

The Research Institute of Lindner Center of HOPE Update

Recruitment continues for a prospective, double-blind, randomized, parallel-group, sham-controlled feasibility trial of multi-coil Transcranial Magnetic Stimulation (TMS) for the treatment of major depressive disorder. Lindner Center of HOPE is participating in this trial. Visit thedepressiontrial.com, to learn more.

Currently the Research Institute at Lindner Center of HOPE is recruiting for bipolar research studies, binge eating disorder studies, and an anxiety study.

For more information visit www.LCOH.info.

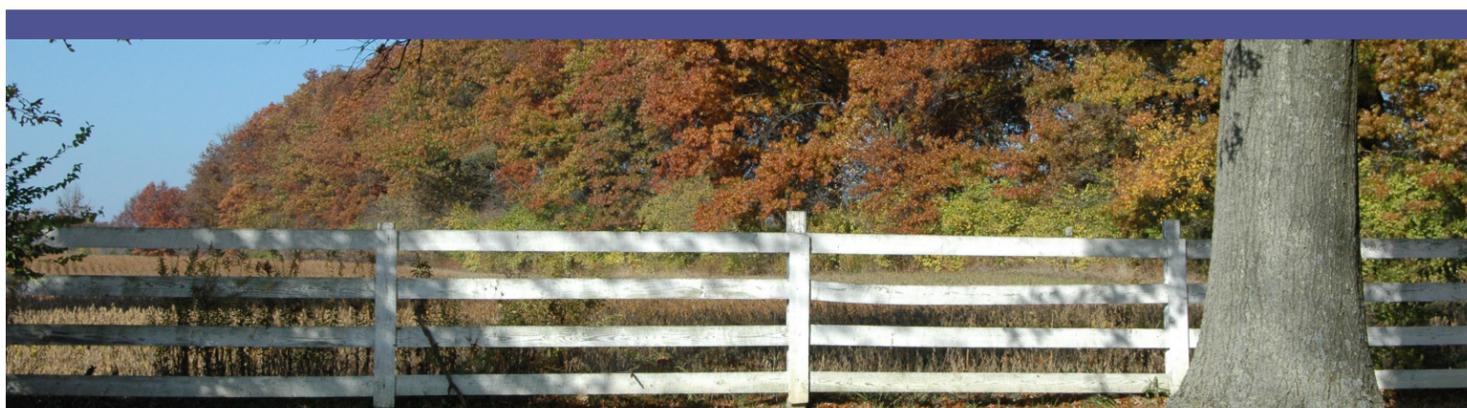
Lindner Center of HOPE Welcomes New Clinician

Nicole Marie Gibler, MD

Lindner Center of HOPE, Staff Psychiatrist



Dr. Gibler serves as a staff psychiatrist for Lindner Center of HOPE and provides care to adult, child and adolescent patients through the Center's Harold C. Schott Foundation Eating Disorders Team, the Adult Partial Hospitalization program team, and the outpatient department. Dr. Gibler completed her adult psychiatry residency and her child and adolescent psychiatry fellowship at Vanderbilt University in Nashville, Tennessee. She served as Chief Fellow for Child and Adolescent Psychiatry during her final year of fellowship.



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.

lindnercenterofhope.org

(513) 536-HOPE (4673)

Lindner Center of HOPE |  Health™

Interested in touring
Lindner Center of HOPE?

Contact Katie Hamm at (513) 536-0324.

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

Follow us on



The Source

Lindner Center of HOPE |  Health™

PSYCHIATRY AND PSYCHOLOGY NEWS FOR MENTAL HEALTH PROFESSIONALS

OCTOBER 2013



Events

November 8

Chris Tuell, EdD, LPCC-S, LICDC, presents at the 2013 All Ohio Counselors Conference in Columbus, Ohio on Co-occurring Disorders & the Addictive Brain

November 13

6:30 to 7:30 pm

Mason Community Center

Evening with the Experts: Is anything "normal" for an adolescent? What is "typical teen angst" and when should you worry more? Presented by Jennifer Bellman, PsyD, Lindner Center of HOPE Staff Psychologist

November 13-16

San Diego, California

Independent Educational Consultants Association (IECA) conference

November 18

Registration begins at 5 p.m.

Lindner Center of HOPE

Local chapters of **Young Presidents Organization** and **World Presidents Organization** meeting and dinner

Patient Satisfaction

Patient Satisfaction results for September 2013 averaged a rating of **4.39 out of 5**, with 5 signifying the best possible care.

