



Life-long Solutions for Overcoming OCD and Anxiety

Patients suffering from obsessive compulsive disorders (OCD) or anxiety can begin the road to recovery with a robust and proven approach at Lindner Center of HOPE. Our comprehensive inpatient, partial hospitalization, outpatient and residential treatment programs teach patients effective, life-long solutions to overcoming OCD and anxiety.

All programs begin with a full diagnostic assessment, including a professional medical evaluation and thorough psychiatric diagnosis to ensure appropriate treatment. Guided by specialists noted for their progressive leadership and research in the field, Lindner Center of HOPE's programs include concentrated medical therapy, extensive psychotherapy, and effective education for the patient and supporting family. Because every individual's journey to recovery is unique, each patient's treatment program is tailored to address specific symptoms and underlying causes.

The Center's hallmark approach to treatment may include a combination of **Cognitive Behavioral Therapy (CBT), Exposure and Response Prevention (ERP), and medication therapy, depending on the patient's need.** These techniques, led by seasoned professionals, are proven to help patients manage OCD and anxiety and return to productive, meaningful lives.

Assess Yourself.

Do you or does someone you know suffer from OCD or anxiety? Take the simple online screening at www.lindnercenterofhope.org.

For more information call
513-536-HOPE (4673)



4075 Old Western Row Road
Mason, Ohio 45040
lindnercenterofhope.org

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Residential Treatment Provides a Unique Diagnostic and Treatment Environment

Sibcy House, Lindner Center of HOPE's premier short-term residential program, offers individualized mental health treatment for patients 18 and older who are suffering from OCD or anxiety, as well as to patients who are transitioning from other hospitals or programs. Patients who complete the program return to daily life with a personal blueprint for treatment and recovery.



Scientifically Proven Steps to Recovery

At Sibcy House, individuals take progressive and proven steps to free themselves from the grasp of numerous anxiety conditions, including obsessive compulsive disorder, panic disorder, social anxiety, generalized anxiety disorder, phobias or other disorders. A focused combination of psychiatric management, psychotherapy, and medication guides recovery within **4 to 8 weeks of treatment**, in most cases.

Multidisciplinary Experts Guide Treatment

OCD and anxiety specialists are part of a multidisciplinary team of 38 clinicians -- the largest, most experienced mental health staff in the Midwest. Recognized for leadership in OCD and anxiety disorders, team members work together to diagnose and treat the complexities of disorders based on each individual's needs.

Individualized Treatment Programs may encompass:

- **Comprehensive anxiety disorders evaluation** with a psychiatric assessment to diagnose co-occurring disorders and identify specific symptoms
- **Tailored treatment** that combines frequent **Cognitive Behavioral Therapy (CBT)** sessions and **medication treatment** with specific emphasis and daily practice of **Exposure and Response Prevention (ERP)** under the guidance of expert therapists
- **Proven treatment of co-occurring medical conditions as needed**
- **Illness management and recovery groups**
- **Mindfulness training**
- **Spirituality/wellness groups, including yoga and nutritional counseling**
- **Patient and family education**
- **Vocational services**

Payment for Sibcy House is discretely arranged on a private-pay basis.

For more information, **visit sibcyhouse.org**

Research Program Brings the Best Forward

The Research Institute at Lindner Center of HOPE, in affiliation with the University of Cincinnati (UC) College of Medicine, conducts research to better prevent, diagnose and treat common mental illnesses. Research in genetics, brain imaging, psychopharmacology and psychotherapy provides new methods and treatments for OCD and anxiety disorders. The professional staff closely integrates research studies

into proven, multidisciplinary programs to benefit patients and further treatment.

Visit the Research Institute page on our website for more information about current studies.

www.lindnercenterofhope.org/Research



For more information or admission, call 513-536-HOPE (4673)

Inpatient Treatment Provides Individualized and Intensive Care

Inpatient hospitalization at Lindner Center of HOPE provides the most advanced care for adults and adolescents needing intensive care.

- **Multidisciplinary treatment teams** include psychiatrists, psychologists, nurses, social workers, occupational/recreational therapists, licensed clinical counselors and dietitians for comprehensive care.
- **Proven treatment plans** address immediate symptoms, while effectively managing risk factors and underlying causes of disorders or anxieties.
- **A focus on stabilization and improved mental wellness** helps patients smoothly transition to outpatient care.
- **State-of-the-art treatment environment** supports patient recovery in a serene setting with modern amenities and a comfortable private suite.
- **Formal family involvement** in patient care supports ongoing patient recovery. Specially trained staff guide family members, and even friends, teachers, and employers, in taking an active and supportive role in the patient's life during and after inpatient treatment.

Lindner Center of HOPE accepts payment for hospitalization (non-residential) from Medicare, Medicaid and major insurance carriers according to the terms of individual benefit plans.

Adult Partial Hospitalization Program Provides Intensive Treatment Without Hospitalization

When an adult's daily functioning is impaired by mental illness, yet criteria is not met for hospitalization, the Adult Partial Hospitalization Program (PHP) provides intensive treatment in a safe and therapeutic environment, without full hospitalization. Partial hospitalization helps patients progress to the point where standard outpatient appointments can be effective. This program is also used as a step-down program from hospitalization, with the intent of gradually easing an adult back into their home environment.

Outpatient Care Offers Opportunities to Overcome OCD and Anxiety

Comprehensive outpatient services led by experienced clinicians from our private practice, Lindner Center Professional Associates (LCPA), establish an individualized treatment program responsive to the patient's unique needs.

- Seasoned CBT therapists provide **meaningful outpatient sessions**, while physicians and clinical nurse specialists manage medication consultations.
- **Regular individual and family psychotherapy sessions** help patients and family members understand OCD and anxiety as well as learn techniques to manage the condition long term.
- OCD patients learn to master both therapist-assisted and self-directed **ERP and inter-session exercises** to optimize and continue success within the recovery process.

LCPA has negotiated insurance contracts with some third party payers. Registration staff will verify whether your plan is in or out-of-network. Co-insurance fees, co-pays, deductibles out-of-network balances, or fees for services not covered by insurance will be collected at the point of service. All non-covered and self-pay patients fees are collected at the point of service. Fees vary by clinician and specialty. To inquire about covered services call 513-536-4673.

Treatment Team



OCD/CBT Psychotherapists
Charles Brady, PhD, ABPP
Jennifer G. Wells, MSW, LISW



Psychiatrists and Clinical Nurse Practitioners

Stephen Edwards, MD
Todd Palumbo, MD, MBA
Angela Couch, RN, MSN, PMHNP-BC

Individually tailored treatment approach combines:

- Cognitive Behavioral Therapy (CBT) and medication treatment
- Exposure and Response Prevention (ERP)
- Psychiatric medication evaluation and treatment
- Ongoing therapeutic evaluations and program support

Masters or Doctoral-level Therapists and Psychology Interns

- Provide additional assistance with individual behavioral therapy practice and with group therapy sessions

Primary Care Physicians

- Provide ongoing monitoring and care for non-psychiatric medical needs

Social Work Staff

- Offer assistance in coordinating a wide range of patient and family needs and concerns

Registered Nurses, Licensed Practical Nurses and Mental Health Specialists

- Available on-site 24 hours a day to ensure an atmosphere of wellness, safety, and patient-centered care

Dietitians

- Provide as-needed nutritional evaluations, ongoing individual nutrition education, and meal planning

Employment Specialist

- Provides assistance with career guidance, job attainment, and job coaching

Spiritual Care Coordinator

- Provides individual support and monitoring of spiritual needs

Do you or someone you know suffer from OCD or Anxiety?

OCD is defined by unwanted, uninviting thoughts, images, feelings or sensations or obsessions that trigger strong fears or an uncomfortable response. To relieve the discomfort, individuals with OCD may use countering thoughts, repeated behaviors or other compulsions.

The following is a self test developed by anxiety specialists that can help individuals determine if they need an evaluation for OCD. However, only a licensed professional in a one-on-one setting can positively and properly diagnose an addiction or other mental health disorder.

Obsessive Compulsive Disorder Screening

Please answer yes or no to each of the following:

- Do you have unwanted and uninvited thoughts, images, feelings, or sensations that trigger strong fears or substantial discomfort?
- Do you find yourself constantly concerned with dirt, germs, illnesses or contamination?
- Do you worry often about harming someone, through carelessness, or about hitting someone while driving?
- Do you have certain mental rituals that you follow to calm yourself, such as repetitive prayer, counting, avoiding certain numbers or colors?
- Do you find yourself continuously re-arranging items or hoarding unnecessary items?
- Do you need to repeat actions (such as turning out lights) or certain rituals that you've already completed, just to make sure you "got it right"?

These questions are intended to help a person recognize if he or she may need an evaluation for an OCD. If you are experiencing these symptoms or if you are struggling with OCD, you may benefit from a professional assessment.

For an assessment and consultation with a licensed therapist at Lindner Center of HOPE, please call 513-536-HOPE (4673).

www.lindnercenterofhope.org

Parents' OCD Support Group

We serve as the host site for a monthly support group for parents of children, teens or young adults with OCD. This group is open to family members, regardless of whether their relative is receiving treatment at the Center. Call Tami at 513-271-7723 or Sharon at 513-891-2879 for additional information and to RSVP.



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