

## Acute Inpatient Hospitalization for Adults Call: 513-536-HOPE (4673)

For Adolescents Call: 513-636-4124

### Information to Expedite the Admission Process

- Reasons for admission to inpatient care, precipitating factors, current behaviors.
- Guardian issues – Community Probate or Guardianship Status
- Current medications and compliance, allergies.
- Medical issues - General medical history
- Substance use – If yes, what substances and how much is used and date of last use?
- Insurance information, copy of front and back of insurance card. Prior authorization will need to be obtained, including the authorization number, and contact person at the insurance company. Lindner Center of HOPE will work on prior authorization.
- If available, please fax current notes and any other available information pertinent to the admission to **fax #513-536-0509**.
- Criteria for admission of pregnant and post-partum patients:
  1. No limit on the time between delivery and post-partum to admit.
  2. Patients under the care of an obstetrician, primary care physician who provides obstetrical care, or certified nurse midwife can be accepted in the first and second trimester without any known complications. The patient must be in agreement that she will be transferred to the nearest local hospital (West Chester Hospital) if obstetrical issues arise, and not to the hospital where the delivery is planned. This includes any Doppler readings required.
  3. No gynecological exams can be completed/required for current pregnant or post-partum patients.
  4. No level of wound care for post-partum patients will be provided.
  5. Only standard labs will be ordered.
  6. Post-partum patients may pump breast milk which will then be labeled and stored in a special freezer on the adult inpatient unit. Post-partum patients may be responsible for bringing their own specialized supplies.

#### **Insurance for hospitalization and other hospital-based services:**

In general, Lindner Center of HOPE accepts payment from major insurance carriers for hospitalization. Some other services, depending upon the patient's coverage, may also be covered. A partial listing of insurance programs accepted at Lindner Center of HOPE for hospitalization and other inpatient services are listed here. Questions about your insurance can be directed to a Lindner Center of HOPE representative when you inquire about care at 513-536-HOPE (4673).

## Insurance Continued

- Aetna
- Anthem
- Humana (Behavioral) (Includes Humana Choice/Gold Medicare Products)
- Medicare
- Medical Mutual
- Ohio Medicaid (ages 11 to 21 and 65 and over)
- Ohio PPO Connect/Ohio Health Choice
- United Behavioral Health (Includes Secure Horizons & AARP Medicare Products)

### **Cincinnati Children's at Lindner Center of HOPE:**

- For adolescent services provided by Cincinnati Children's at Lindner Center of HOPE, most major insurance programs cover treatment services offered, with limited availability for non-Ohio Medicaid. Financial service representatives at Cincinnati Children's are available to answer questions and assist families in obtaining insurance authorization or applying for financial aid programs. For questions in regards to financial services, please call: 513-636-4427 and press option 9.

### **Outpatient Services:**

Please contact us directly to see if our outpatient services are covered by your insurance plan. Call 536-HOPE (4673) and ask for outpatient services.

### **Exclusionary Criteria for Inpatient Admission**

#### **Medical Exclusions**

- Third trimester pregnancy
- Primary diagnosis of severe developmental delays including mental retardation in the moderate to profound stage and Autism at levels 2 & 3
- Severe stage dementias
- Primary diagnosis of acute delirium
- Acute medical diagnosis requiring venous access, ventilation support, cardiac monitoring, or respiratory treatments (does not include inhalers)
- Acute seizure disorder (within 4-6 weeks)

#### **Substance Abuse Exclusions**

- Sole diagnosis of substance abuse/dependence including: Alcohol, Cocaine, Hallucinogens, Amphetamines, and Opiates
- Acute alcohol or benzodiazepine withdrawal requiring IV fluid support
- Blood alcohol level above 150 mg/dl. (150 mg/dl and above will be considered for potential admission as long as the patient can ambulate safely, verbalize to others, and care for personal needs)

#### **Legal Exclusions**

- Current criminal court mandated treatment or forensic treatment needs
- Registered sexual offender and/or pedophile

# Lindner Center of HOPE

## Professional Associates

### A Rapid Access Service Testimonial



#### My Background

I have a history of mental health issues on both sides of my family and had 2 episodes of clinical depression in my twenties.

