

The Source

Lindner Center
of HOPE



PSYCHIATRY AND PSYCHOLOGY NEWS FOR MENTAL HEALTH PROFESSIONALS

JANUARY 2015



Events

February 3

Grand Rounds: **Scott Bullock, MSW, LISW-S**, Lindner Center of HOPE, Family Eating Disorders Therapist, presents on **Eating Disorder: Treating the Mind, Body and Spirit** at Noon, Lindner Center of HOPE Gymnasium/Conference Center

February 11

Mason Community Outreach, **Erik Messamore, MD, PhD**, Lindner Center of HOPE Staff Psychiatrist, presents **Dietary and Nutritional Influences on Mood Disorders**, 6:30 to 7:30 p.m. at Mason Community Center

February 12

Health Care Heroes Awards Dinner, 6 to 9 p.m., Hyatt Regency Cincinnati

February 19

Healthy vs. Unhealthy Adolescent Development presented by **Jennifer Bellman, PsyD**, Lindner Center of HOPE, Staff Psychologist, Sharonville Community Center on February 19, 2014 at 10990



Bipolar Disorder

By **Paul E. Keck, Jr., MD**

President-CEO, Lindner Center of HOPE, Frances & Craig Lindner Professor & Executive Vice Chair, Department of Psychiatry & Behavioral Neuroscience, University of Cincinnati College of Medicine

Bipolar disorder is common and recurrent psychiatric illness associated with high rates of morbidity, disability and mortality. In the United States, the 12-month prevalence rate of bipolar I and II disorder is estimated at 2.6%. Bipolar I disorder is distinguished from major depressive disorder by the occurrence of manic episodes. Bipolar II disorder is distinguished from major depressive disorder by the occurrence of mild manic symptoms, and depressive episodes tend to predominate the course of illness.

Symptoms of mania include: abnormally and persistently elevated, expansive or irritable mood, excessive energy or activity, psychomotor agitation, decreased need for sleep, grandiosity, excessive speech, racing thoughts, distractibility, impulsivity, and poor insight. Manic episodes often constitute a medical emergency requiring hospital admission and severe depressive episodes similarly pose a risk of suicide and need for hospital care.

Bipolar disorder frequently presents early in an individual's life, frequently between the ages of 16-24, and often the initial mood episode may be depression, further complicating the diagnosis. Bipolar disorder is highly heritable. Clinical predictors of bipolar disorder include a family history of a first degree relative with bipolar disorder and early age of onset of depression.

Fortunately, there have been substantial advances in the evidence-based treatments of bipolar disorder over the past several decades. The goals of treatment of acute mood episodes (manic, mixed, and depressive) are rapid, complete remission in a safe environment. The goals of long-term or maintenance treatment are prevention of further episodes, eradication of sub-syndromal symptoms, and optimizing quality of life and function.

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Patient Satisfaction

Patient Satisfaction results for December 2014 averaged a rating of **4.37 out of 5**, with 5 signifying the best possible care.



In the News

Lindner Center of HOPE Doctors Among Best in Nation Ranking Places Three 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 2014 database. 491 specialists from the Tristate were included in the listing published in Cincy Magazine:

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 Psychiatry with more than 25 years of experience. 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 fifth 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.



Paul E. Keck, Jr., M.D.



Michael A. Keys, M.D.



Susan L. McElroy, M.D.

Lindner Center of HOPE to host HERE ONE DAY during ReelAbilities Film Festival Runs February 27th – March 7th, 2015

ReelAbilities is the largest national film festival dedicated to celebrating the lives, stories and art of people with disabilities.

Lindner Center of HOPE is proud to be a part of the 2015 ReelAbilities Film Festival organized by Living Arrangements for the Developmentally Disabled (LADD) which runs February 27th through March 7th 2015 in Greater Cincinnati. For the first year, ReelAbilities is including films touching on the subject of mental illness in the festival. For more information about the film festival, [click here](#).

Lindner Center of HOPE is the Host Agency for HERE ONE DAY, a documentary that chronicles filmmaker Kathy Leichter's move back into her childhood home after her mother's suicide. The film will be shown at Kenwood Theater on Monday, March 2, 2015 at 7:30 p.m.

Leichter discovered a hidden box of audiotapes. Sixteen years passed before she had the courage to delve into this trove, unearthing details that her mother had kept secret for so long. HERE ONE DAY is a visually arresting, emotionally candid film about a woman coping with mental illness, her relationships with her family, and the ripple effects of her suicide on those she loved. [Click here to view trailer](#).

Following the film, Lindner Center of HOPE will host a brief panel discussion with question and answers with the audience. Jessica Noll, WCPO, will emcee the discussion.

Panel members will include:

Kathy Leichter, HERE ONE DAY filmmaker

John M. Hawkins, MD, Lindner Center of HOPE, Chief of Psychiatry, Deputy Chief Research Officer, Director TMS Services, University of Cincinnati College of Medicine, Adjunct Associate Clinical Professor of Psychiatry

Charles F. Brady, PhD, ABPP, Lindner Center of HOPE, Staff Psychologist, OCD/CBT Psychotherapist, Professor the University of Cincinnati's Department of Psychiatry

Angela Ostholthoff, CPRP, CPS, Training Coordinator for The Recovery Center of Hamilton County

Shirley Benoit, Patient/Advocate

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The treatment of bipolar disorder is often complicated because of a number of factors. First, bipolar disorder is the single psychiatric illness associated with the greatest degree of comorbidity. For example, addictions, anxiety disorders, eating disorders, migraine, overweight and obesity, and diabetes are all more common in people with bipolar disorder than in the general population. Thus, treatment recommendations often require addressing not only the symptoms of bipolar disorder itself, but also concurrently addressing comorbid illnesses.

