



# Sibcy House

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**Comprehensive Diagnostic Assessment and  
Intensive Short-Term Treatment Program**

Lindner Center  
of HOPE

|  Health™



# Lindner Center of HOPE

## SIBCY HOUSE

### Comprehensive Diagnostic Assessment and Intensive Short-Term Treatment Program

**Sibcy House at Lindner Center of HOPE**, near Cincinnati, Ohio, is a specialized and intimate setting, within the larger hospital, offering a comprehensive diagnostic assessment and intensive short-term treatment programs for individuals, age 18 and older, suffering with complex, co-morbid mental health and addiction issues.

Our renowned multi-disciplinary clinical team uses state-of-the science technology and expertise to accurately diagnose patients, create individualized treatment plans, provide intensive short-term treatment designed to improve overall treatment trajectory and ready the individual for success at the next identified level of care.

The flexibility of our approach offers a clinical advantage for individuals who:

- Have stabilized after experiencing their first behavioral crisis or have recently been diagnosed with a mental disorder.
- Have struggled with long-standing mental illness with complex, co-morbid issues.
- Have reached an impasse with their current treatment.
- May have underlying causes for addictive behaviors and other mental disorders that need to be uncovered and clearly addressed.
- Are stable but may be at risk for decompensation during assessment or residential stay.
- Have had mixed, multiple or uncertain diagnoses making treatment direction questionable.

Wyatt ~



PATIENT STORY

*When Wyatt came to Sibcy House at Lindner Center of HOPE, he was in his mid-20s, living in an apartment on his own, but relying on his parents to pay his rent and bills. His parents were concerned that he was barely functioning and his behaviors and thoughts were becoming more paranoid. As a result of his treatment with Sibcy House, Wyatt was able to accept his diagnosis and what it meant to his life. He recognized his symptoms of schizophrenia, such as hearing voices, and those subsided. He became more in-tune with reality and connected to his parents.*



**A Serene and Private Wooded Setting**

Sibcy House at Lindner Center of HOPE's exterior resembles a beautiful lodge surrounded by woods and walking paths. Though the setting is peaceful and secluded, it is easily accessible from Interstates 75 and 71, located 22 miles northeast of Cincinnati in Ohio.



## THE SIBCY HOUSE DIFFERENCE

- A bold approach to assessment and treatment
- A 10-day comprehensive diagnostic assessment, allowing for essential clinical observation and time to reveal trauma or other underlying issues
- A 28-day Diagnostic and Treatment Program
- CBT and DBT as best practice model
- Addictive and Co-occurring Disorders Track
- Leading-edge diagnostic and treatment, such as MRI when clinically indicated, Electroconvulsive Therapy (ECT) and Transcranial Magnetic Stimulation (TMS)
- Personalized care
- A team of specialists (OCD, eating disorders, mood disorders and process addictions)
- Current innovations in the field from the on-site Research Institute
- Access to on-site inpatient units for patients experiencing decompensation
- A network of HOPE for further treatment referrals for patients and families
- Clinically significant outcomes
- Daily groups and therapeutic treatment environment

## Clinical Excellence

Patients benefit from in-depth clinical attention from physicians and doctorate level professionals in an environment that offers the utmost discretion and confidence – creating a unique and effective therapeutic experience.

Sibcy House patients often benefit from the depth of clinical experience present at Lindner Center of HOPE on a consultative basis. **Paul E. Keck, Jr., MD**, Lindner Center of HOPE's President and CEO, and Susan L. McElroy, MD, Chief Research Officer, are among the top 10 most cited scientists publishing in psychiatry and psychology every year since 1996. **Anne Marie O'Melia, MS, MD**, Director, Harold C. Schott Eating Disorders Program, is board certified in four areas of medicine and has been recognized as one of the Best Doctors in America by Woodward/White. **Charles F. Brady, PhD, ABPP**, Psychologist, with his advanced training in Cognitive Behavioral Therapy, is renowned for his expertise in Obsessive Compulsive Disorder and Anxiety.



