

STAFF FEATURE

Jennifer Farley, PsyD, Lindner Center of HOPE, Staff Psychologist

Dr. Farley is a psychotherapist and neuropsychologist who specializes in the assessment and treatment of children, adolescents, and young adults. With regard to neuropsychology, she has a particular interest in the assessment of cognitive disorders such as Attention-Deficit/Hyperactivity Disorder and learning disorders as well as diagnostic clarification of how affective or mood disorders such as anxiety or depression complicate one's cognitive and socio-emotional functioning. She also conducts individual and family therapy for individuals suffering from a wide range of struggles, from adjustment problems and/or poor self-esteem to symptoms associated with intense anxiety or depression.



Dr. Farley is one of four Lindner Center of HOPE clinicians who completed intensive training in Dialectical Behavior Therapy. At different times of the year, she leads a 16-week Adolescent Dialectical Behavior Therapy Group. She also conducts individual Dialectical Behavior Therapy with adolescents and adults. Dr. Farley currently serves patients and families on the Williams House unit and in her outpatient practice.

FREE Community Education Series to Address Substance Use Disorders, Behavioral Addictions, Treatment and Strategies for Coping

Lindner Center of HOPE with the support of Manor House in Mason, Ohio is offering a Free Community Education Series in 2017 on topics related to addiction. The series will offer expert discussion of Substance Use Disorders, Behavioral Addictions, Treatment and Strategies for Coping, for community members seeking information.

The series will be held at Manor House, 7440 Mason-Montgomery Rd., Mason the third Wednesday of the month starting January 18, 2017 for one year (though sessions will not be offered in May 2017 or December 2017).

Register by calling Priscila Gran at (513) 536-0318. Learn more by visiting lindnercenterofhope.org/education.

The second session is February 15, 2017 starting at 6 p.m. at Manor House, 7440 Mason-Montgomery Rd. Brett Dowdy, PsyD, Lindner Center of HOPE, Staff Psychologist, will present on *Motivational Interviewing: How to engage in conversations that build motivations to change*

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
of HOPE | Health™

4075 Old Western Row Rd.
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(888) 536-HOPE (4673)

Interested in touring Lindner Center of HOPE?

Contact Jennifer Pierson at (513) 536-0316.

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The Source

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PSYCHIATRY AND PSYCHOLOGY NEWS FOR MENTAL HEALTH PROFESSIONALS

JANUARY 2017



Events

February 7

Grand Rounds: Dr. Susan McElroy presents Pharmacotherapy of Bipolar Depression: An Update, Noon, Lindner Center of HOPE, Gymnasium/Conference Center

February 15

Community Education Series discussing Substance Use Disorders, Behavioral Addictions, Treatments and Strategies for Coping: Brett Dowdy, PsyD, Lindner Center of HOPE, Staff Psychologist, will present on *Motivational Interviewing: How to engage in conversations that build motivation to change*, 6 - 7:30 p.m. Manor House in Mason.

February 22

Danielle Johnson, MD, FAPA, Lindner Center of HOPE, Chief of Adult Psychiatry and President of the Medical Staff, presents a lunch talk at UC College of Medicine Office of Diversity and Inclusion

February 23

Raising Eating Disorders Awareness FREE Movie Night to watch the film "Embrace". Doors open at 6 p.m. for networking and resource gathering. Movie to start at 6:30 p.m. in Lindner Center of HOPE Gymnasium/Conference Center.

February 26

March 4 NED AWARENESS Week

Patient Satisfaction

Patient Satisfaction results for December 2016 averaged a rating of **4.63 out of 5**, with 5 signifying the best possible care.



PSYCHOLOGICAL ASSESSMENT: What is it and how can it help?

By Jennifer L. Farley, PsyD

Lindner Center of HOPE, Staff Psychologist

People often wonder what "psychological testing" is, what it is used for, and how it can help. The answers to these questions vary, depending on what the referral question is and in what setting testing is sought after.

Most broadly, psychological assessment involves an objective manner in which one's "psychological functioning" is assessed. An "objective" way of testing involves comparing one's responses to standardized measures (in which every respondent is given the same measure or responds to tests that are administered in the same way) to normative group (usually based on the person's age) to see how well they are functioning compared to their age peers. (Think of the standardized testing that students complete in school or with college preparatory examinations such as the ACT or SAT.) "Psychological functioning" is also a broad label, since many different abilities are assumed within this. More specifically, when people refer to "psychological functioning," it helps to understand if they are referring to intellectual abilities and some other cognitive skills (such as attention), emotional functioning, and/or personality characteristics.

There are different types of evaluations that can be pursued, depending on the purpose of the testing. First, a psychoeducational evaluation is one in which the patient typically undergoes

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testing for a learning-based disorder. Often, this testing centers around intellectual testing and academic achievement measures (such as tasks involving math, reading, and written language). Comparisons are then made between one's intellectual abilities and his or her academic skills; if there is a large discrepancy between one's intellectual skills and academic skills in any particular area (in which the academic ability is significantly lower than what would be expected for the patient's intellectual abilities), this helps form the basis of diagnosing a specific learning disorder. Psychoeducational evaluations are often performed within schools when there is a concern about a child having a cognitive or learning-based disorder that is interfering with their learning. These types of evaluations are also often done "privately," meaning that individuals pursue these evaluations in a clinical (i.e., not academic) setting with a licensed psychologist. Often, other measures (such as classroom observations or parent and teacher questionnaires of observations of behaviors or emotional functioning) may be included in these types of evaluations. Though school psychologists cannot diagnose specific disorders (such as Attention Deficit/Hyperactivity Disorder), what matters most is that regardless of the testing setting, the findings help guide interventions and/or accommodations that can be implemented into a 504 Plan or into a more formal, Individualized Education Plan (IEP).