Second, within the realm of bipolar disorder itself, although classified as a mood disorder, this illness is also fraught with symptoms in behavior, cognition and perception, as well as insight.

Third, treatment is further complicated by the diversity of illness presentation. For example, there are often substantial differences among patients in the pattern, frequency, and severity of mood episodes, the presence of absence of psychosis, and in acute or chronic psychosocial and other environmental stressors. Further, some medications have particular efficacy in one phase of illness but not in another, and some may actually increase the likelihood of precipitating a reciprocal mood episode.

Evidence-based treatment of bipolar disorder is generally categorized by treatment of acute mood episodes and maintenance treatment, designed to prevent recurrent symptoms and episodes. Medications with evidence of efficacy in the treatment of manic episodes include: first- and second-generation antipsychotic drugs, lithium, valproate, and carbamazepine. Medications with evidence of efficacy in the treatment of bipolar depressive episodes include: olanzapine, olanzapine-fluoxetine combination, lithium, quetiapine and lurasidone. The co-administration of unimodal antidepressants in the treatment of bipolar depression remains controversial, although clinically a substantial subgroup of people with bipolar depression appears to need such agents.

Within the many types of antidepressants, some data indicate that SNRI's may pose a greater switch risk. Medications with evidence of efficacy in maintenance treatment include: lithium, olanzapine, lamotrigine, aripiprazole, quetiapine, and long-acting injectable paliperidone. Many people with bipolar disorder require a combination of medications to achieve and sustain euthymia. It is also important to recognize that certain medications that were once thought promising for bipolar disorder have not been proven to have efficacy in any phase of the illness. These include, for example, topiramate, gabapentin, and oxcarbazepine.

Although pharmacotherapy is the foundation of treatment of bipolar disorder, there are now evidence-based psychosocial treatments that improve outcome. These are primarily for the maintenance phase of treatment, have the greatest impact on depression and treatment adherence, and include: individual and group psychoeducation, individual interpersonal and social rhythm therapy, cognitive-behavioral therapy, and family-focused treatment.

Resources

Keck PE, Jr, McElroy SL. Pharmacological treatments for bipolar disorder. Nathan PE, Gorman JM, eds. *A Guide to Treatments That Work*, 3rd edition, Oxford, NY, 2007, pp. 323-350.

Miklowitz DJ, Craighead WE. Psychosocial treatments for bipolar disorder. Nathan PE, Gorman JM, eds. *A Guide to Treatments That Work*, 3rd edition, Oxford, NY, 2007, pp. 309-322.

www.nimh.nih.gov/health/topics/bipolar-disorder



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.

The Research Institute at Lindner Center of HOPE is one of 17 sites in U.S. to Conduct Smoking Cessation Study

The Research Institute at Lindner Center of HOPE began recruitment this month for a Smoking Cessation Study. The Research Institute is conducting a clinical trial of a non-invasive, investigational medical device, Deep Transcranial Magnetic Stimulation, that may help people quit smoking.

Eligible participants must:

- Be between the ages of 22 and 70 years old
- Have smoked at least 10 cigarettes a day for over a year
- Want to quit smoking

All qualified participants will receive study related exams, lab work and treatments at no cost. Enrolled participants will receive compensation for time and travel.

For more information, interested parties should call Anna at: (513) 536-0721 or visit lcoh.info



2015 | SUPER BOWL XLIX

Touchdown for



JOIN HONORARY HOSTS, ANTHONY AND DEDE MUÑOZ
ON SUPER BOWL SUNDAY, FEBRUARY 1, 2015
FOR THE 6TH ANNUAL TOUCHDOWN FOR HOPE AT THE
GREAT AMERICAN BALLPARK

5:00 p.m. – VIP Tailgate Party for Board, Sponsors, Research
Clinicians, and “Offensive Coordinators”

6:00 p.m. – Main Event Opens in the Champions Club

6:30 p.m. – Super Bowl XLIX Kickoff – Featuring the best two
teams in the NFL

Reservations: \$100/person

\$75/Young Professional (35 years and younger)

(\$40 of each reservation is not tax deductible)

Event includes:

- Dinner buffet, featuring Cincinnati’s favorite eats: Montgomery Inn riblets, LaRosa’s pizza, Skyline coney, and United Dairy Farmer’s ice cream.
- Free parking in the Riverfront Garage.

Make your reservation online today: Touchdown Registration
If interested in becoming a sponsor, please contact Mary Alexander
<http://lindnercenterofhope.org/donate/touchdown-for-hope/>

Lindner Center of HOPE Partners with Sharonville Recreation Department on Speakers Series at Sharonville Community Center

Lindner Center of HOPE clinicians will provide six months of free community education at the Sharonville Community Center beginning in September. The presentations will be offered the third Thursday of each month beginning on September, 18, 2014 and concluding on February 19, 2015. The discussions will be held at the community center at 10990 Thornview Drive from 7 to 8 p.m.

February 19, 2015 *Healthy vs. Unhealthy Adolescent Development*

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

- The audience will learn about the typical “angst” of adolescent years and what makes this age difficult – for the adolescents themselves and for the parents raising them. Information will be shared as to “warning signs” that suggest one is experiencing struggles beyond what might be anticipated for this age.

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)

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Interested in touring
Lindner Center of HOPE?

Contact Katie Hamm at (513) 536-0324.

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