Novel Psychopharmacology for the Treatment of Refractory Depression

By Anne Marie O'Melia, MS, MD, Medical Director of Harold C. Schott Eating Disorders Program at Lindner Center of HOPE

Ketamine: An old drug with new use?

Despite over 50 years of research into the discovery of treatments for mood disorders, treatment resistant depression remains a major public health problem. Depression affects around 120 million people worldwide, yet less than 25 percent of those affected have access to adequate treatment.

The list of Major Depressive Disorder (MDD) treatment options is significant, including antidepressant medications, augmentation strategies, and nonpharmacological therapy including devices and psychotherapy.

When treating depression, remission, not just response, is the goal. Typical process: should the first treatment fail, either switching or augmenting is a reasonable next step. For most patients, remission requires repeated trials of "sustained, vigorously-dosed" antidepressant medication. Unfortunately, the likelihood of remission substantially decreases after two adequate treatment trials, suggesting the need for more complicated regimens and psychiatric consultation.

Response = > 50% reduction in symptoms scores

Remission = Function restored, minimal to no residual symptoms

Recovery = Remission > 6 months

Nonetheless, the mission is remission, and stopping before reaching that target can increase the risk of relapse.

Compared with patients who achieve full remission, those with residual symptoms have:

- Greater risk of relapse and recurrence
- More chronic depressive episodes
- Shorter duration between episodes
- Continued professional and social impairment
- Increased overall mortality
- Increased morbidity and mortality from comorbid medical disorders
- Ongoing increased risk of suicide.

continued on page 2



Continued from page 1

As the third leading cause of burden of disease worldwide with poor quality of life and negative economic impact, it is imperative that more treatment options be sought to bring more depressed patients to remission.

Ketamine was first synthesized in 1962 in an attempt to find a safer anesthetic alternative to PCP, which was more likely to cause hallucinations and seizures. It was first administered to a human subject in 1964. In 1970, the FDA approved Ketamine as a dissociative anesthetic. It was first used on American soldiers during the Vietnam War. It was placed in the Schedule III category of Controlled Substances in 1999. Ketamine is a core medicine in the World Health Organization's Essential Drugs List. It has a well established safety record and is quite inexpensive.

Ketamine has shown robust and rapid antidepressant effects when given intravenously at subanesthetic doses (.5 mg/kg) infused slowly over 40 minutes. The antidepressant effect is observed within 24 hours and is maintained up to seven days post infusion. Studies have also suggested that when repeated Ketamine infusions are given in treatment-resistant major depression, it results in rapid and longer-term antidepressant effects. These studies showed that there were few non-responders in these scenarios.

Intranasal Ketamine is safely and effectively used for:

- Pediatric sedation and pain control in Emergency Departments and NICUs
- Dentistry
- Analgesia for migraine headaches
- Acute pain
- Breakthrough chronic pain
- Bronchodilation
- Neuronal protective agent in prolonged seizures

As with most pharmacologic treatments, there is risk of side effects or untoward medical and psychiatric problems. More research and clinical experience is clearly needed before this medicine can be routinely considered for treatment refractory depression but early results are encouraging. Under certain circumstances, expert treatment teams at the Lindner Center of HOPE may be able to use this medicine to help patients with severe treatment refractory symptoms of depression who have exhausted other treatment options and remain despondent or suicidal.

Lindner Center of HOPE Psychiatrist Discusses Bullying in Youth as Third Topic in a Series of Evening with the Expert Talks



On Wednesday, October 9, 2013 at the Mason Community Center, **Tracy Suzanne Cummings, MD**, Lindner Center of HOPE Staff Psychiatrist, presented Bullying in Youth. The presentation was open to the public and at no charge. During this presentation, attendees received an overview of the various and current forms of bullying, they learned about signs and risk factors of bullying and they learned interventions for when bullying is identified.

This presentation was the third in a series being offered as part of Lindner Center of HOPE's five-year anniversary. Lindner Center of HOPE has partnered with the City of Mason to offer a free special educational speakers series to members of the public. The series, "Evening with the Experts: Expert discussion of mental health, addictions and mental wellness with Lindner Center of HOPE clinicians" takes place the second Wednesday of each month from 6:30 to 7:30 p.m. in the Mason Community Center. The series began August 14, 2013 and continues through August 13, 2014. Details about the schedule can be found at lindnercenterof-hope.org/experts.

