



## More on the Web - [lindnercenterofhope.org](http://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](http://www.lindnercenterofhope.org)

(513) 536-HOPE (4673)

Lindner Center  
of HOPE |  Health™

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### Interested in touring Lindner Center of HOPE?

Contact Katie Hamm at (513) 536-0324.

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# The Source

Lindner Center  
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PSYCHIATRY AND PSYCHOLOGY NEWS FOR MENTAL HEALTH PROFESSIONALS

MAY 2015



## Events

### June 2

**Grand Rounds: Dr. Elizabeth Wassenaar and Jennifer Wells** presents on Pediatric Acute Onset Neuropsychiatric Syndrome (PANS) at Noon, Lindner Center of HOPE Gymnasium/Conference Center

### June 12

**Dr. Paul Keck, Jr.** presents at McLean Hospital/Harvard Medical School conference "Psychiatry in 2015" at Fairmont Copley Plaza Hotel, Boston

## Patient Satisfaction

Patient Satisfaction results for March 2015 averaged a rating of **4.44 out of 5**, with 5 signifying the best possible care.



## Manage Stress, Do Not Eliminate It

### Dr. Robin Arthur

*Chief of Psychology, Lindner Center of HOPE*

**What are the top five stressors in your life right now? Write them down and set them aside.**

**So what is stress?** Stress is a condition or feeling experienced when a person perceives that "demands exceed the personal and social resources the individual is able to mobilize." Stress is also the "wear and tear" our bodies experience as we adjust to our continually changing environment. It has physical and emotional effects on us and can create positive or negative feelings.

The warning is that stress can cause severe health problems and, in extreme cases, can cause death.

Stress has a positive side as well. Stress can help compel us to action. Some of the early research on stress (conducted by Walter Cannon in 1932) established the existence of the well-known "fight-or-flight" response. These hormones help us to run faster and fight harder. They increase heart rate and blood pressure, delivering more oxygen and blood sugar to power important muscles. They increase sweating in an effort to cool these muscles, and help them stay efficient. They divert blood away from the skin to the core of our bodies, reducing blood loss if we are damaged. These hormones focus our attention on the threat, to the exclusion of everything else. All of this significantly improves our ability to survive life-threatening events.

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Unfortunately, this mobilization of the body for survival also has negative consequences. In this state, we are excitable, anxious, jumpy and irritable – actually reducing our ability to work effectively with other people. The intense focus on survival in this state impairs judgment and self-control.

Since most situations benefit from a calm, rational, controlled, and socially sensitive approach, the fight-or-flight response needs to be controlled.

Additional negative sides of stress include a negative influence, resulting in feelings of distrust, rejection, anger, and depression. These feelings can lead to physical health problems such as headaches, upset stomach, rashes, insomnia, ulcers, high blood pressure, heart disease, and stroke. With the emergence of Psychoneuroimmunology in the 1980s, it was recognized that psychological factors (such as those seen in stress) can directly affect the immune system.

### So how can we eliminate stress from our lives?

Actually, the goal should not be to eliminate stress but to learn how to manage it and use it to help us. What we need to do is find the optimal level of stress which will individually motivate but not overwhelm each of us.

### How can we manage stress better?

Identifying unrelieved stress and being aware of its effect on our lives is not sufficient for reducing its harmful effects. Just as there are many sources of stress, there are many possibilities for its management. However, all require working toward change – changing the source of stress and/or changing reactions to it.

### How do we proceed?

The skills fall into three main groups:

- **Action-oriented skills:** In which we seek to confront the problem causing the stress, often changing the environment or the situation;
- **Emotionally-oriented skills:** In which we do not have the power to change the situation, but we can manage stress by changing our interpretation of the situation and the way we feel about it;
- **Acceptance-oriented skills:** Where something has happened over which we have no power and no emotional control, and where our focus must be on surviving the stress.

### 1. Become aware of stressors and emotional and physical reactions.

Notice your distress. Don't ignore it. Don't gloss over your problems.

### 2. Recognize what you can change.

Look at your list of five stressors. What can be changed?

