Psychiatric Issues and Updates 2016
A Continuing Education Lecture (3 CME/CEUs)

August 27, 2016 (Saturday)
8:30 a.m. to 11:30 a.m. (Registration and Breakfast at 8 a.m.)
Lindner Center of HOPE
4075 Old Western Row Rd, Mason, OH 45040

PROGRAM
8 a.m.: Registration Opens and Breakfast , 8:30- 11:30 a.m.: CME Lectures, 11:45 a.m. Optional Tour

Fee: $40 for MDs and $20 for Non-MDs

Eating Disorders: Signs, Symptoms, and Treatment Options
Elizabeth Mariutto, PsyD, Lindner Center of HOPE, Staff Psychologist and Cincinnati Children's Hospital Medical Center at the Lindner Center of HOPE, Consulting Psychologist

Objectives
At the end of the session, participants will be able to:
1. Articulate signs and symptoms of an eating disorder.
2. Identify empirically supported treatments for eating disorders.
3. List services that Lindner Center of HOPE offers for patients with eating disorders.

Narrative Medicine
Shana Feibel, DO, Lindner Center of HOPE, Staff Psychiatrist

At the end of this session, participants will be able to:
1. Discuss the beginnings and theoretical underpinnings of the Narrative medicine movement.
2. Explain how materials are chosen to be included into a Narrative Medicine Curriculum.
3. Recognize how we, as clinicians, can use Narrative Medicine to inform and improve our way of caring for patients.

Treatment Resistant Depression
Nelson F. Rodriguez, MD, FAPA, Lindner Center of HOPE, Staff Psychiatrist, Medical Director of ECT Service

At the end of this session, participants will be able to:
1. Recognize the burden and risk factors of treatment resistant depression.
2. Explain the emerging concepts and hypotheses about depression.
3. Explain the treatment approaches to treatment resistant depression.

This event is in partnership with the Association of Philippine Physicians in Greater Cincinnati, Inc. (APPGC).

CMEs and CEUs offered. Check in at Welcome Center. Free parking.

RSVP by August 10, 2016 to Pricila Gran at pricila.gran@lindnercenter.org or at (513) 536-0318.

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.

Lindner Center of HOPE | UC Health

4075 Old Western Row Rd.
Mason, OH 45040
(888) 536-HOPE (4673)

Interested in touring Lindner Center of HOPE?
Contact Jennifer Pierson at **(513) 536-0316**.

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The Source

Lindner Center of HOPE | UC Health

PSYCHIATRY AND PSYCHOLOGY NEWS FOR MENTAL HEALTH PROFESSIONALS JUNE 2016

Events

July 4
Independence Day

July 5
Grand Rounds: Dr. Vijay Reddy will speak on the complications of urinary tract infections presenting as mental illness in geriatric patients, at Noon, Lindner Center of HOPE Gymnasium.

July 5
End of Ramadan

July 14
Bastille Day (France)

July 24
Parents' Day

July 28
World Hepatitis Day

July 28-31
International OCD Foundation (IOCDF) Conference in Chicago

July 30
Day Against Trafficking

July 30
International Friendship Day

Patient Satisfaction

Patient Satisfaction results for May 2016 averaged a rating of **4.58 out of 5**, with 5 signifying the best possible care.

Summer and the Value of Structure

By Jennifer Farley Psy.D., Lindner Center of HOPE, Staff Psychologist

If you're on social media, you may have chuckled at recent posts depicting the difference between teachers and students at the beginning versus the end of the school year – with all of them involving anticipation for summer's reign to begin. Summer is The Quintessential Break for our kids and their educators, and it should be – it's good for kids to have a nice break from the structure of school to be able to enjoy the opportunities that a no-school summer offers.

That being said, if you ask most kids what they are especially excited about for summer, "Sleeping in," tends to be a common answer, especially for teenagers. (It is also the response that elicits the most sighs and eye rolls from their parents.) Most parents are happy to have their kids experience a more relaxed schedule in the summers. This is especially the case for parents of children who struggle with any number of cognitive or learning challenges that make the school year much more difficult and tiresome. Yet, as with many things in life, it's important to maintain a healthy balance, in this case, with having enough structure without being overscheduled.. What many parents may not realize is that after the first 3 or 4 weeks of summer, kids who experience the most radical shift between the structure of their school schedule to a completely unstructured summer often complain most of boredom. I've heard quite a few of these children and adolescents say that they wish they could go back to school well before the start of the next school year.

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There are many families who struggle with the idea of being "too scheduled" in the summertime. Setting aside the concept of being "overscheduled" for a second, there is actually quite a bit of value to having structure and routine to our days. Having a routine helps us plan and prepare for what comes next. Without this, we risk not being able to have some predictability and readiness to our days. Without some predictability, we risk feeling more chaotic and disorganized. And leading a disorganized, unplanned lifestyle brings the risk of becoming more anxious and/or depressed. Children as young as 2 can experience comfort knowing that after a good afternoon nap they'll be able to play again. Four-year olds ask their parents at bedtime what they'll be doing the next day. Even as adults, we benefit from knowing what is coming so that we can plan ahead for it.

