



Evening with the Experts

Expert Discussion of Mental Health, Addictions and Mental Wellness with Lindner Center of HOPE Clinicians

A partnership between Lindner Center of HOPE and The City of Mason

Lindner Center of HOPE Celebrating Five Years Serving the Community with Free Mental Health Education Series

Five years ago this August, a center designed to focus on the mental health needs of Greater Cincinnati and beyond opened its doors. In celebration of its anniversary and five years of community support, Lindner Center of HOPE is partnering with the City of Mason to add monthly educational talks for the community.

Lindner Center of HOPE in Mason was created to offer quality, comprehensive mental health services to address varying levels of severity of illness and an extensive list of diagnoses, including complex mental illness, for individuals of all ages. Lindner Center of HOPE hired expert clinical staff, some of whom are regionally, nationally, and even internationally known for their specialization in complex mental illnesses, including bipolar disorder, depression, eating disorders, anxiety, OCD, and co-occurring disorders.

December 11, 2013

Helping a Loved One who is abusing drugs/alcohol presented by Sherry Knapp-Brown, PhD, Lindner Center of HOPE Staff Psychologist.

Objectives:

Attendees will understand the impact of a loved one's alcohol/drug misuse on family members. Attendees will learn about an approach that will encourage loved one to seek treatment. Attendees will learn how this approach will help family members enhance their wellbeing.

lindnercenterofhope.org

More on the Web

www.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.



(513) 536-HOPE (4673)

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

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Contact Katie Hamm at (513) 536-0324.

The Source

Lindner Center of HOPE | Health™

PSYCHIATRY AND PSYCHOLOGY NEWS FOR MENTAL HEALTH PROFESSIONALS

NOVEMBER 2013



Events

December 3

noon - 1:00pm

Lindner Center of HOPE Grand Rounds
"Stress and the Family System"
Michael O'Hearn, LISW-S

December 11

6:30 to 7:30 pm

Mason Community Center

Evening with the Experts: Helping a loved one who is abusing drugs/alcohol Presented by Sherry Knapp-Brown, PhD, Lindner Center of HOPE Staff Psychologist

December 13

Chris Tuell, EdD, LPCC-S, LICDC, presents to the Notre Dame Lawyers of Greater Cincinnati

December 13

Chris Tuell, EdD, LPCC-S, LICDC, presents to Cincinnati Bar Association's annual Real Property Law Institute

Read more about events at lindnercenterofhope.org/events

Patient Satisfaction

Patient Satisfaction results for October 2013 averaged a rating of **4.6 out of 5**, with 5 signifying the best possible care.



Lindner Center of HOPE Earns "Top Performer on Key Quality Measures®" Recognitions from The Joint Commission



Lindner Center of HOPE was named Top Performer on Key Quality Measures® by The Joint Commission, the leading accreditor of health care organizations in America. Lindner Center of HOPE was recognized by The Joint Commission for exemplary performance in using evidence-based clinical processes that are shown to improve care for certain conditions.

Lindner Center of HOPE is one of 1,099 hospitals in the U.S. earning the distinction of Top Performer on Key Quality Measures for attaining and sustaining excellence in accountability measure performance. Lindner Center of HOPE was recognized for its achievement on the following measure sets: Hospital- Based Inpatient Psychiatric Services. The ratings are based on an aggregation of accountability measure data reported to The Joint Commission during the 2012 calendar year.

Lindner Center of HOPE and each of the hospitals that were named as a Top Performer on Key Quality Measures must: 1) achieve cumulative performance of 95 percent or above across all reported accountability measures; 2) achieve performance of 95 percent or above on each and every reported accountability measure where there are at least 30 denominator cases; and 3) have at least one core measure set that has a composite rate of 95 percent or above, and within that measure set all applicable individual accountability measure have a performance rate of 95 percent or above. A 95 percent score means a hospital provided an evidence-based practice 95 times out of 100 opportunities. Each accountability measure represents an evidence-based practice.

"Lindner Center of HOPE and all the Top Performer hospitals have demonstrated an exceptional

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commitment to quality improvement and they should be proud of their achievement," says Mark R. Chassin, MD, FACP, MPP, MPH, president and chief executive officer, The Joint Commission. "We have much to celebrate this year. Nearly half of our accredited hospitals have attained or nearly attained the Top Performer distinctions. This truly shows that we are approaching a tipping point in the hospital quality performance that will directly contribute to better health outcomes for patients."

"We understand that what matters most to patients at Lindner Center of HOPE is safe, effective mental health care. That's why Lindner Center of HOPE has made a commitment to accreditation and to positive patient outcomes through evidence-based care processes. Lindner Center of HOPE is proud to receive this distinction of being a Joint Commission Top Performer on Key Quality Measures, says Dr. Paul Keck, President and CEO.

