

513-536-0537
1-888-53-SIBCY (7-4229)
www.sibcyhouse.org

The following questions are common ones asked by Sibcy House guests. If the answer to your question is not listed, please contact us directly.

What takes place during the Comprehensive Diagnostic Assessment?

Diagnostic testing, which typically takes place during the first 7-10 days, includes a full battery of psychological and neurological tests. Determining your diagnosis is a highly individualized process. A mental health diagnosis is complex and takes a team approach. In addition to the nurse, psychiatrist, psychologist and social worker there are other professionals who may, as needed, be involved in your assessment including a neuropsychologist, neurologist, sleep specialist, addictions specialist, radiologist, and eating disorders specialist. A medical assessment will also be administered by an internist and will include a full lab work-up.

When will I know my diagnosis?

You will receive ongoing feedback from your treatment team as it becomes available. Before discharge, we will give you a comprehensive explanation of your diagnosis and treatment plan. You are encouraged to ask questions at any time during your stay.



What will my schedule look like?

Your daily schedule will vary but will typically include individual and group sessions which run from 9:00 a.m. until 5:00 or 6:00 p.m. Your weekly schedule will include cognitive and dialectical behavioral therapies as well as group sessions that cover nutrition, substance abuse, anxiety, trauma, living skills, relapse prevention and spiritual enrichment. Since maintaining a regular exercise program is important to well-being, fitness activities (including yoga) will be offered as a part of your schedule.

How often do I see the psychiatrist and have therapy?

You will meet the members of your multi-disciplinary treatment team, including a psychiatrist and a therapist during your first few days at Sibcy House. After an initial assessment, you will typically see a psychiatrist every other day. During the first 10 days, you will also receive three sessions with an individual therapist. Based on your diagnosis, you will also have access to consultations with specialists representing various areas of expertise.

What access will I have to family and friends?

Family and friends are welcome to visit. Recommended visiting hours are between 6:00 p.m. and 9:00 p.m. Visitors will be asked to check in at the Welcome Center where they must provide an access code that you provide to them. Visitors will be asked to put purses or handbags in a secure locker provided for them. Once on the unit, they will need to check in with the main desk to have any items they've brought with them approved.

How long can visitors stay?

A visit of longer than two hours should be discussed in advance with the treatment team. Visitors should be kept to a number that does not disturb others. If the visit is moved into a patient's room, the number of visitors should be kept to four or less, and we require that the door to the room be kept open. At times it may be necessary to limit visitation to maintain unit safety. Visitors under 18 will be supervised by a responsible adult. This includes being within view and in listening distance of all conversations.

May I receive mail?

Mail is distributed on the patient care unit daily: Monday through Friday. Packages and special delivery items will be delivered to you as quickly as possible.

Please address mail to: Lindner Center of HOPE
Sibcy House
(Patient Name)
4075 Old Western Row Road
Mason, Ohio 45040



What are meals like?

You will enjoy your meals in the dining room although there may be times that you will eat in the common area in the Sibcy House unit. You'll make your own selections from our chef-prepared menu items. A dietitian is available to assist you with specific dietary requirements or requests. Snacks are available at the nurses' station. Food is not permitted in your room. Food or drinks brought into Sibcy House must be approved by a treatment team member.

How much free time will I have?

Prepare to be busy while at Sibcy House. Your daily schedule will include five to 10 minute breaks between therapies. The bulk of your free time will occur in the evening. After your last therapy of the day, you will have time for visiting with friends and family (on and off the unit), journaling, working on homework assignments and exercising in the gym. Weekends provide more free time and opportunities for therapeutic leave. While participating in other activities, guests are encouraged to practice the skills they have learned while in treatment.

What happens if I need to stay longer?

If you have agreed to a 28-day stay, or request to stay longer after the Comprehensive Diagnostic Assessment, you will have more time to implement your treatment plan and participate in individual and group therapies. Regardless of your length of stay, if you feel a longer stay would be beneficial, we will work with you to determine if an extended stay is needed, appropriate and possible.

How am I discharged?

When it is time for you to return home, your treatment team will provide you with a discharge plan including instructions for ongoing care. If you do not have a psychiatrist, therapist and support group in place, we will help you with this and make certain all of your appointments are scheduled before you leave. We will also make certain that the treatment plan started at Sibcy House will be continued in an outpatient setting. Before you leave we will also give you any needed prescriptions.

Once I'm home, what do I do to stay well?

We want you to leave Sibcy House with the skills to remain well and to live a fulfilling and productive life. While being treated at Sibcy House, you will learn relapse prevention techniques, including medical management and coping skills, to help you prepare for your return home. Please feel free to call us, if you have any questions or concerns.



Does Sibcy House have a set program for everyone?

Every guest at Sibcy House has a unique life experience related to their struggle with mental illness, and they come to our program at various points in their personal journey. As such, Sibcy House clinicians approach each person individually, offering the newest and most promising diagnostic tools and treatments. The results of your comprehensive diagnostic assessment will be factored into a highly individualized treatment plan. During your stay, you will begin to implement your treatment including medication management, individual and group therapies.

Our goal is for you to leave Sibcy House with an accurate diagnosis and the tools you need to live a successful and enjoyable life.