However, with the right medication and therapy I was able to thrive for 20 years.

#### June 2019

After my psychiatrist retired, my primary care physician began managing my meds in 2015 and this worked well until this summer. My medication was changed in June and **this decision was disastrous**. I began having unexplained joint pain which my doctor thought was MS. I had a number of tests but while going without an official diagnosis for 60 days, the anxiety disrupted my sleep and by October I was very sick. I lost a considerable amount of weight, had

severe anxiety, could not sleep or work and my blood pressure was very, very high. I finally had an MRI which showed that I had compressed discs in my neck causing the pain. However, no one was addressing my meds and the fact that I wasn't sleeping. Because I didn't have a psychiatrist, I wasn't able to get an appointment as a new patient with any doctor for 6-8 weeks. I knew I wouldn't make it that long if someone didn't help me. At my lowest point, I contacted the Lindner Center of HOPE (LCOH) and considered the inpatient program even though that wasn't what I needed. Your admittance nurse told me about your Rapid Access program.

**That's when we met Dr. Rodriguez and everything changed for the better.** He was so kind and compassionate and listened intently to my history and my husband. He put me back on the medication I had been on before June 2019 and added meds to help me sleep and for anxiety. I have been seeing him regularly and thankfully can sleep again. **Dr. Rodriguez saved me.**

**The LCOH Rapid Access Program was a godsend for me.** Having a program like this for people who don't need true inpatient care, that allows them to see a psychiatrist quickly, is so powerful. When someone needs to see a doctor, but are asked to wait 6-8 weeks for a new patient appointment, can mean the difference between life and death. And I'm not being dramatic with that statement. LCOH was my last hope for help – and my husband and I are so grateful for the care I received. A primary care physician should never administer psychiatric medications – they do not have the expertise that's needed to manage this complex disease. With Dr. Rodriguez, I have hope again that I will continue to improve every day and I am looking forward to my life returning to normal now with the care and help I received through Rapid Access and the LCOH. The care and help that so many people are missing.

# Lindner Center of HOPE

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## Professional Associates

### Rapid Access Service

A barrier to the delivery of quality mental health care services is the lack of rapid access to service. Wait list times to see an outpatient psychiatrist for an initial session can exceed 12 weeks or more, leaving patients and families in need of treatment in urgent situations with few alternatives for care.

Lindner Center of HOPE Professional Associates Rapid Access Services (RAS) is an outpatient service for patients 18 and older open Tuesday and Thursday afternoons from 12:30 p.m. to 4 p.m. This service will enable patients in need to have a scheduled appointment, within days of the call. The appointment includes a thorough outpatient assessment with a psychiatrist and social worker, a care plan, recommendations with referrals and a written after-visit summary. In addition, when needed subsequent bridge appointments may be scheduled with the psychiatrist. RAS will enable patients to quickly get outpatient help with symptoms and concerns.

**Call 513-536-0639 for an appointment.**

#### Initial Appointment, scheduled for 2.5 hours

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- 45 to 60 minute visit with social worker
- 30-minute screening completion
- 45 to 60 minute meeting with psychiatrist
- Presentation of plan of care with recommendations
- After-visit summary

*Fee: \$565 including deposit (A \$100 non-refundable deposit is required at the time the appointment is scheduled..)*

#### Bridge Appointments

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- Provides continuity of care
- Scheduled with psychiatrist
- Up to three may be scheduled
- Not restricted to RAS time, but rather mutually agreeable time for psychiatrist and patient

*Fee: \$290 per appointment*

RAS is a private-pay service and does not accept insurance.

**Call 513-536-0639 for an appointment.**

At Lindner Center of HOPE, we motivate our patients to embrace change. We help them on their path of long-term life improvement.

