

Education Day

Education is the Key to Understanding:
A ½ day workshop about mental illness and addiction

SUNDAY, MAY, 3, 2015

MANOR HOUSE
7440 MASON-MONTGOMERY RD.
MASON, OHIO 45040
11 A.M. - 4 P.M.

An afternoon of enhancing awareness about the facts of mental illness and addiction. Knowledge helps break down stigma and encourages individuals and families to seek life-changing help.

CONFERENCE AGENDA

Registration & Information Fair
11a.m. - 12 p.m.

Breakfast Buffet
Welcome & Keynote

Paul E. Keck, Jr., MD,
President & CEO, Lindner Center of HOPE

Mackenzie Phillips

Mackenzie Phillips is an actress and singer best known for her roles in American Graffiti and as rebellious teenager on the well-known sitcom One Day at a Time. As a troubled teen star, Phillips made several visits to rehab before getting sober.

Breakout Session I

1:15 - 2 p.m. (Break 2 - 2:15 p.m.)

Breakout Session II

2:15 - 3 p.m. (Break 3 - 3:15 p.m.)

Breakout Session III

3:15 - 4 p.m.

This event is brought to you by the generous employees of Lindner Center of HOPE.

Watch lindnercenterofhope.org for more information.

For more information and registration, visit:
lindnercenterofhope.org/patients-families/education-day/

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.
Mason, OH 45040
(888) 536-HOPE (4673)

Interested in touring
Lindner Center of HOPE?

Contact Katie Hamm at (513) 536-0324.

Follow us on



The Source

Lindner Center
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PSYCHIATRY AND PSYCHOLOGY NEWS FOR MENTAL HEALTH PROFESSIONALS

MARCH 2015



Events

April 7

Grand Rounds: Raymond J. Kotwicki, MD, MPH, Skyland Trail Chief Medical Officer, presents Putting the Brain Back in the Body: An integrated model for treating mental illness at Noon, Lindner Center of HOPE Gymnasium/Conference Center

April 25

Chris Tuell, EdD, LPCC-S, LICDC, Lindner Center of HOPE, Clinical Director of Addiction Services, presents at CMSA's Annual Conference

April 25

Psychiatric Issues and Updates 2015: Ongoing Challenges; A Continuing Education Lecture (4 CME/CEUs) 11:45 a.m. - 5:00 p.m., Lindner Center of HOPE



Opioid Addiction: What we need to know.

(Part 1) Introduction and Accidental Overdose

Jolomi Ikomi, MD

Lindner Center of HOPE, Staff Psychiatrist; University of Cincinnati College of Medicine, Adjunct Assistant Clinical Professor of Psychiatry

Opioids are indicated in treatment of acute pain as well as in some cases chronic non-cancer pain. Opioids are psychoactive substances and cause an increased sense of euphoria via their action on the opiate receptors in the brain. This effect, which is beneficial for altered pain perception, is also the main reason for their misuse potential.

Opioids can be highly addictive. When used for recreational purposes, or when prescribed by treatment providers and not adequately monitored, can progress rapidly to an opioid related disorder. Opioid related disorders include opioid use disorder, opioid withdrawal, opioid intoxication, opioid induced mood disorder, opioid induced anxiety disorder and opioid induced psychotic disorder. There is an increased prevalence of mental illness in individuals with opioid related disorders than within the general population. About 90% of patients with opioid dependence will also have an additional psychiatric disorder, most commonly major depressive disorder, alcohol use disorders, anxiety disorders and personality disorders.

Since the 1990s, there has been greater awareness about adequate pain control for patients experiencing not just acute pain, but also chronic non-cancerous pain. This has led to a marked increase in the rise of prescription opioids, which in turn has led to a steady rise in opioid prescription addiction. The United States and Canada have significantly higher rates of prescribed opiates than any other developed country in the world. Heroin resurgence has occurred in the last decade. Patients addicted to prescription opiates are seduced by a cheaper alternative with a more rapid onset of action. Increased prevalence of heroin use has led to a rise in drug related felonies

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Patient Satisfaction

Patient Satisfaction results for February 2015 averaged a rating of **4.79 out of 5**, with 5 signifying the best possible care.

In the News

Liza Long to Speak at Annual Spring Fundraiser for Lindner Center of HOPE

Center's Fundraising Auxiliary to Feature National Speaker as Call to Action to Fight Stigma Surrounding Mental Illness

Liza Long, author of the nationally recognized essay, "I Am Adam Lanza's Mother", will be the keynote speaker at Showering You With HOPE, luncheon and auction, on **Tuesday, April 21, 2015 at 10:30 a.m. at Cincinnati Country Club.**

Ms. Long is a writer, educator, mental health advocate, and mother of four. One of her children suffers with bipolar disorder. In 2007, she started writing a blog called The Anarchist Soccer Mom, where she first published her December 2012 essay, "I Am Adam Lanza's Mother" which discussed her personal tragedy as it intersected with the school shooting in Newtown, Connecticut. Since her essay published, Ms. Long has become a national speaker and contributor to several publications, and has also written a book, "The Price of Silence: A Mom's Perspective on Mental Illness." Read more about Liza Long at lizalong.com.

The title of Ms. Long's keynote speech for April 21st is "From Talk to Action: Ending Stigma, Finding HOPE."

Showering You With HOPE is the 7th annual spring luncheon presented by High Hope's, Lindner Center of HOPE's fundraising auxiliary. Proceeds from the event will benefit patients at Lindner Center of HOPE. The silent auction will begin at 10:30 a.m. with lunch and program at noon. Ms. Long's book will be available at the event, where she will be available for signing.

