Call Today
(513) 536-0537 / (888) 53-SIBCY
Admissions specialists and clinicians are available to confidentially discuss your unique circumstances.
Individuals suffering from obsessive compulsive disorders (OCD) can begin the road to recovery at Lindner Center of HOPE.

**Sibcy House at Lindner Center of HOPE**, near Cincinnati, Ohio, specializes in the assessment and treatment of clients, with particular expertise in working with complex co-morbidities. Within Lindner Center of HOPE’s residential settings, individuals within specialized OCD treatment tracks take progressive and proven steps to free themselves from the grasp of obsessive compulsive disorder and other anxiety conditions through their customized treatment plan. The client’s individualized treatment blueprint may encompass:

- Comprehensive evaluation
- Tailored treatment that combines Cognitive Behavioral Therapy (CBT) and medication treatment with specific emphasis and daily practice of Exposure and Response Prevention (ERP) under the guidance of expert therapists
- Thoughtful and supportive approach to medication evaluation and compliance
- Proven treatment of co-occurring conditions
- Illness management and recovery groups
- Mindfulness training
- Spirituality/wellness groups
- Patient and family education

OCD treatment at Sibcy House was developed by experienced OCD specialists who serve as guiding members of the core treatment team. Sibcy House at Lindner Center of HOPE is located in a tranquil and therapeutic setting, with single-occupancy patient rooms and 24-hour nursing care. The diverse client population, more closely resembles a natural environment, which enhances preparedness for the return to a step-down level of care or home. Lindner Center of HOPE has an excellent reputation for successful outcomes with clients suffering with OCD.

**Jill**

Jill’s obsessive compulsive disorder (OCD) symptoms were completely debilitating. Though her OCD was primarily related to ritualized behavior where she had to endorse compulsions to feel “just right”, she also was unable to brush her teeth or bathe without supervision. Her parents were her main source of support, however, she was unable to hug them for the past two years due to her inability to touch people. Jill was also fearful of taking medications, struggled with building and maintaining friendships and refused to discuss religion, despite her parent’s Hindu beliefs. At age 29, OCD was disrupting Jill’s life.

While at Sibcy House, Jill worked with the integrated OCD team to develop a plan that identified a hierarchy of her OCD-related issues and together they began to address them. Exposure and Response Prevention (ERP) techniques were used on the unit and in the community so Jill and staff could work through challenging situations – facing her fears. The ERP techniques learned in individual therapy were solidified and enhanced by dialectical behavioral therapy (DBT) in group therapy and in Jill’s own practicing. Jill’s progress was significant. When Jill’s parents came to pick her up on discharge from Sibcy House, Jill was able to hug her mother, who was overwhelmed with tears of joy. Jill returned home and continued treatment progress with local clinicians identified by Sibcy House social work staff.

**A PHASED APPROACH TO OCD TREATMENT.**

**Phase I:***
- Treatment Assessment
- Clarification of Diagnosis
- Treatment Readiness Evaluation
- Treatment Recommendation and Introduction
- Begin Exposure and Response Prevention (ERP)

**Phase II:***
- Intensive Treatment – Minimum of 3 Hours ERP Per Day
- Individualized Therapy
- Self-Directed Work
- Dialectical Behavioral Therapy (DBT)
- Mindfulness Training

**Clients who may benefit from Sibcy House intensive residential OCD treatment track:**

- Someone who has experienced multiple treatment failures and is seeking treatment success
- Someone needing a customized treatment plan
- Someone suffering with OCD and other co-occurring disorders
- Someone who does well in an integrated milieu
- Someone seeking patient-centered and collaborative treatment for their OCD
- Someone seeking a supportive approach to medication evaluation and compliance.

**Beautifully Furnished Rooms**

All patient rooms are private, with full baths and quality linens and furnishings. Other amenities include:

- A restaurant-quality dining room with vaulted ceilings and center fireplace
- Library and other quiet activity spaces
- A fitness center and gymnasium
- Faith Center
- Walking paths, gardens and labyrinth

**Identifiable details in this case were altered to protect patient privacy.**