

The Source

Lindner Center
of HOPE |  Health™

PSYCHIATRY AND PSYCHOLOGY NEWS FOR MENTAL HEALTH PROFESSIONALS

JULY 2013



Events

July 31 - August 2

The Addiction Studies Institute in Columbus, Ohio -- **Chris Tuell, EdD, LPCC-S, LICDC**, to present **Regaining Control: Helping Clients with Gambling, Internet, and Other Behavioral Addictions** on 8/1.

July 31 - August 4

121st Annual Convention of the American Psychological Association, Honolulu, Hawaii

August 14, 2013

6:30 p.m.
at Mason Community Center, Senior Center
Evening With The Experts: The Addictive Brain & Co-Occurring Disorders presented by **Chris Tuell, EdD, LPCC-S, LICDC**, Register at imaginemason.org/things-to-do/ and select "program sign-up" on the right or contact the Community Center at 229-8555.

August 15

Paul Crosby, MD, presents to faculty at Good Samaritan College of Nursing on ADHD

August 23

8:30 a.m. to 4 p.m.
at Child Focus, Inc. Training Center
Introduction to Motivational Interviewing: Helping Others Embrace Change presented by **Brett Dowdy, PsyD**, [click here to learn more.](#)

August 23

Chris Tuell, EdD, LPCC-S, LICDC, presents: **When the Stakes are a High** to Midwest Regional Bankruptcy Seminar Executive Committee

Patient Satisfaction

Patient Satisfaction results for June 2013 averaged a rating of **4.82 out of 5**, with 5 signifying the best possible care.

Welcome to the 25th edition of The Source, an informational and educational publication of Lindner Center of HOPE.

Lindner Center of HOPE is pleased to roll out a new look for The Source referrer newsletter.

This look more fully reflects the Center's joint venture partnership with UC Health that was officially announced back in 2011. For patients and referrers, the Lindner Center of HOPE experience will continue to be synonymous with accurate diagnosis, excellent care and a highly accomplished clinical and research team.



Expert discussion of mental health, addictions and mental wellness with Lindner Center of HOPE clinicians

A partnership between Lindner Center of HOPE and The City of Mason

Lindner Center of HOPE Celebrating Five Years Serving the Community with Free Mental Health Education Series

Five years ago this August, a center designed to focus on the mental health needs of Greater Cincinnati and beyond opened its doors. In celebration of its anniversary and five years of community support, Lindner Center of HOPE is partnering with the City of Mason to add monthly educational talks for the community.

Lindner Center of HOPE in Mason was created to offer quality, comprehensive mental health services to address varying levels of severity of illness and an extensive list of diagnoses, including complex mental illness, for individuals of all ages. Lindner Center of HOPE hired expert clinical staff, some of whom are regionally, nationally, and even internationally known for their specialization in complex mental illnesses, including bipolar disorder, depression, eating disorders, anxiety, OCD, and co-occurring disorders.

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Since Lindner Center of HOPE opened in 2008, it has made a positive impact on mental healthcare in Greater Cincinnati and across the country. A joint venture partnership between The Lindner Family Foundation and UC Health, the Center has served over 20,000 patients from 48 states and foreign countries. Over 4,000 people have been taken care of on the inpatient units and over 500 people have received diagnostic and short-term residential services on the Sibcy House unit. The Research Institute at Lindner Center of HOPE has received more than 30 grants totaling over \$2.5 million. These accomplishments highlight the tremendous contributions of this facility in just five years. The Center and its clinicians have received numerous accolades and report clinically significant improvement for patients in outcomes data.



In celebration of this milestone anniversary year, Lindner Center of HOPE has partnered with the City of Mason to offer a free educational speakers series to members of the public. The series, "Evening with the Experts: Expert discussion of mental health, addictions and mental wellness with Lindner Center of HOPE clinicians" will take place on the second Wednesday of each month at Mason Community Center's Senior Center, from 6:30 to 7:30 p.m. beginning August 14, 2013 and lasting over the next year. Register at imaginemason.org/things-to-do/ and select "program sign-up" on the right or contact the Community Center at 229-8555. Babysitting will be available for the children of attendees for a fee. Lindner Center of HOPE's mission includes education about mental health issues, while the City of Mason's mission includes facilitating wellness.

Evening with the Experts Schedule

Second Wednesday of every month (August 2013 - August 2014) at 6:30 p.m. in the Mason Community Center, Senior Center *Childcare available for non-members at \$6/hr per child to attend the speakers series.

Register at imaginemason.org/things-to-do/ and select "program sign-up" on the right or contact the Community Center at 229-8555.

To view the complete schedule, visit: lindnercenterofhope.org/experts.

August 14, 2013

The Addictive Brain & Co-Occurring Disorders

presented by **Chris Tuell, EdD, LPCC-S, LICDC**, Lindner Center of HOPE Clinical Director of Addiction Services

Objectives:

1. Participants will become more familiar with the research regarding the addictive brain and the relationship it has with co-occurring disorders.
2. Participants will learn the similarities and differences between Behavioral and Chemical Addictions and the implications it has upon treatment strategies for individuals with co-occurring disorders.

September 11, 2013

How to Manage Perfectionism

presented by **Charles F. Brady, PhD, ABPP**, Lindner Center of HOPE Psychologist

Objectives:

1. Attendees will be able to identify at least 4 subtypes of perfectionism
2. Attendees will develop a greater understanding of the link between perfectionism and anxiety and be able to identify warning signs of unhealthy perfectionism.
3. Attendees will learn several self coaching and behavioral strategies to tame unhealthy perfectionism.

Lindner Center of HOPE Honored at Venue Magazine's Healthcare Leadership Awards Luncheon

Lindner Center of HOPE, represented by President and CEO, **Paul Keck, Jr., MD**, was honored by Venue Magazine for Healthcare Leadership in the region at a luncheon at Cintas Center on Wednesday, May 15, 2013.

More than 600 people were in attendance as approximately 40 leading healthcare professionals were honored.



Two Educational Events Expose More Than 140 Potential Referrers to Lindner Center of HOPE In May

In the month of May, two events brought more than 140 potential referrers to Lindner Center of HOPE for education and increased awareness of the Center's offerings.

On May 3, 2013, 60 members of the **Ohio Psychological Association (OPA)** were at the Center for an all-day workshop on Dialectical Behavior Therapy.

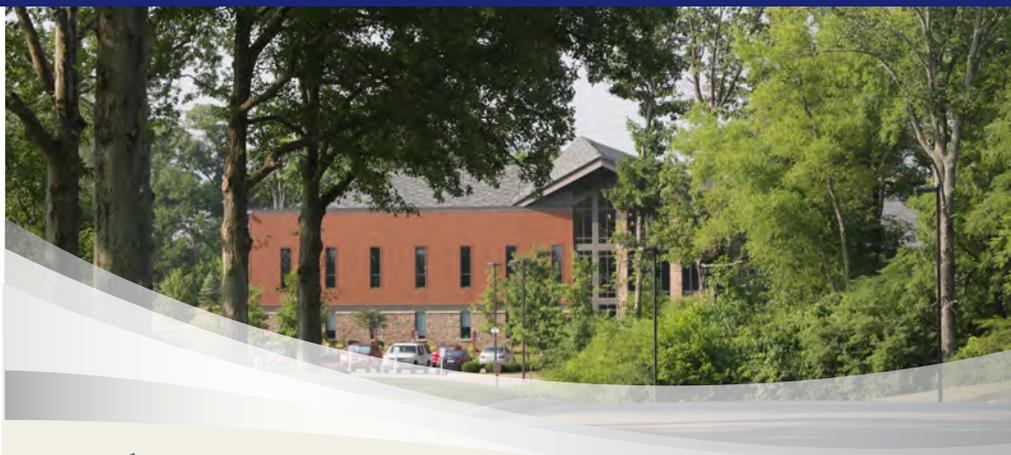
OPA members came from all over the state of Ohio to participate in the workshop presented by Lindner Center of HOPE psychology staff.



Chris Tuell, EdD, LPCC-S, LICDC and Lynn C. Gordon, ThD

On May 16, more than 80 individuals from faith communities around the region participated in a half-day workshop to learn about Faith and the Addictive Brain.

The topic was presented by Lindner Center of HOPE's Clinical Director of Addiction Services and Spiritual Care Coordinator. County NAMI affiliates helped sponsor the event.



In The News

Dayton Daily News Highlights Lindner Center Growth and Five-Year Anniversary

On June 8, 2013, Dayton Daily News featured an article about Lindner Center of HOPE's growth and upcoming five-year anniversary. The article detailed the Center's services and new offerings and mentioned the Center's plans for the future.

To read the full article, visit: www.daytondailynews.com/news/news/lindner-center-grows-services-to-meet-needs-for-me/nYDth/.

NNDC Study Shows TMS Demonstrates Efficacy In Clinical Practice

Lindner Center of HOPE served as recruitment site, contributing to study



National Network of Depression Centers

The National Network of Depression Centers (NNDC) presented results of a multi-site, naturalistic study of rTMS (Transcranial Magnetic Stimulation) for major depressive disorder at the May meeting of the Society of Biological Psychiatry in San Francisco. Lindner Center of HOPE, University Cincinnati College of Medicine and Lindner Center of HOPE Chief of Psychiatry, John M. Hawkins, MD, were one of nine key contributors to the study.

The conclusion of the study stated that rTMS demonstrates efficacy in clinical practice within the NNDC, although response rates were slightly lower in comparison to a recent community-based sample.

The study, sponsored by NNDC, was an open-label 'registry' study for patients receiving rTMS treatment for Major Depressive Disorders at 9 participating specialized academic centers. Patients were assessed pre-treatment (baseline) and weekly, up to 4-6 weeks during treatment. Forty-three patients were enrolled.

Beyond Lindner Center of HOPE, recruitment sites included Duke University, McLean Hospital, Johns Hopkins University, Medical University of South Carolina, University of Louisville, University of Michigan, University of Pennsylvania and Weill Cornell Medical College.



Binge Eating Medication Trial, Led by The Research Institute at Lindner Center of HOPE, Shows Promising Results according to MedPage Today



This May Medpage Today reported, lisdexamfetamine dimesylate (Vyvanse), a stimulant drug used to treat ADHD is showing promise for Binge Eating treatment. The article stated that Vyvanse nearly abolished eating binges in adult patients who had experienced such episodes four times a week.

Dr. Susan McElroy, Lindner Center of HOPE's Chief Research Officer and lead investigator for the randomized, placebo-controlled trial. Dr. McElroy said that 11 weeks of treatment with the drug cut the mean rate of days with binge eating to as little as 0.1 a week. Patients assigned to placebo in the 270-patient trial had a mean bingeing rate of 1.1 days/week at the end of treatment, Dr. McElroy reported at the American Psychiatric Association's (APA) annual meeting.

To read the article, visit: www.medpagetoday.com/MeetingCoverage/APA/39248.

More on the Web - 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

513-536-HOPE (4673)

Lindner Center
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Interested in touring
Lindner Center of HOPE?

Contact Katie Hamm at (513) 536-0324.

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