Have you ever noticed a difference between how you (or others) function during the week compared to the weekends? Most of us who work or send our children off to school during the week have what is called "external structure." We know what time we have to wake up, what sequence of tasks we need to do before we leave, and we know what time we have to leave the house to get to school and/or work on time. When at work, we know what is expected of us and what our responsibilities are. At the end of the work day, we leave with thoughts in mind of what comes next for what is planned that evening. There is much more inherent structure built into those days. In contrast, weekends offer the opportunity for us to guide our own tasks (providing there are no athletic games or meetings or birthday parties to take our children to). People who struggle with initiating tasks or motivating themselves to get tasks done all too often hit Sunday evening with a somber feeling that they did not accomplish most (if any) of what they intended. It can leave adults with a sense that they wasted their time, because they have nothing to show for their weekend. This same experience can be felt among children in the summer.

Think about what "boredom" looks like for kids: they may sleep in bed late, they may sprawl on the couch with no intellectually-stimulating activity, and they look "lazy" to parents by showing no initiation for any physically-active tasks. Now, picture what "sadness" or "loneliness" or any other negative feeling "looks like" for kids. They can be quite similar to what kids experience when they are bored. Too much boredom leads to emotional discomfort, and this can lead one to lack creativity, to feel unproductive, and to experience poor confidence. These experiences can then lead one to feel more irritable, down, restless, and even anxious.

It is healthy to have some semblance of plans and structure during the summer. A family vacation offers the excitement and anticipation of a journey to look forward to. For the day-to-day routine, many parents send their kids to day camps (especially working parents), while some send their kids to a sleep-away camp for a week or two. Some families hire a nanny or a babysitter to watch their children and to take them places. Some families have a parent who can stay at home with their children. In any of these instances, what is healthiest is when there is a routine by which kids wake up at a certain time and engage in a morning routine. Structure can be in the form of whatever activity is intended that day, such as swimming in the neighborhood pool, going to a movie, or having a play date with friends. What helps is that there is something to plan for that day. Adolescents who are taking care of themselves function even better when given structure in the form of expectations – if even to complete a designated chore first before enjoying whatever leisure activity the child hopes to do. Often times, parents get more compliance from kids who agree to complete a chore first before being allowed to engage in a fun activity, such as with their friends. Ending the day with a sense of accomplishment or satisfaction of having engaged in an activity leads one to feel more rested, physically and emotionally.

Being "overscheduled" can lead to stress on the entire family, and it does not allow for any rest time. It is good for children and adolescents to enjoy the feeling that comes with "lounging around" – especially since so many miss out on that opportunity during the school year when managing responsibilities associated with academics and extracurricular activities. Being overscheduled also can dampen one's creativity and ideas for how to spend down time.

The key is balance: allow for a mix of planned activities with some unscheduled leisure time by which children and adolescents can choose what they would like to do. Many children may balk at the idea of having any expectations upon them, but the structure and predictability they gain from it offers many more psychological and social benefits than having no plans at all.

IN THE NEWS

Williams House Announces New Medical Director

C. Stephen Edwards, MD, has been named Medical Director of Williams House at Lindner Center of HOPE. Dr. Edwards has been a member of Lindner Center of HOPE's Medical Staff since opening, serving as Chief of Child and Adolescent Psychiatry and most recently Medical Director of the Harold C. Schott Foundation Eating Disorder Program and Medical Director of Cincinnati Children's Hospital Medical Center's Acute and Partial Units at Lindner Center of HOPE.

Given his experience and training, Dr. Edwards played a critical role in the programming and development of Williams House and is looking forward to re-engaging in the clinical care on the unit

Dr. Edwards is board certified in general psychiatry, child and adolescent psychiatry and board eligible in pediatrics. He specializes in Attention Deficit Hyperactivity Disorder, Post Traumatic Stress Disorder (PTSD), Obsessive Compulsive Disorder (OCD) and depression.

Prior to joining the Lindner Center of HOPE, Dr. Edwards served as Medical Director for the Adolescent Sexual Offender and Child Abuse-Reactive Residential Programs and Acute Children's Units at River Park Hospital in Huntington, West Virginia. He also served in private practice at the New Hope Christian Counseling Center in Huntington, West Virginia. Dr. Edwards' other clinical positions have included serving as Medical Director for the Adolescent Partial Hospitalization Program at River Park Hospital in Huntington, West Virginia; Medical Director for the Adolescent Partial Program at Charter Ridge Hospital in Lexington, Kentucky; volunteer faculty in the Department of Psychiatry at the University of Kentucky College of Medicine in Lexington, Kentucky; and assistant Professor of Pediatrics at Marshall University School of Medicine in Huntington, West Virginia.

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.