## **Lindner Center of HOPE Residential Services**

### **Adult Stabilization**

- 10-day Stabilizing Evaluation or 10-day SUD Detox & Evaluation, and individual and group therapy
- Add-on Neuropsychological Testing and/or Treatment Initiation
- Continuing Treatment
- 28-day Extension Program
- Private Room and Bathroom

### **Adult Comprehensive Diagnostic Assessment**

- 10-day Comprehensive Diagnostic Assessment (CDA) (Neuropsychological testing, sub-specialty evaluations and assessments, individual and group therapy, and ongoing 24-hour observation with feedback and next steps).
- 28-day Diagnostic and Treatment Program – Individual and Group Therapy with foundation in DBT.
- Assessment and Intensive OCD Treatment.
- Private Room and Bathroom

**CALL 513-536-0537**  
**Residential Admissions**

## **Adult Hospitalization**

- 32 Private rooms for short-term acute hospital stays
- Accepting most major insurance
- CALL 513-536-4673

## **Mindful Transitions: Adult Partial Hospitalization Program**

- Intensive treatment in a safe and therapeutic environment
- CALL 513-536-4673

## **ECT/TMS Services**

- For treatment resistant depression.
- Private insurance
- CALL 513-536-4674

## **Rapid Access Service**

- For adults seeking outpatient assessment. Appointment within days of call.
- CALL 513-536-0639

## **Intensive Outpatient Program (IOP)**

- For adults experiencing challenges with substance abuse and/or co-occurring disorders
- CALL 513-536-0634

## **Office Based / Outpatient Services**

- Serving patients of all ages
- Establishes an individualized treatment program that uses a combination of the newest protocols and proven techniques.
- CALL 513-536-0639

4075 Old Western Row Rd.  
Mason, OH 45040  
513-536-4673  
[www.lindnercenterofhope.org](http://www.lindnercenterofhope.org)



# Exploring Mental Health Free Webcast Series Schedule 2023

1 CME/CEU OFFERED. NO FEE.



**TUES., JANUARY 10, 2023**

5:30 – 6:30 p.m. EST

## Assessing Older Adults

PRESENTED BY: **Tom Schweinberg, PsyD,**  
Staff Psychologist



**TUES., MARCH 14, 2023**

5:30 – 6:30 p.m. EST

## Trauma-Informed Care in Residential Treatment

PRESENTED BY: **Megan Schrantz, EDD,**  
**LPCC,** Therapist



**TUES., APRIL 11, 2023**

5:30 – 6:30 p.m. EST

## An Overview of the SITCAP Model for Trauma Treatment

PRESENTED BY: **Dawn Anderson, LPCC-S,**  
Staff Therapist and Supervisor



**TUES., MAY 9, 2023**

5:30 – 6:30 p.m. EST

## An Update on Transcranial Magnetic Stimulation (TMS)

PRESENTED BY: **Nelson F Rodriguez,**  
**M.D., DABPN, FAPA,** Medical Director,  
Neuromodulation Therapy (ECT, TMS, VNS)  
Service; Lindner Center of HOPE-UC Health  
Assistant Clinical Professor; University of  
Cincinnati College of Medicine Dept. of Psychiatry  
and Behavioral Neuroscience



**TUES., SEPTEMBER 12, 2023**

5:30 – 6:30 p.m. EST

## Gaming Addiction: Prevention, Assessment & Treatment

PRESENTED BY: **Chris Tuell, EdD, LPCC-S,**  
**LICDC-CS,** Clinical Director of Addiction Services



**TUES., NOVEMBER 14, 2023**

5:30 – 6:30 p.m. EST

## Radically Open Dialectical Behavior Therapy (RO-DBT): What is it and how is it different from traditional DBT?

PRESENTED BY: **Allison Mecca, PsyD,** Staff  
Psychologist

**REGISTRATION AND MORE INFORMATION:** <https://lindnercenterofhope.org/resources/events/>

Target Audience: Psychiatrists, Primary Care Physicians, Non-psychiatric MDs, Nurse Practitioners, Social Workers, Psychologists, Registered Nurses, Mental Health Specialists and interested parties as well

#### ACCREDITATION STATEMENT

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of the University of Cincinnati and the Lindner Center of HOPE. The University of Cincinnati is accredited by the ACCME to provide continuing medical education for physicians.