Tickets for the luncheon are \$75 per person or \$750 for a patron table of 10. Reservations are limited and can be made at: lindnercenterofhope.org/showeringyouwithhope

Event co-chairs are Anne Ilyinsky and Marcie Warrington.

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

Invites you to:

Psychiatric Issues and Updates 2015: Ongoing Challenges

A Continuing Education Lecture (4 CME/CEUs)

April 25, 2015 (Saturday)

11:45 a.m. - 5:00 p.m.

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

Program:

11:45 a.m.: Registration Opens
12:15 - 1:00 p.m.: Lunch Provided
1:00 - 5:00 p.m.: CME Lectures

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

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

RSVP by April 10, 2015 to Pricila Gran at: pricila.gran@lindnercenter.org or at (513) 536-0318.



Binge Eating Disorder Meets DSM-5

Tracy S. Cummings, MD

THIS ARTICLE ADDRESSES:

- Screening patients with multiple psychological co-morbidities using established and validated algorithms
- Psychotherapeutic modalities for treating binge eating disorder (BED)
- Research underlying the evolving role of pharmacotherapy in managing BED
- Appropriate mechanisms for establishing referral channels with primary care clinicians

To learn more visit: provaeducation.com/CME_Event.asp?eventCode=290M21M30036

Learn about the evolving role of pharmacotherapy in the management of binge eating disorder. Management of Binge Eating Disorder

Susan L. McElroy, MD

THIS ACTIVITY WILL COVER:

- Psychotherapeutic modalities for treating binge eating disorder (BED)
- Research underlying the evolving role of pharmacotherapy in managing BED
- Establishing networks with primary care clinicians for patient referral

To learn more visit: provaeducation.com/CME_Event.asp?eventCode=290M21M30036



Half-Day Workshop for Leadership and Care Providers of Faith Communities

For: Clergy, Faith-based Social Workers, Therapists, Counselors and Mental Health Professionals

Promoting Hope and Reasons for Living: Suicide Awareness, Prevention, and Response A look at suicide, suicide assessment, interventions, and the aftermath of suicide.

Join us for a half-day, discussion designed to strengthen your understanding of suicide and its impact on communities, how to conduct a suicide assessment, the aftermath of suicide, how to talk to someone who may be suicidal or is a survivor of suicide and other interventions.

Thursday, May 21, 2015

8:30 a.m. – 12:30 p.m.

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

Discussion sponsored by NAMI affiliates of Southwest Ohio and Butler County and Lindner Center of HOPE in Mason, Ohio.

Hurry! Seating is limited! Registration closes May 11, 2015

2 CEU credits offered.

Presenters:

Robin Thompson Arthur, PsyD

Lindner Center of HOPE,
Chief of Psychology

Leah Casuto, MD

Lindner Center of HOPE,
Staff Psychiatrist

Event Cost:

\$25.00 by midnight April 21, 2015

Includes continental breakfast
\$35.00 after April 21, 2015

Registration closes May 11, 2015.

To register or for more information, visit:

**lindnercenterofhope.org/faith or
contact Pricila at (513) 536-0318.**



Robin Thompson Arthur, PsyD



Leah Casuto, MD

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(larceny, prostitution) and medical complications such as HIV and Hepatitis C seroconversion and accidental overdose.

Accidental Overdose

Opioid overdose is a global health concern accounting for considerable mortality among patients with opioid use disorders. About 50% of all deaths of heroin users in the United States are as a result of opioid overdose. 73% of all prescription overdose related deaths are due to prescription opioid medications.

To understand overdose, we first need to define the term "Tolerance". This refers to an individual requiring more of a psychoactive substance to achieve a desired effect or when the same dose of a previously used substance does not give the desired effect. Individuals with opioid use disorders develop tolerance to the drug over a prolonged period of time. Opioids have respiratory depressant as well as euphoric effects. Tolerance to respiratory depressant effects occurs much slower than to the euphoric effects. This means whenever an individual rapidly increases the amount of the drug used in order to achieve a euphoric effect, they are at significant risk of respiratory compromise and death. Tolerance also rapidly decreases during periods of abstinence, such as following an opioid detoxification. Risk of overdose is greatly increased during the immediate opioid detoxification period. This is as a result of intense craving for the drug, as well as loss of tolerance to the drug.

Treatment of Overdose

Naloxone (Narcan) is a short acting opioid receptor blocker that is a life saving measure and should be immediately administered in suspected

overdose. Signs to look for in an individual with suspected overdose include diminished level of consciousness or coma, pinpoint pupils and respiratory depression with rate less than 12 per minute (normal is 12-20). Administration of intravenous Narcan works within 2 minutes and slightly longer if given intramuscularly. This medication is safe and has no significant side effects. The main draw back with Narcan is the short half-life so its effects last much shorter than the effects of most opioids. Thus, once the medication has been administered, emergency medical services must be called immediately. Failure to do so will lead to immediate return of overdose symptoms within minutes, after effects of Narcan have worn off.

Administration of Narcan is easy and everyone, not just trained professionals can administer it. It can be administered in the community by trained lay persons. Family members and friends usually witness early symptoms of overdose. Training the support network as well as the individual with a history of opioid use disorder is imperative for the risk reduction of overdose deaths. Prescription of a Narcan kit to all individuals with a history of opioid use disorder has been shown to significantly reduce overdose deaths in the community. This is being practiced in some European countries and in several states across the U.S.

Narcan is not treatment, it is only an emergency life saving measure to prevent death and buy time before the arrival of emergency services and referral to treatment centers for long term treatment. Long-term treatment of opioid use disorders will be discussed in the subsequent series.