

IN THE NEWS

Lindner Center of HOPE Doctors Among Best in Nation Ranking Places Four Lindner Center Doctors at the Top Locally

The Frances and Craig Lindner Center of HOPE is pleased to announce the following doctors were ranked among the best doctors in the nation and among the top specialists in the Tri-State as indicated by The Best Doctors in America 2017-2018 database. As selected by their peers, 479 specialists from the Tristate were included in the listing published in Cincy Magazine's December 2017/ January 2018 issue:



Paul E. Keck, Jr., M.D.

Paul E. Keck, Jr., M.D., President-CEO, Lindner Center of HOPE, is a nationally renowned psychiatrist and researcher in Bipolar Disorder and psychopharmacology. He authored over 525 scientific papers in leading journals and was the 7th most cited scientist in the world published in the fields of psychiatry and psychology over the last decade.



Michael A. Keys, M.D.

Michael A. Keys, M.D., Dr. Keys is a regionally known and respected expert in Geriatric Psychiatry. He currently serves as a Senior Adult Psychiatrist (part-time) at the Lindner Center of HOPE. He is also a member of several national and international psychiatric associations and editorial boards.



Susan L. McElroy, M.D.

Susan L. McElroy, M.D., A nationally recognized researcher and educator, Dr. McElroy is internationally known for her research in bipolar disorder, eating disorders, obesity, impulse control disorders and pharmacology. As Chief Research Officer for the Lindner Center of HOPE, she currently oversees multiple ongoing studies in bipolar disorder, major depression, binge eating disorder and obsessive compulsive disorder.

This is the seventh consecutive year these doctors were included in this database. All three physicians hold faculty appointments with the University of Cincinnati College of Medicine and are part of UC Physicians.

Joining the list for the second year is:



Brian P. Dowling, M.D.

Brian P. Dowling, M.D., a highly regarded psychiatrist in the Cincinnati area, who focuses on maximizing time with his patients in order to truly understand their individual stories attempting to offer them hope and a sense of possibility.

Dr. Dowling is the Director of Medical Education at Lindner Center of HOPE.

www.lindnercenterofhope.org (513) 536-HOPE (4673)

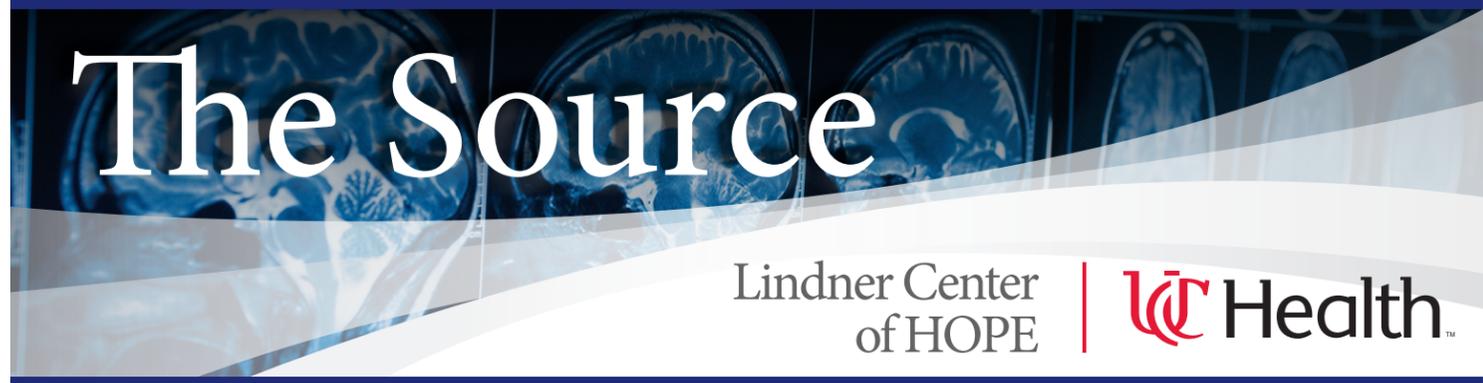


4075 Old Western Row Rd.
Mason, OH 45040
(888) 536-HOPE (4673)

Interested in touring
Lindner Center of HOPE?

Contact Jennifer Pierson at (513) 536-0316.

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PSYCHIATRY AND PSYCHOLOGY NEWS FOR MENTAL HEALTH PROFESSIONALS

December 2017



Events

January 3
Grand Rounds:
Dr. Charles Brady, PhD, ABPP, Lindner Center of HOPE Psychologist, to present, **Back to Basics: Understanding and Treating Anxiety Disorders**, Lindner Center of HOPE Gymnasium at Noon.



Are apps for mental health good or evil? Making an informed decision.

By Nicole Mori, RN, MSN, APRN-BC, Research Advanced Practice Nurse

Medical mobile phone apps are changing the doctor-patient relationship by promising patients greater control over their care, lower costs, improved safety and convenience. Patient demand for apps is increasing with an estimated 50% of smartphone users having a medical app by the end of 2017. Acceptance among clinicians is increasing, with as many as 1/3 of doctors recommending health and wellness apps to their patients. In mental health, mobile apps have great potential as platforms for psychoeducation, self-management and enhanced patient-provider communication, in addition to increasing access and improving care for patients in rural and underserved areas.