### 3. Reduce the intensity of your emotional reactions to stress.

The stress reaction is triggered by your perception of danger ... physical danger and/or emotional danger. Are you viewing stressors in exaggerated terms?

**4. Learn to moderate your physical reactions to stress.** Learn to relax and breathe deeply and slowly.

**5. Build your physical reserves.** Exercise; eat well; avoid nicotine, excessive caffeine and other stimulants; mix leisure with work; and get enough sleep.

**6. Maintain your emotional reserves.** Develop mutually supportive relationships; pursue realistic goals; expect some frustrations, failures and sorrows; and always be kind and gentle with yourself.

### Stress Management Skills. Remaining calm and effective in high pressure situations.

- **Deep Breathing.** Take a number of deep breaths and relax your body further with each breath.
- **Progressive Muscular Relaxation.** Tense up a group of muscles so that they are as tightly contracted as possible. Hold them in a state of extreme tension for a few seconds. Then, relax the muscles normally.
- **Imagery in Relaxation.** Imagine a scene, place or event that is safe, peaceful, restful, beautiful and happy. Use the imagined place as a retreat from stress and pressure.
- **Imagery in Preparation and Rehearsal.** You can also use imagery in rehearsal before a big event, allowing you to run through the event in your mind.
- **Volunteer for Others.** The endorphins released when we do something nice for others are amazing.
- **Give a gift to yourself.**
  - Listen to your deepest needs.
  - Set a time every day that is protected time to self-nurture. Set a monthly splurge.
  - Write yourself a letter, giving yourself permission to self-nurture.

### Therapy

Sometimes, even with the best effort, you cannot relieve your stress alone. I highly recommend seeking a consultation with a mental health professional to help with stress management. You may only need a few sessions with an unbiased third party to help you get to the root of the issues. Early intervention is essential and will produce better long term results.

## Education Day Draws More Than 500 Community Members

### Singer and Actress Mackenzie Phillips inspires crowd to start talking about mental health and addiction

Lindner Center of HOPE employees raised funds this past fall and winter to be able to offer a community Education Day on Sunday, May 3, 2015. As education is the key to understanding, the half-day workshop served as an opportunity to enhance awareness of mental illness and addiction with a goal of reducing stigma surrounding these conditions.

The Education Day held at Manor House included a welcome from Lindner Center of HOPE President and CEO, Paul E. Keck, Jr., MD, and a keynote speech by Mackenzie Phillips, actress and singer. Phillips' presentation was followed by three hours of breakout sessions that offered 13 presentations to participants of varying subject matters. More than 500 guests were able to customize their afternoons with sessions that would

most benefit them. Topics included eating disorders, addiction, mood disorders, anxiety, adolescent mental health, obsessive compulsive disorder and more.

Event partners included: Assurex Health, Prestige and City of Mason.

Mackenzie Phillips is an actress and singer best known for her roles in American Graffiti and as a rebellious teenager on the well-known sitcom One Day at a Time. As a troubled teen star, Phillips struggled with addiction. Now she serves as a Recovery and Treatment Advocate.



## RESEARCH INSTITUTE UPDATE

### The Research Institute at Lindner Center of HOPE is pleased to announce two new studies will be opening for recruitment soon.

The first, a new depression study is expected to open for recruitment this summer. It is a Phase 2, Randomized, Double-Blind, Placebo- Controlled, Multiple-Dose Level, Repeat Weekly Intravenous Dose, Parallel Efficacy and Safety Study of NRX-1074 in Subjects with Major Depressive Disorder.

The second, is a new Binge Eating study that is expected to start in the next few months. It will look at Open-label Phentermine/topiramate extended release (PHEN/TPM ER; Qsymia®) in ten subjects with overweight or obesity and DSM-V Binge eating disorder (BED).

In addition, The Research Institute is in partnership with Miami University, Oxford and April Amith, PhD, on a study that will investigate automatic cognitive processes that may serve as risk and/or maintaining factors for eating disorders. The purpose of this research project is to investigate people's thoughts about bodies and exercise and the relationship of these thoughts to symptoms of disordered eating.



### 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.