

OCD Educational Event



On December 5, 2015, Lindner Center of HOPE is offering a full day educational event for clinicians on "Advances in the Treatment of OCD and Comorbid Disorders." Topics covered will include an overview of the diagnosis and treatment of OCD, treatment of individuals with OCD and eating disorders, advances in pharmacological approaches and medical procedures for treating OCD, OCD and addiction treatment, diagnosing and treating Pediatric Autoimmune Neuropsychiatric Syndrome (PANS), and treatment of morbid and violent obsessions.

Presenters will include research and clinical faculty of the University of Cincinnati's Department of Psychiatry including **Dr. Susan McElroy**, who is internationally known for her research in bipolar disorder, eating disorders, OCD, obesity, and impulse control disorders. In addition, presenters will also consist of members of the Lindner

Center of HOPE's OCD and Anxiety Disorder Treatment program, such as Charles Brady PHD and Jennifer Wells, LISW. Six CME hours for physicians, nurse practitioners, psychologists, and social workers and counselors will be offered. **Please contact Pricila Gran at: pricila.gran@lindnercenterofhope.org or (513) 536-0318 for additional information.** Information is also available at: lindnercenterofhope.org/referrers/education-events/ocdconference/.

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 Jennifer Pierson at (513) 536-0316.

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The Source

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PSYCHIATRY AND PSYCHOLOGY NEWS FOR MENTAL HEALTH PROFESSIONALS

NOVEMBER 2015



Events

November 3

Grand Rounds: R. Douglas Mitchell, DMin, BCCI, Director, Pastoral Services, The Christ Hospital Network Presents: Grief Recovery: The Criteria for Wellness at Noon, Lindner Center of HOPE Gymnasium/Conference Center

November 4-7

IECA Scottsdale

November 11

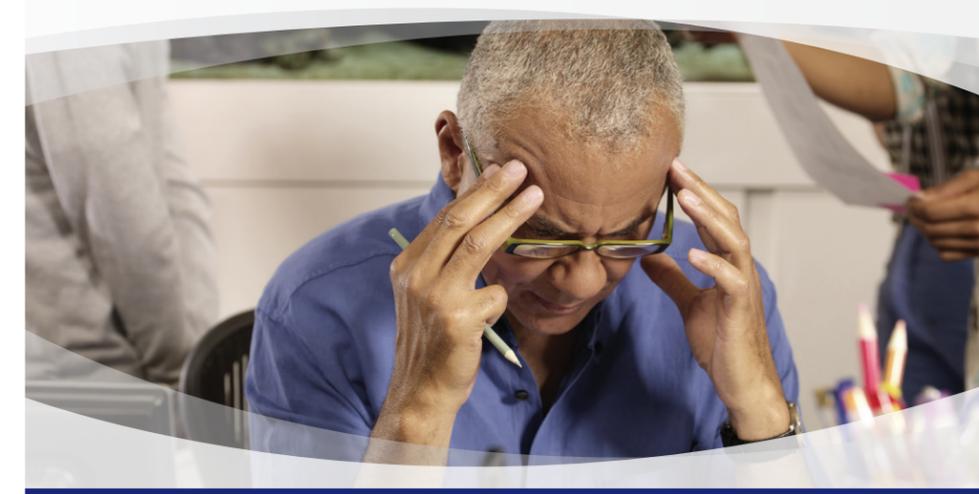
Mason Community Outreach, **What is Motivation for Change and how important is it?** Presented by Melissa McCarthy, MS, CRC, CPRP, Life Skills Development Coach, Mason Community Center, 6:30 - 7:30 p.m.

November 12-14

ABCT Conference Chicago

Patient Satisfaction

Patient Satisfaction results for October 2015 averaged a rating of **4.51 out of 5**, with 5 signifying the best possible care.



Anxiety and Anxiety Disorders

Part 1 of 4

By Charles F. Brady, PhD, ABPP, Lindner Center of HOPE Staff Psychologist

Anxiety is often described as the human reaction to stress. What if you were given the choice to live in a world free from anxiety? Most people reflexively would jump at the chance. But please stop and think this through first, before setting off to eliminate anxiety from the world. Though we often quickly associate anxiety with distress and suffering, without anxiety life becomes vanilla. Falling in love, playing sports, watching your favorite team trying to come from behind with 2 minutes left in the Super Bowl would no longer be exciting and life's victories and accomplishments would be bland and tasteless.