Even though mental health apps could be useful, the market is still dominated by low-quality products that may not follow best clinical practice guidelines. There is little published research and reliable information to guide patients and clinicians while app store and user-generated ratings do not correlate with quality of content. This is a rapidly-evolving market, with new products and updates arriving on a weekly basis, therefore, clinicians need a framework to evaluate products, weigh risks versus benefits and offer guidance.

A review of recent literature, including 2016 published review of commercially-available mental health apps reveals significant concerns!

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Quality, functionality and reliability: Mobile health apps are often developed without the input of clinicians and without validation by research or reference to best practice guidelines. Information is often generic, incomplete and in some cases, inaccurate. Few apps cited their sources of information. Less than 50% of mental health apps used validated symptom scales, and when these were used, developers failed to properly credit the sources.

Patient Safety: Symptom-monitoring apps may not issue safety alerts instructing patients with high illness severity scores (such as severe suicidal ideation) to seek prompt medical evaluation. Few apps are designed to respond to indicators of deteriorating condition.

Burden on clinicians: Apps may generate large amounts of data that may not be clinically-relevant or useful. There is no framework for reimbursing patients for the costs of downloads or physicians for the time spent reviewing the data.

Absent regulatory oversight: Laws and regulations have failed to address privacy and cybersecurity risks associated with health apps. The majority of apps marketed to patients are exempt from regulations, with only a small number subject to FDA oversight. Security and disclosure standards are left to the discretion of developers who often lack the expertise and resources to manage protected health information.

Privacy and confidentiality: Health app developers are generally exempt from HIPAA regulations. Products storing sensitive patient information pose significant privacy and security risks but many still lack mechanisms to safeguard patient information such as passwords and encryption. There are no laws against the sale of patient information to data aggregators, who may in turn sell it to third parties such

as credit card and insurance companies. Few products have comprehensive privacy policies, disclosing how personal information would be stored, used and protected. Patients assume that information entered into mobile apps is private, when this is often not the case³.

In view of these quality concerns, more research and development of evidence-based mobile apps driven by clinicians is needed in addition to legal protections to safeguard the privacy and security of patient data. At the present time, clinicians should be aware of the uneven level of quality in the app market and be familiar with a few reliable websites patients can visit for health education and be able to offer some guidance to patients using apps that store personal health information.

Discussion should address potential security risks and unauthorized disclosure of personal data, whether the product is evidence-based and in agreement with best practice guidelines and consider risks and potential benefits.

Note: The American Psychiatric Association has developed an App Evaluation Model to help clinicians evaluate health apps. The guidelines provide a list of issues that must be considered in order to make an informed decision about an app².

Sources

- 1 Nicholas, J., Larsen, M. E., Proudfoot, J., & Christensen, H. (2015). *Mobile Apps for Bipolar Disorder: A Systematic Review of Features and Content Quality*. *Journal of Medical Internet Research*, 17(8), e198. <http://doi.org/10.2196/jmir.4581>
- 2 APA (Ed.). (n.d.). *App Evaluation Model*. Retrieved November 16, 2017, from <https://www.psychiatry.org/psychiatrists/practice/mental-health-apps/app-evaluation-model>
- 3 Sarah R. Blenner, Melanie Köllmer, Adam J. Rouse, Nadia Daneshvar, Curry Williams, Lori B. Andrews. *Privacy Policies of Android Diabetes Apps and Sharing of Health Information*. *JAMA*. 2016;315(10):1051–1052. doi:10.1001/jama.2015.19426

> 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.

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.

Lindner Center of HOPE Receives Commitments Totaling \$75 Million from Community Leaders Linda and Harry Fath, and Frances and Craig Lindner Two of the Largest Mental Health Donations Ever Received in North America Will Fund Clinical, Research, Capital and Education Initiatives

Lindner Center of HOPE received commitments totaling \$75 million to enhance treatment for people with mental health disorders and reduce the stigma associated with mental illness.

Cincinnati business leaders and philanthropists Linda and Harry Fath have pledged a \$50 million challenge gift, while Frances and Craig Lindner have made a \$25 million commitment in response to this challenge. The gifts, to be given over their lifetimes, are the largest ever received by the Center, and two of the largest in North America made by individuals in the area of behavioral health.

The gifts underscore the Center and the Cincinnati region as national leaders in mental health care. The need is critical as mental health disorders affect more people nationally than cancer, heart disease, and diabetes combined.¹ However, research and access to treatment are severely underfunded in comparison.

The Lindner Center of HOPE will honor the Faths' extraordinary generosity by naming:

- The Chief Research Officer, Director of the Research Institute position: The Linda and Harry Fath Professor of Psychiatry

- Both of its inpatient units as:
 - The Linda and Harry Fath Young Adult Inpatient Unit
 - The Linda and Harry Fath Adult Inpatient Unit
- The endowment fund as: The Linda and Harry Fath Endowment

The funding will support the development and expansion of new clinical programs to provide treatment for conditions including depression, schizophrenia, bipolar, substance use, and eating disorders. It will help fund research, professional education, and capital improvements at the Center.

A portion of the gifts will be earmarked to provide patient financial assistance and public outreach to reduce stigma.

"Through these lead gifts, the Faths and Lindners are inspiring everyone with a passion to improve mental health care to join them in supporting Lindner Center of HOPE," said Dr. Keck.



“This is not a conclusion but a beginning. Together, we can ensure that people have access to life-changing care now and into the future.”