In addition to being included in The Joint Commission's "Improving America's Hospitals" annual report, Lindner Center of HOPE will be recognized on The Joint Commission's Quality check website, www.qualitycheck.org. The Top Performer program will be featured in the December issues of The Joint Commission Perspectives and The Source.

For more information visit
lindnercenterofhope.org

Enhancing the Therapeutic Environment at Sibcy House at Lindner Center of HOPE



The new Sibcy House under construction at Lindner Center of HOPE will offer larger patient rooms and improved and more flexible treatment space; strengthening the therapeutic experience.

For the past 5 years Sibcy House at Lindner Center of HOPE, has offered specialized assessment and short-term intensive treatment for patients, age 18 and older, struggling with mental health, addiction and complex, co-morbid issues.

The new Sibcy House therapeutic environment, intended to open in Spring 2014, will offer an even higher quality experience. Flanked by its own lodge-style entrance with exposed timbers, the space will be completely new, while still connecting to the main Lindner Center of HOPE facility. Upgraded private patient rooms (16 rooms) and therapeutic spaces are designed to enhance comfort and programming. A community dining space on the unit, featuring a fireplace and vaulted ceilings, offers a versatile space for therapeutic activity. An additional living space with a fireplace will also be used for group activities and community. A multi-purpose room and two group rooms are integrated into the unit, offering flexible space for individual or group therapy and activities. Four suites, among the 16 rooms, are available on the unit for those patients desiring added amenities.

The new building should be fully under roof in early December with substantial completion of construction in late March.

Sibcy House continues to welcome patients to the existing unit, while the new therapeutic environment is under construction. We'll look forward to sharing the new Sibcy House this Spring.



In The News

Lindner Center of HOPE Doctors Among Best in Nation Ranking Four Doctors at the Top Locally

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 2012-2013 database:

Paul E. Keck, Jr., M.D.
Michael A. Keys, M.D.
Susan L. McElroy, M.D.
Anne Marie O'Melia, M.S., M.D.

This is the fourth consecutive year these doctors were included in this database. All four physicians hold faculty appointments with the University of Cincinnati College of Medicine and are part of UC Physicians.



Lindner Center of HOPE CEO Presents as Part of Jason Pressley Visiting Professorship

Lindner Center of HOPE's President and CEO presented Grand Rounds at the Medical University of South Carolina's Department of

Psychiatry and Behavioral Sciences in early October as part of the Jason Pressley Visiting Professorship. **Paul E. Keck, Jr., MD**, presented "Acute Mania: State of the Evidence".

The Jason Pressley Visiting Professorship honors the memory of 26-year-old Jason Pressley, who was diagnosed with Bipolar Disorder at a young age. Jason ultimately took his life in April of 2000.

His family and friends share the goal of encouraging and supporting research and training in the hopes of discovering more effective means of treating bipolar disorder.



Dr. John Hawkins Named Principal Investigator for Clinical Trial of Non-drug Depression Treatment

Technology Capable of Reaching Deeper Brain Areas May Provide Relief of Symptoms For Patients Resistant to Medication

For more than four million Americans in the United States, the symptoms of depression are not relieved by the use of antidepressant medications. This class of depression falls into one of two categories, treatment resistant depression (TRD) or treatment intolerant depression (TID). The TRD group often tries and fails several different types of medications - either alone or in combination - while the TID group has medication side effects so debilitating that they cannot tolerate the treatment.

For these patients, an entirely new type of treatment is being studied at the Lindner Center of HOPE, led by John Hawkins, M.D., chief of psychiatry at the center. The technology, called multicoil repetitive transcranial magnetic stimulation (rTMS) or simply TMS, is a non-medication, non-systemic and non-invasive approach to treating depression.

"TMS offers patients that either do not respond to, or cannot tolerate medication, a new treatment option," said Dr. Hawkins. "Our clinic is currently studying a new approach to this technology and we are hopeful that it will provide relief for these patients that have been suffering from depression in some cases for several years."

Depression is thought to occur because of less than optimal chemical activity in the brain. The TMS treatment currently under study by Dr. Hawkins and his team uses multiple magnetic fields, generated by coils placed on a patient's scalp, to stimulate specific brain regions both on the surface and in deeper regions of the brain. This research is important in understanding whether TMS treatment restores normal brain chemical activity, thereby reducing the symptoms of depression. To date, more than 100 patients have been studied using this approach without the occurrence of serious side effects related to the device.

To find out more information about the TMS study at Lindner Center of HOPE contact (513) 536-0712 or visit <http://clinicaltrials.gov/ct2/show/NCT01909232>.