

Williams House Empowers Adolescents to Overcome OCD

Empowering an adolescent struggling with obsessive compulsive disorder (OCD) with the skills they need to manage their OCD can have a profoundly positive impact. Williams House at Lindner Center of HOPE offers a specialized track for adolescents suffering with OCD. This track focuses on creating a strong collaborative alliance in order to engage the adolescent in the difficult work involved in OCD treatment. Clinicians are experienced in making the tasks of hierarchy completion and exposure/ response prevention rewarding and fun.

Williams House also has expertise in working with complex co-morbidity coupled with OCD. Given the individualization of the program to meet the needs of the adolescent, the duration of stay is customized with a minimum stay of 14 days, with most staying 4 to 6 weeks.

This individualized residential OCD treatment track may begin with a Williams House Comprehensive Diagnostic Assessment to:

- Clarify diagnosis (OCD symptoms are not always clear and sometimes may be masking other diagnoses)
- Evaluate treatment readiness
- Introduce Exposure and Response Prevention (ERP)
- Develop a treatment hierarchy
- Dialectical Behavior Therapy (DBT) through integrated Williams House programming
- Illness management and recovery groups

Many individuals begin the track with a confirmed diagnosis, and may not need a comprehensive diagnostic assessment. Therefore, Williams House at Lindner Center of HOPE's treatment track for OCD will work with individuals and their families to take progressive and proven steps to free themselves from the grasp of OCD and other anxiety conditions through a customized treatment plan, which includes:

- The development of their treatment hierarchy and establishment of their completion goal.
- Tailored intensive treatment that combines Cognitive Behavioral Therapy (CBT) and medication treatment with specific emphasis and continuous opportunities to practice Exposure and Response Prevention (ERP). In addition to 3 hours of structured ERP, patients engage in ERP experiences throughout the day and participate in more than 5 additional hours of therapy daily.
- Individualized therapy
- Self-directed work
- Dialectical Behavior Therapy (DBT) through integrated Williams House programming
- Illness management and recovery groups
- Patient and family education

Admissions specialists and clinicians are available to confidentially discuss and assess each individual's unique circumstances.

Call Today: (513) 536-0537 / (888) 537-4229
Williamslindner.org

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.



Interested in touring Lindner Center of HOPE?

Contact Jennifer Pierson at (513) 536-0316.

Follow us on



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

The Source

Lindner Center
of HOPE | UC Health™

PSYCHIATRY AND PSYCHOLOGY NEWS FOR MENTAL HEALTH PROFESSIONALS

MAY 2016



Events

Men's Health Month
LGBT Pride Month

June 2 - 5
West Coast Symposium on Addictive Disorders

June 4
Million Steps 4 OCD Walk, 10 a.m.,
Winton Woods Park, Cincinnati

June 6
Ramadan (start)

June 7
National Children's Mental Health Awareness Day

June 7
Grand Rounds: Suzanne Sumida, MD, and
Mary Hoft, MA, RN, DNP, present on the topic,
Commercially Sexually Exploited Children (CSEF)
at Noon, Lindner Center of HOPE Gymnasium/
Conference Center

June 9-10
NATSAP Rocky Mountain Regional Conference

June 19
Father's Day

June 26
Day against Drug Abuse/Illicit Trafficking

June 27
National PTSD Awareness Day

Patient Satisfaction

Patient Satisfaction results for March 2016 averaged a rating of **4.72 out of 5**, with 5 signifying the best possible care.



Why Dieting Can Be Harmful

By Anna Guerdjikova, PhD, LISW, CCRC, Lindner Center of HOPE, Director of Administrative Services, Harold C. Schott Foundation Eating Disorders Program, University of Cincinnati, Department of Psychiatry, Research Assistant Professor

The word "diet" originates from the Greek word "diaita", literally meaning "manner of living". In the contemporary language, dieting is synonymous with a quick fix solution for an overwhelming obesity epidemic. Dieting implies restriction, limitation of pleasurable foods and drinks, and despite of having no benefits, the omnipresent dieting mentality remains to be the norm.

An estimated 45 million Americans diet each year and spend \$33 billion annually on weight loss products. WebMD lists over 100 different diets, starting with the African Mango diet, moving on to the South Beach and Mediterranean diets and ending up with the Zone. Most diets, regardless of their particular nature, result in short-term weight loss that is not sustainable. Weight cycling or recurrent weight loss through dieting and subsequent weight gain (yo-yo effect) can be harmful for mental and physical health for both healthy weight and overweight individuals. Furthermore, weight fluctuations have been related to increased risk of development of cardiovascular disease, Type 2 diabetes, and high blood pressure.

Most diets fail most of the time. Repeated diet failure is a negative predictor for successful long term weight loss. Chronic dieters consistently report guilt and self-blame, irritability, anxiety and depression, difficulty concentrating and fatigue. Their self-esteem is decreased by continuous feelings of failure related to "messing my diet up again", leading to feelings of lack of control over

Continued on page 2

Continued from page 1

one's food choices and further ... life in general. Dieting can be particularly problematic in adolescents and it remains a major precursor to disordered eating, with moderate dieters being five times more likely to develop an eating disorder than those who do not diet at all.

Diets imply restriction. Psychologically, dietary restraint can lead to greater reactivity to food cues, increased cravings and disinhibition, and overeating and binge eating. Biologically, dieting can lead to unhealthy changes in body composition, hormonal changes, reduced bone density, menstrual disturbances, and lower resting energy expenditure.

