, Ohio, AOD Lead Therapist at Talbert House, Mt. Orab, Ohio, and Lead Counselor at The Counseling Center, Inc. in Portsmouth, Ohio.

Mr. Thompson has a Masters of Science and Social Work from University of Louisville, Louisville, Kentucky, and is also a Licensed Independent Chemical Dependency Counselor.



Rebecca Morrissey
PCC, LICDC, ERYT500

An experienced counselor, Ms. Morrissey serves as Addictions Counselor at the Lindner Center of HOPE. Ms. Morrissey works principally with the adult intensive outpatient program for addictive and co-occurring issues, in addition to providing services to Sibcy House clients and some outpatient clients.

Prior to joining the Lindner Center of HOPE, Ms. Morrissey served as a counselor at TriHealth Alcohol and Drug Intensive Outpatient Program in Cincinnati. Other roles included Licensed Independent Therapist for Camelot Community Care in Cincinnati and Mental Health Services of Clark and Madison County in Springfield Ohio.

Ms. Morrissey is a Licensed Professional Clinical Counselor and Licensed Independent Chemical Dependency Counselor. She is also a registered yoga teacher.

www.lindnercenterofhope.org

(513) 536-HOPE (4673)

Lindner Center
of HOPE | **UC Health**

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The Source

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PSYCHIATRY AND PSYCHOLOGY NEWS FOR MENTAL HEALTH PROFESSIONALS

JANUARY 2014



Events

February 4 Noon to 1:00 pm

Lindner Center of HOPE Grand Rounds
What's happening in research? Part deux: The Pharmacotherapy of Major Depressive Disorder
Susan L. McElroy, MD, Lindner Center of HOPE, Chief Research Officer University of Cincinnati College of Medicine, Professor of Psychiatry and Neuroscience

February 7

Scott K. Bullock, MSW, LISW-S, Lindner Center of HOPE, Harold C. Schott Foundation Eating Disorders Program, Family Eating Disorders Therapist, presents to students at St. Ursula Academy

February 12 6:30 to 7:30 pm

Evening with the Experts: Family Based Treatment: Evidence based treatment for Adolescents inflicted with Anorexia or Bulimia, presented by Scott K. Bullock, MSW, LISW-S, Lindner Center of HOPE, Harold C. Schott Foundation Eating Disorders Program, Family Eating Disorders Therapist, Mason Community Center

February 18

Charles Brady, PhD, ABPP, Lindner Center of HOPE Psychologist, presents to Jewish Family Services Social Workers on Anxiety and OCD

February 27

Chris Tuell, EdD, LPCC-S, LICDC Lindner Center of HOPE, Clinical Director of Addiction Services, presents at University of Cincinnati Student Athlete Seminar on Mental Health and Addiction

Patient Satisfaction

Patient Satisfaction results for December 2013 averaged a rating of **4.34 out of 5**, with 5 signifying the best possible care.



By Michael O'Hearn, MSW, LISW-S

Clinical Director, Lindner Center of HOPE Center for Stress Related Disorders

Stress and the Family System



What is Stress?

Stressor: Anything that disrupts balance in the body.

Stress Response: The body's attempt to restore balance.

The biological stress response is a hormonal cascade along the HPA-Axis (hypothalamic-pituitary- adrenal):

1. The mind registers the stressor in the hypothalamus,
2. The hypothalamus releases CRH (corticotrophin releasing hormone) to the pituitary gland,
3. The pituitary gland releases ACTH (corticotrophin) to the adrenal gland,
4. The adrenal gland releases glucocorticoids (GCC) into the bloodstream.

Our stress response is the product of an interactive system comprised of the mind, brain, and immune system. The study of this process is referred to as psychoneuroimmunology (PNI) (Sapolsky, 2004). PNI has a mutually reinforcing relationship with lifestyle. A conceptual framework informed by Self Organized Criticality (Bak, 1996) and Game Theory (von Neumann and Morgenstern, 1947) helps clarify how family's that work as a team can beat stress at its own game.

Stress Past and Present

Thousands of generations of subsistence lifestyle (hunting, gathering, escaping animal attacks, primitive combat) shaped our PNI system. Stressors were typically high in intensity, with relatively short-duration.

GCC's, our natural steroids, energize the immune response to alleviate the stressor, and restore homeostasis. Once balance is restored, a restful period known as "bounce back" allows us to replenish the resources utilized to alleviate the stressor. (Sapolsky, 2004).

By contrast, "modern" or *protracted psychogenic stress* is inherently more chronic, typically bundles with other stressors, and is particularly toxic to the mind. Examples include financial, legal, divorce,

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blended families, medical problems, job stress, and caring for aging parents to name a few. The stress response is kept "on" or continuously "toggling" on/off, which effectively diminishes or eliminates its *bounce back*. Elevated GCC's over time can compromise health and resilience, instead of promoting it (Sapolsky, 2004).