Lindner Center of HOPE Clinicians Present at Symposium 2013 Links to Learning

Three Lindner Center of HOPE clinicians presented at the Symposium 2013 Links To Learning, a continuing education event for healthcare professionals. The 2013 Symposium: Annual Fall Learning Event was Saturday, October 12, 2013 (8am to 4 pm) at Sharonville Convention Center, 11355 Chester Road, Sharonville.

The day included four presentations, three of which were presented by Lindner Center of HOPE staff.

Nelson F. Rodriguez, MD, FAPA, presented, "Healing Invisible Wounds in Trauma and Disasters". **Chris Tuell, EdD, LPCC-S, LICDC**, presented, "The Addicted Brain and Co-Occurring Disorders". **Brett A. Dowdy, PsyD**, presented, "Spiritual Medicine: Is Religion Good for Your Health?"

Tri-State School Representatives Learn Response Strategies for Dealing with Anxious Students at Lindner Center of HOPE and OCD Midwest Panel Discussion

Anxiety disorders are among the most common mental disorders experienced by Americans. The nation's youth are no exception. Those regularly interacting with young people are certainly familiar with anxiety and anxious behaviors in children and adolescents. School staff are on the front lines when it comes to handling anxiety situations that arise in the classroom.

Lindner Center of HOPE and OCD Midwest teamed up to offer, "**Anxious Kids in School: Rethinking Response Strategies**" on Tuesday, October 15, 2013 at Lindner Center of HOPE, 4075 Old Western Row Rd., Mason, OH 45040. More than 175 participants were in attendance. The panel discussion for school psychologists, school counselors and administrators was



intended to explore ways to help students and families manage anxiety and anxious behaviors in the classroom. It also aided attendees in identifying children who are struggling in school as a result of anxiety.



On the panel were: Patrick McGrath, PhD, Alexian Brothers Behavioral Health Hospital; **Charles Brady, PhD**, Lindner Center of HOPE; **Jennifer Wells, LISW**, Lindner Center of HOPE; **Leah Casuto, MD**, Lindner Center of HOPE and Liz Lindley, parent advocate.



In The News

Lindner Center of HOPE Chief Research Officer presents at "IX International Symposium on Psychopathology and Clinical Psychiatry" in Santiago, Chile

Susan L. McElroy, MD, Lindner Center of HOPE, Chief Research Officer and University of Cincinnati College of Medicine, Professor of Psychiatry and Neuroscience, presented at "IX International Symposium on Psychopathology and Clinical Psychiatry" at Clinica Alemana in Santiago, Chile on October 4th and 5th, 2013. She was one of just a few international lecturers presenting during this course.

Dr. McElroy presented Eating Disorders Today: A General Overview and Binge Eating Disorder: Diagnostic, Comorbidities and Treatment. The first presentation was intended to provide an update on Eating Disorders and the second was a more in-depth discussion of binge eating disorder.

Dr. McElroy is internationally known for her research in bipolar disorder, eating disorders, obesity, impulse control disorders and pharmacology.

Lindner Center of HOPE's Dr. Palumbo Honored as Exemplary Psychiatrist by NAMI Hamilton County



National Alliance on Mental Illness (NAMI) Hamilton County announced the award winners highlighted at the NAMI Annual Celebration. **Todd N. Palumbo, MD, MBA**, Lindner Center of HOPE Staff Psychiatrist was named Exemplary Psychiatrist, among seven other winners.

Excerpts from the nominations for Dr. Palumbo stated, he "has genuine concern and compassion for everyone he sees at Lindner Center of HOPE and its Sibcy House ... he always has something legitimately positive to say ... He has been a savior to many and a friend to more ... it is his never-ending pursuit to bring hope to those who need it."

NAMI's annual celebration recognizes those in the local community who are doing exemplary work. The celebration was Wednesday, October 16, 2013 at Cintas Center at Xavier University at 6:30 p.m.

Dr. Palumbo has served as a trusted psychiatric resource for the Greater Cincinnati mental health community. Prior to joining Lindner Center of HOPE, Dr. Palumbo evaluated and treated psychiatric emergency room patients through Psychiatric Professional Services, Inc.; University of Cincinnati Department of Psychiatry; and Cincinnati's VA Medical Center. Dr. Palumbo has also provided patient evaluations, treatments and medication management in collaboration with therapists at Central Clinic's Children's Diagnostic Center and at Talbert House. In addition, Dr. Palumbo has supervised resident psychiatrists in the psychiatric emergency room environment.