Aggressive dieting lowers the base metabolic rate, meaning one burns less energy when resting, resulting in significantly lower daily needs in order to sustain achieved weight after the diet is over. Returning to normalized eating habits at this lower base metabolic rate results in commonly seen post dieting weight gain. Biologically, dieting is perceived as harmful and physiology readjusts trying to get back to initial weight even after years since the initial rapid weight loss. Recent data examining 14 participants in the "Biggest Loser" contest showed they lost on average 128 pounds and their baseline resting metabolic rates dropped from 2,607 +/-649 kilocalories/ day to 1,996 +/- 358 kcal/day at the end of the 30 weeks contest. Those that lost the most weight saw the biggest drops in their metabolic rate. Six years after the show, only one of the 14 contestants weighed less than they did after the competition; five contestants regained almost all of or more than the weight they lost, but despite the weight gain, their metabolic rates stayed low, with a mean of 1,903 +/- 466 kcal/day. Proportional to their individual weights the contestants were burning a mean of ~500 fewer kilocalories a day than would be expected of people their sizes leading to steady weight gain over the years. Metabolic adaptation related to rapid weight loss thus persisted over time suggesting a proportional, but incomplete, response to contemporaneous efforts to reduce body weight from its defined "set point".

Dieting emphasizes food as "good" or "bad", as a reward or punishment, and increases food obsessions. It does not teach healthy eating habits and rarely focuses on the nutritional value of foods and the benefit of regulated eating. Unsatisfied hunger increases mood swings and risk of overeating. Restricting food, despite drinking enough fluids, can lead to dehydration and further complications, like constipation. Dieting and chronic hunger tend to exacerbate dysfunctional behaviors like smoking cigarettes or drinking alcohol.

Complex entities like health and wellness cannot be reduced to the one isolated number of what we weigh or to what body mass index (BMI) is. Purpose and worth cannot be measured in weight. Dieting mentality tempts us into "If I am thin- I will be happy" or "If I am not thin-I am a failure" way of thinking but only provides a short term fictitious solution with long term harmful physical and mental consequences. Focusing on sustainable long term strategies for implementing regulated eating habits with a variety of food choices without unnecessary restrictions will make a comprehensive diet and maintaining healthy weight a true part of our "manner of living".

Reference: Obesity (Silver Spring). 2016 May ;Persistent metabolic adaptation 6 years after "The Biggest Loser" competition.; Fothergill E, Guo J, Howard L, Kerns JC, Knuth ND, Brychta R, Chen KY, Skarulis MC, Walter M, Walter PJ, Hall KD.

IN THE NEWS

National Drug Take Back Day

On Saturday, April 30, 2016, the City of Mason Police Department, Lindner Center of HOPE, and other committed community volunteers worked together to properly dispose of prescriptions and over-the-counter medicines that could pose a danger to youth and adults abusing and misusing the substances as part of the National Drug Take Back Day. The Take Back held at Lindner Center of HOPE's HOPE Center North served 42 cars and collected approximately 24 lbs. of pills. Thanks to all who participated.

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.



A Night of High Hopes Raises \$200,000 for Bipolar and Mood Disorder Research

Over 400 individuals from the greater Cincinnati area attended A Night of High Hopes at the Manor House in Mason on April 14. The event was hosted by High Hopes (a non-profit organization committed to raising funds and awareness for Lindner Center of HOPE) and co-chaired by Dianne Brown and Ruthie Keefe. All proceeds directly benefit bipolar and mood disorder research at Lindner Center of HOPE (a comprehensive mental health center located in Mason, OH).

The event raised \$200,000, through sponsorships, ticket sales, silent auction and raffle. A special paddle auction raised \$35,000 alone. It is anticipated that The Marriott Foundation will match the total raised by the event, potentially resulting in \$400,000 benefitting bipolar and mood disorders research.

Success stories about mental health were shared throughout the evening, beginning with Dr. Mark Frye's update on Mayo Clinic's Bipolar Biobank at a special VIP reception held for premiere event sponsors.

Dr. Frye, Professor of Psychiatry and Psychology at Mayo Clinic in Minnesota and his team have established the Mayo Clinic Individualized Medicine Biobank for Bipolar Disorder. In affiliation with Mayo Clinic, researchers at Lindner Center of HOPE are serving as a research resource for this study, attempting to identify and understand the underpinning mechanisms of bipolar disorders.

Diagnosis of bipolar disorder continues to be based on behavioral observation and symptoms, without considering biological validation. Through the discovery of common biomarkers, the Biobank study is successfully making great strides in validating a biological test, for a more reliable diagnosis of bipolar disorder.

The evening included a complementary cocktail hour with guests bidding on 45 various silent auction items, taking a chance on several donated raffle prizes, and enjoying a sit-down dinner.

Following dinner, featured speaker Pete Earley, American journalist and author of CRAZY: A Father's Search Through America's Mental Health Madness, shared his success story about his son, Kevin who suffers with bipolar disorder. When Mr. Earley's life was unraveled by the events recounted in his book Crazy, he joined the National Alliance on Mental Illness to advocate for strong mental health public awareness, and ultimately, reform. Mr. Earley concluded his talk with news that today, his son is taking his medication and has begun a career as a peer-to-peer counselor in Virginia.

To view pictures from this event please visit: lindnercenterofhope.org/donate/high-hopes-auxiliary/