Chronic stress also maintains conditions for perceptual or cognitive distortions to habituate. Here, the "register" from the mind to the brain as to the nature of the stressor is distorted, so the stress response is disproportionate to the problem. By definition, this is an imbalance, a secondary stressor, and possibly the start of an unwanted pattern of mind and body dissonance to the detriment of health and resilience.



SOC as Family Systems Conceptual Framework

Self Organized Criticality (SOC) (1996) examines differences in global properties of interactive systems at three continually recurring *states of criticality* (levels of stress): sub-critical, critical, or super-critical. The critical state is the system's optimal balance of spontaneity and restraint, that once achieved, becomes its "default" state. It will spontaneously *self organize* to the critical state when changes (stressors) are encountered over time.

Some system properties are state dependent. For example, Bak (1996) describes *non-linear dynamics*: how a catastrophe, like a wildfire, avalanche, or earthquake can rapidly result from a seemingly benign or ordinary event. Non-linear dynamics are almost exclusively a super-critical state dependent property. By contrast, the same system when sub-critical is physically incapable of non-linear dynamics because they are super-critical state dependent.

SOC and Game Theory: A Family Therapy Framework

The intervention begins with an orientation to the three critical states, emphasizing the concept of team work to win the game against stress.

The initial task is for the "team" to review and evaluate the "game films." In other words, the family together evaluates and describe how their capacity for teamwork changes at each of the three critical states, emphasizing its state dependent properties, and openly discussing its catastrophic events. Catastrophic events promote the system's *unity of function*, and attainment of its critical state (1996).

The process provides a natural assessment of family culture, values and norms, power structures, boundary dynamics, emotional climate, frustration tolerance and coping styles, capacity for problem solving, mutuality of interactions, family roles, open/closed system dynamics, and capacity for empathy.

When a family recognizes how some properties are state dependent (i.e., non-linear dynamics) there is less resistance for cooperative behavioral algorithms (i.e., derivatives of PAVLOV, or Tit-For-Tat combined with additional adaptive coping methods) to integrate with the existing family culture as an acquired property of their critical state.

Greater family cohesion regulated by cooperative behavioral algorithms can empower families in many ways including stress mediation. This promotes increasingly sustained periods of criticality of functioning over time, and greater ease with phase transition to the critical state when necessary.

Bak, P. (1996). How nature works: the science of self-organized criticality. New York: Copernicus.

Sapolsky, R. (2004). Why Zebras Don't Get Ulcers. New York: Holt Paperback.
von Neumann, John, and Oskar Morgenstern. Theory of Games and Economic Behavior. Second edition. Princeton, New Jersey: Princeton University Press, 1947.

Referrer Satisfaction

After a referrer satisfaction survey was conducted in December, Lindner Center of HOPE's average referrer satisfaction rating is **4.27** on a 5-point scale. Response rate for the survey was 19 percent. The next survey will be conducted in June 2014.

The winner of the \$100 gift card for completing the survey was Cecilia Bubolu with Mercy Health in Fairfield.

The Research Institute at Lindner Center of HOPE Update

In mid-January Research Team members from Lindner Center of HOPE traveled to Phoenix, AZ for a start up meeting for a Phase 3, Multicenter, Double-blind, Placebo-controlled, Randomized-withdrawal Study to Evaluate the Maintenance of Efficacy of SPD489 in Adults Aged 18-55 Years with Moderate to Severe Binge Eating Disorder.

The primary objective of the study is to evaluate maintenance of efficacy based on time to relapse between SPD489 (50 or 70mg) and placebo, as measured by the number of binge days (defined as days during which at least 1 binge episode occurs) per week as assessed by clinical interview based on subject diary and Clinical Global Impression – Severity (CGI-S) scores for patients who responded to SPD489 by the end of the Open-label Treatment Phase.

Recruitment is getting underway now. Call (513) 536-0721, for more information.



2014 Touchdown for HOPE

SUPER BOWL XLVIII

Please Join Anthony and Dede Muñoz, Honorary Co-Chairs and the Host Committee for THE 2014 BEST SUPER BOWL PARTY IN TOWN!

Sunday, February 2, 2014
at Great American Ballpark Champions Club

An evening of fun, food, football, and big screen TV's

Tickets - \$100 per person - \$75 per Young Professional (35 and under)

Call: (513) 536-0304 or **email:** michele.swanson@lindnercenter.org

Register online: lindnercenterofhope.org/touchdown

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Touchdown for HOPE benefits the Bipolar and Mood Disorders Research Fund at Lindner Center of HOPE.

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