Anxiety is not only an essential part of what makes life exciting; it also has another vital role. It protects us. Whether it is that "gut feeling" that keeps us from taking the short cut through the dark alley or the extra boost of concentration when we drive in a rainstorm, anxiety helps keep us from harm. It provides signals that are hard to ignore about situations that may potentially hurt us and it delivers an energy boost that we use to either flee from the danger or fight the source of the threat itself.

Additionally anxiety can enhance performance. Whether a person's goal is running 26.2 miles for the first time, getting into medical school or developing a deeper friendship with a new

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acquaintance, anxiety is likely to be a helpful part of that experience. Through a phenomenon labeled the Yerkes Dodson Effect, decades of scientific evidence document that moderate levels of anxiety provide performance enhancing benefits. The feelings of discomfort that accompany worry about failing are actually nudging the individual to take the next action step towards those goals.

In America, over 18% of adults and 13% of children and adolescents suffer from an anxiety disorder each year. When left untreated, the distress created by an anxiety disorder can grow and create misery in a person's life. Anxiety disorders often accompany other mental or physical illnesses, including alcohol or substance abuse. They can cause poor sleep, irritability and sadness, and lower self-esteem. They lead to missed days at work, absences from school, and avoidance of activities that a person would otherwise find enjoyable and rewarding. A 1999 study in the Journal of Clinical Psychiatry found that the cost of anxiety disorders in the US is estimated to be \$42 billion a year, which represents almost one-third of the money spent each year on mental health.

So how does the natural and often beneficial human experience of anxiety turn into a psychiatric disorder that can be so devastating? There are multiple factors that can cause anxiety disorders. The experience of a traumatic event or repeated exposure to a stressful environment, medical illnesses, heredity, and biological disposition are some of the causes of anxiety disorders. Medical research has shown that the brains of individuals with anxiety disorders function differently than those of individuals without anxiety disorders.

Psychologically the experience of anxiety can grow into a disorder as a result of a complex relationship among thoughts, feelings, and behaviors. For instance, a person will experience an event that triggers a fear provoking thought. A speaker in front of an audience notices the thought "What if they think I am stupid?" This individual will then make an appraisal of that thought. If they make a negative appraisal (e.g., "that would be a catastrophe!"), then they experience a sudden burst of intense emotional distress. In order to alleviate that distress, the individual may attempt some neutralizing action. Often that neutralizing action or thought provides short term relief. For example, they may leave the stage and feel the immediate distress decrease. However, this action will actually increase their sensitivity to the triggering event in the future and they will be more inclined to go to greater efforts to neutralize the distress. It is when the neutralizing actions and thoughts that a person applies lead to only temporary relief of the distress and consequently reinforce the credibility of the negative appraisal, that anxiety tends to grow into an anxiety disorder.

In the next three installments of this series I will provide an overview of psychotherapeutic approaches in the treatment of two specific anxiety disorders, obsessive compulsive disorder and panic disorder and will conclude with an overview of the integration of pharmacological and psychotherapeutic interventions in the treatment of anxiety.

Lindner Center of HOPE Receives Second Healthnetwork Foundation Service Excellence Award



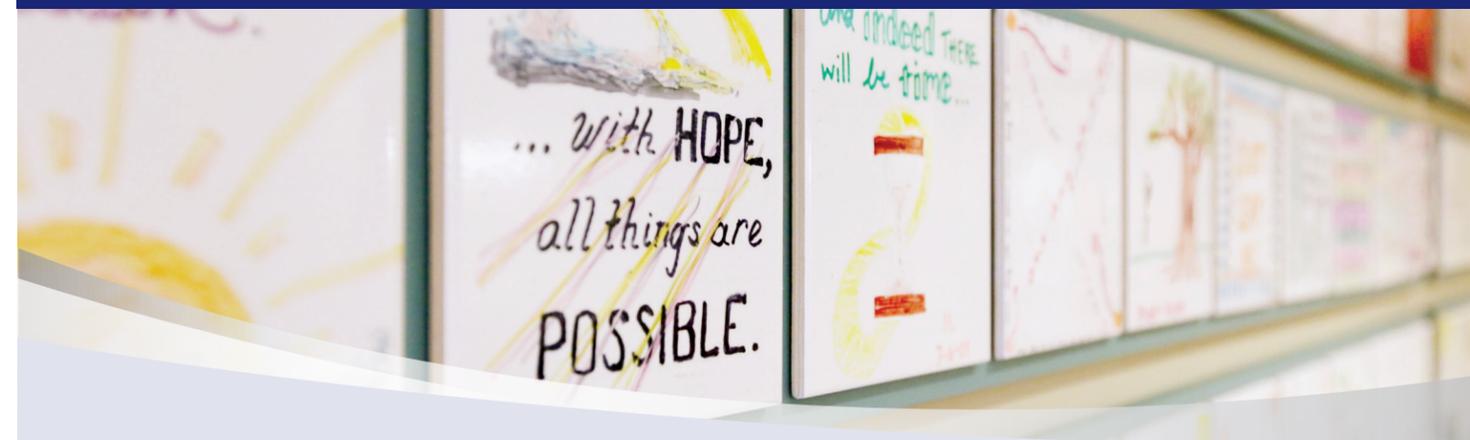
Annually, Healthnetwork Foundation presents Service Excellence Awards to 10 physicians who have demonstrated an extremely high level of integrity and compassionate care to Healthnetwork supporters.

Paul E. Keck, Jr., MD, Lindner Center of HOPE President and CEO was recognized as a 2015 recipient. In addition to a plaque and recognition at Healthnetwork events, Lindner Center of HOPE received a \$10,000 gift to help fund ground-breaking research and patient care efforts.

Since becoming a member of the Healthnetwork Foundation, this is the second time a Lindner Center physician has received this award.

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.



IN THE NEWS

Two Lindner Center of HOPE Staff Members Recognized for Leadership in Safety



Kathleen Neher

Kathleen Neher and **Joseph Swygart**, Lindner Center of HOPE admission staff for the Sibcy House and Williams House were recognized this month as nominees for the 2015 Richard M. Smith Patient Safety Award.

Neher and Swygart deal with a high volume of patient, family and referrer calls on a daily basis. Safety comes into play in their roles, as they need to be acutely alert to what the caller is saying regarding the patient's safety and/or their own safety as these families are facing complex mental health and or addictions issues. Given that some callers are across the country or even outside of the country, the challenging nature of managing what could be escalating psychiatric and addictions issues becomes even more complex.



Joseph Swygart

On February 4, 2015, a patient called the admissions office for the diagnostic and short-term intensive treatment programs at Lindner Center of HOPE, crying and saying that she had just attempted suicide and needed help. She said she had mixed medication and alcohol and had a plan in place to end her life. Swygart remained on the line with the patient while Neher called the patient's local police department and notified them of the suicide attempt. Neher also contacted the patient's husband at work and left him a voicemail informing him of the event and letting him know that the police had been called. The patient asked several times if she could hang up and proceed with her plan. Swygart encouraged her to stay on the line with him and to wait until emergency personnel arrived. Though the patient denied that she was attempting suicide, one police officer got on the phone and asked Swygart to clarify the situation. After the discussion, officers took the patient into custody and hung up the phone. The patient's husband called the admissions office soon after and left a voicemail thanking both staff members for calling the police and informed them that patient had been admitted to a psychiatric inpatient unit.

Their safety-minded actions and quick response truly saved a person's life that day, truly making them deserving of this patient safety award.



In Case You Missed It

Lindner Center of HOPE's Dr. Wassenaar Discusses the Benefits of Residential Assessment.

On October 28, 2015, **Dr. Elizabeth Wassenaar**, Lindner Center of HOPE Psychiatrist and Williams House Medical Director, joined Lon Woodbury on the Woodbury Report radio show. Their discussion focused on outlining the benefits of a residential assessment for mental health concerns in adolescents.

To listen, go to: www.youtube.com/watch?v=4dYOqpiGefM&feature=youtu.be