Next, some may seek evaluations to help understand a patient's emotional and/or personality functioning, especially because the testing helps learn about the individual in a more comprehensive way in a shorter amount of time (instead of over several therapy sessions). Results from these measures can help with recommendations for mental health treatment, such as with use of medications and/or for therapy (such as which strategies can be most helpful to teach the patient). Findings can also help guide other referrals, such as to other specialists (such as a psychiatrist or a neurologist). Depending on the age of the patient, these measures may include questionnaires that are only completed by the patient themselves (this is particularly the case among adult patients). When assessing a child, parents often complete questionnaires that ask about what they observe (behaviorally and emotionally) in their child. When the patient is an adolescent, it is more common that a combination of emotional and personality questionnaires are included that involve the adolescent responding to self-report measures and the parent(s) or primary caregiver(s) responding to their own measures involving observations of the child. Parent or caregiver responses are particularly helpful (and often

necessary) when assessing children and adolescents, as most children and many adolescents lack enough insight or awareness into their difficulties, and often parents are the ones to observe problems or concerns first. These evaluations are conducted in clinical settings such as outpatient practices and sometimes inpatient hospitals in which obtaining such information is necessary to guide a clinician's diagnostic impressions and treatment recommendations.

Another type of psychological assessment is a neuropsychological evaluation that helps measure more detailed aspects of cognitive functioning, such as executive functioning abilities (i.e., one's ability to plan, organize, and inhibit cognitive, emotional, and behavioral responses), attention, learning, memory, and even motor coordination and/or strength. Individuals who specialize in these types of assessments are required to have completed more thorough post-doctoral training. Often times, referrals may come from physicians or therapists who are concerned about a patient's functioning in these areas, whether it be related to a neurological condition (such as a seizure disorder, a head injury, or dementia) or to a psychiatric disorder (in which it is common for mood states or anxiety to negatively affect one's cognitive functioning). Neuropsychological assessments are most often conducted in medical-based settings. Yet, they can also be conducted when a more comprehensive evaluation is sought after (such as in psychiatric residential settings). When this is the case, a neuropsychological assessment battery can capture one's functioning more globally with measures of intelligence, academic achievement, neurocognitive abilities, and personality and emotional functioning.

A final consideration for any kind of psychological assessment is this: while testing is often sought after to diagnose a condition or to understand one's possible difficulties in any area of functioning, it is also important to learn what someone's strengths are. Everyone has strengths and weaknesses relative to their own abilities; it is helpful to inform individuals from testing of what their strengths are and how to use these to compensate for any documented weaknesses they may have. Information helps empower people to develop and grow, and results obtained from psychological assessment can help people be more informed as to how to proceed with utilizing their cognitive and/or emotional strengths to help improve their mental health overall.

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.

IN THE NEWS

It's not too late to register!

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.

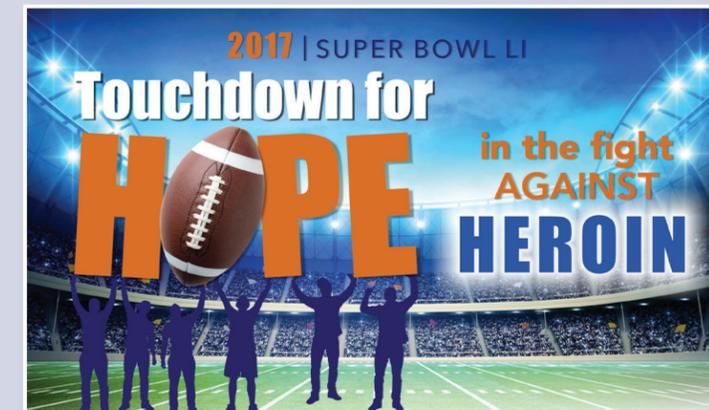
Registration fee includes free parking in Central Riverfront Garage and unlimited food and beverages.

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:

\$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

Raising Eating Disorders Awareness FREE Movie Night

What?

The Harold C. Schott Foundation Eating Disorders Program at Lindner Center of HOPE invites you to a FREE movie night to raise awareness of eating disorders.

Professionals, persons struggling with eating disorders, their family members and community members are invited to watch "Embrace" a movie shining a light on body image and the global issue of body loathing. The movie is intended to inspire change in the way we think and feel about ourselves and our bodies. Following the movie will be time for audience discussion moderated by clinicians from the Harold C. Schott Foundation Eating Disorders Program.

Where?

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

When?

Thursday, February 23, 2017
Doors open at 6 p.m. for networking and resource gathering. Movie to start at 6:30 p.m.

RSVP

By Thursday, Feb. 16, 2017
Register by calling Pricila Gran at (513) 536-0318 or by email to pricila.gran@lindnercenter.org.

Light refreshments will be available.

Please note, this movie is intended for mature audiences.

NEDAWARENESS Week is February 26 through March 4, 2017. Kick off this important week by viewing this film with Lindner Center of HOPE. Learn more about the week at <http://nedawareness.org/>.