The University of Cincinnati designates this live activity for a maximum of 1 *AMA PRA Category 1 Credit™*. Physicians should claim only the credits commensurate with the extent of their participation in the activity.

The Ohio Psychological Association under approval number P099-311067501 (2010-2012) approves the University of Cincinnati College of Medicine Department of Psychiatry for 1 mandatory continuing education credit for Ohio Licensed Psychologists.

This activity has been approved for 1 clock hour of CEU by The State of Ohio Counselor, Social Work, Marriage and Family Therapist Board.

#### DISCLAIMER

The opinions expressed during the educational activity are those of the faculty and do not necessarily represent the views of the University of Cincinnati. The information is presented for the purpose of advancing the attendees' professional development.





## Expert discussion of:

- Mental Health
- Substance use disorders
- Treatment and strategies for coping

Presented by Lindner Center of HOPE clinicians.  
Sponsored by Lindner Center of HOPE with the support of  
Manor House and Countryside YMCA.

Third Wednesday of certain months  
beginning in February 2023  
from 6 p.m. to 7:30 p.m. at (now 2 locations):

**Manor House**  
7440 Mason-Montgomery Rd.  
Mason, OH 45040

**Countryside YMCA  
(Event Center)**  
1699 Deerfield Rd.  
Lebanon, OH 45036

And

### Virtual Option

\*by way of virtual platform  
provided by:



Community  
Partners™

Register online at  
[lindnercenterofhope.org/education-series-2023](https://lindnercenterofhope.org/education-series-2023)

For additional information contact Pricila Gran at 513-536-0318 or  
[pricila.gran@lindnercenter.org](mailto:pricila.gran@lindnercenter.org)

Lindner Center  
of HOPE. | 

Learn more visit  
[lindnercenterofhope.org/education-series-2023](https://lindnercenterofhope.org/education-series-2023).

**February 15, 2023 - Manor House**  
**The Impact of Trauma on Child Development  
and Wellbeing Throughout the Lifespan**  
Megan Schrantz, EdD, LPCC, Therapist

**March 15, 2023 - Manor House**  
**Understanding the Mental Health Needs of  
Today's Youth**  
Kristy Hardwick, EdD, LPCC-S, Outpatient Therapist

**April 19, 2023 - Countryside YMCA**  
**Addicted to Numbing Mental Illness**  
Chris Tuell, EdD, LPCC-S, LICDC-CS, Clinical Director of  
Addiction Services

**May 17, 2023 - Manor House**  
**An Inside Look at Clinical Research**  
Nicole Mori, RN, MSN, APRN-BC, Psychiatric Nurse  
Practitioner

**June 21, 2023 - Countryside YMCA**  
**Supporting Our Loved Ones with Mental  
Illness**  
Peter White, MA, LPCC, LICDC, Outpatient Therapist

**August 16, 2023 - Manor House**  
**Radical Openness: The Pathway to Enhanced  
Connection and Psychological Well-Being**  
Allison Mecca, PsyD, Staff Psychologist

**September 20, 2023 - Countryside YMCA**  
**Self-Care is More than a SPA Day – a  
conversation about how to build a life that you  
don't need to escape**  
Anna Guerdjikova, PhD, LISW, CCRC, Director of  
Administrative Services

**October 18, 2023 - Manor House**  
**Understanding Perinatal Mood and Anxiety  
Disorders**  
Danielle Johnson, MD, FAPA, Chief Medical Officer

**December 20, 2023 - Countryside YMCA**  
**My Loved One Has Anxiety or OCD: How Can I  
Help?**  
Lindsey Conover, PhD, Staff Psychologist