TESTIMONIALS

*“I wanted to tell you how wonderful the employees at Lindner Center of HOPE are. My mom was at Sibcy House for 17 days. We had heard what a great place it is and it certainly lived up to its reputation. My mom is doing well and has now been home for 10 days. Her team of doctors, nurses and others really helped in giving her a solid foundation to build upon in her recovery from alcoholism. We are very optimistic about her recovery and so proud of her for taking this big step.”*

*“Staying at Sibcy House was incredibly beneficial and helpful. The doctors were able to find the underlying problems for me and taught me how to cope with them in the future. I loved the staff! Everyone is fabulous and extremely caring.”*

*“Having been through numerous outpatient, inpatient and residential facilities, I can confidently say that my experience at Sibcy House was superior.”*



**Beautifully Furnished Rooms**

All 16 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 spacious fitness center and gymnasium
- Faith Center
- Walking paths and gardens
- Yoga



## Sibcy House Programs

### Comprehensive Diagnostic Assessment

During the first 10 days of the patient's stay an extensive array of assessments and testing instruments are identified based on the patient's presenting issues. Through this period the patient meets with a range of clinical professionals that form the multidisciplinary treatment team in order to complete the assessment process. During this time patients begin to form trusting relationships with staff that are available to meet individualized needs. Upon completion of the diagnostic workups the clinical team reviews the information gathered and develops clinical recommendations that will be presented to the patient. This in-depth diagnostic feedback occurs through a meeting of the multidisciplinary team, the patient, and family members as appropriate.

Key assessment and testing components include:

- Psychiatric evaluation including psychopharmacological assessment
- Psychological and neuropsychological testing
- SCID: Structured Clinical Interview
- Assessment for addictions (including behavioral addictions)
- Psychosocial assessment and aftercare planning
- Nursing assessment
- History and Physical Assessment – internist
- Nutritional assessment
- Neurological evaluation as needed
- Pharmacogenetic testing (genetic testing) when indicated and at an additional charge
- Spiritual assessment upon request
- Clinical observation through group therapy and daily therapeutic milieu involvement

### SIBCY HOUSE SERVES INDIVIDUALS 18 AND OLDER SUFFERING WITH:

- Complex, Co-morbidity
- Depression & Bipolar Disorders
- Anxiety & Obsessive Compulsive Disorders
- Addictive & Co-occurring Psychiatric Disorders
- Eating Disorders
- Disorders of Thinking & Related Conditions

## 28-Day Diagnostic and Treatment Program

Each patient receives the Comprehensive Diagnostic Assessment as part of the 28-day program and individual therapy begins during this assessment period. The patient's team is led by the attending psychiatrist and includes a doctoral level psychologist, master level social worker, licensed clinical professional, group therapists, nutritionist, recreation therapist, spiritual counselor, and a host of other professionals including RNs and mental health specialists. This is a structured comprehensive program with a full schedule of daily programming. Several groups occur daily and cover a multitude of topics designed to deal with clinical issues and teach new skills. Dialectical Behavioral Therapy (DBT), Cognitive Behavioral Therapy (CBT), and exposure therapy are

some of the primary approaches used at Sibcy House.

- Psychiatrist: multiple visits per week
- Psychologist: provides the individual therapy and sees patients multiple times per week
- Social Worker: coordinates daily schedules and treatment, provides for clinical work with family or/support - care person, coordinates aftercare and follow-up for the patient
- Recreation and leisure therapy
- Spiritual care
- A variety of psychoeducational and process groups each day
- A therapeutic environment that provides on the spot teaching and opportunities for skill application
- Addictions and behavioral addictions track

## Continuing Treatment

At the conclusion of their initial stay, patients often choose to remain at Sibcy House for continuing treatment for intervals of seven days to enhance and solidify treatment gains made. And to be better prepared for success at the next level of care.

*When Brianna arrived at Sibcy House at Lindner Center of HOPE, her response was a common one. She was resistant to treatment and outspoken about the fact that she was only in the program because her parents were forcing her. Brianna's ten-day stay included a Comprehensive Diagnostic Assessment, which revealed several challenges; underlying substance addiction, underlying anxiety and depression. At Sibcy House, Brianna used behavior modification to change her behaviors and her life.*

## PATIENT STORY

A portrait of a young woman with long, wavy blonde hair and blue eyes, wearing a light blue button-down shirt and a necklace. She is looking slightly to the right of the camera with a gentle smile. The background is a soft-focus outdoor scene with autumn-colored trees.

Brianna ~

## Call Today

(513) 536-0537 / (888) 53-SIBCY

Admissions specialists and clinicians are available to confidentially discuss your unique circumstances.

Ask for Kathleen Neher, LISW-S.



Lindner Center  
of HOPE



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Call today, (513) 536-0537  
or (888) 537-4229



The Lindner Family Foundation in partnership with UC Health established Lindner Center of HOPE with the goal of becoming an internationally renowned provider of mental health services and research.

Lindner Center of HOPE is a charter member of:



Lindner Center of HOPE is affiliated with:

