

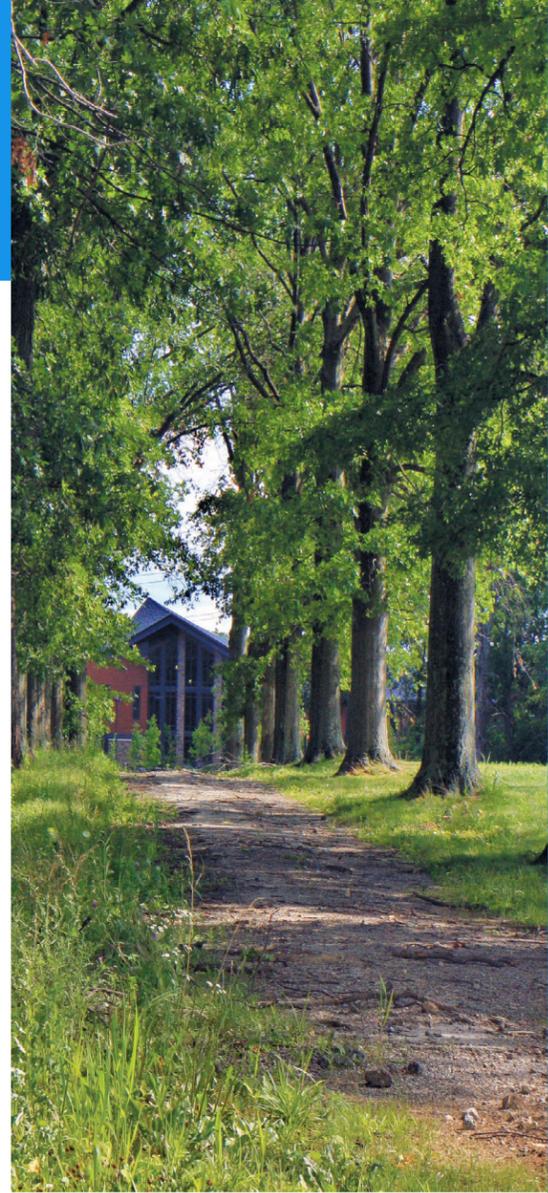
A Serene and Private Wooded Setting

Williams 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.

All 16 patient rooms are private, with full baths and quality linens and furnishings.

Other amenities include:

- Quality dining in a comfortable setting
- Quiet activity spaces
- A fitness area and gymnasium
- Faith Center



WILLIAMS HOUSE

Adult Stabilizing Evaluation and Treatment in a Residential Setting

Williams House at Lindner Center of HOPE, near Cincinnati, Ohio, offers an intimate and stabilizing residential environment for adults, age 18 and older, suffering with co-morbid mental health and addiction issues.

Lindner Center of HOPE |  UC Health.

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Lindner Center of HOPE |  UC Health.

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The Williams House Way

Williams House is a therapeutic setting, within the larger hospital, offering state-of-the-science care for individuals who may benefit from psychiatric evaluation, cognitive work, medication adjustments, medication compliance support, detoxification, observation and/or treatment initiation, including those with a thought disorder, mood instability, or unstable substance use disorder. Williams House was designed to be a stabilizing environment for the individual who does not require an acute inpatient level of care

(available onsite, if needed) but whose symptoms prevent them from being able to fully participate in or benefit from a typical psychotherapy-intensive residential stay. We know that the most important factor in determining the correct diagnosis and treatment of a mental illness is time spent with mental health professionals. This time lies at the core of the Williams House stabilizing evaluation. Our renowned multi-disciplinary clinical team of experts uses state-of-the-science assessment

methods and expertise to stabilize patients struggling with initial symptom onset and those with long-standing and complex issues that have led to multiple treatment failures. Robust group programming is also designed to meet patient needs. Williams House successfully cares for most mental health and addictive disorders, like depression, bipolar disorder, and anxiety, obsessive compulsive disorder and substance use disorder.



Williams House serves patients age 18 and older with:

- Depression & Bipolar Disorders
- Addictive & Co-occurring Psychiatric Disorders
- Anxiety & Obsessive Compulsive Disorders
- Disorders of Thinking & Related Conditions
- Emotion Dysregulation
- Complex, Co-morbidity
- Eating Disorders (not primary)

A Compelling Approach to Therapy Equips Patients with Tools to Succeed



The Williams House approach offers a clinical advantage for patients who:

- Are experiencing their first behavioral crisis or have recently been diagnosed with a mental disorder.
- Have struggled with long-standing mental illness and/or multiple diagnoses.
- Experience intermittent or escalating behavioral crises.
- Have reached an impasse with their current treatment plan.
- Are facing difficulties at work, school or home caused by substance or behavioral addictions.
- Had their medications changed three or more times in an attempt to alleviate their symptoms.
- May have multiple underlying issues that may be undiagnosed or need further assessment.
- Nothing seems to be working and the next steps are difficult to determine.
- May require different attention and support than would be expected in a typical residential environment.
- May require more attention to behaviors that could interfere with constructive immersion in a typical residential program.

Williams House Programs

10-DAY STABILIZING EVALUATION

During the first 10 days of the patient's stay the treatment team focuses on assessing and stabilizing the patient's presenting issues and formulating a treatment plan that will aid the patient in preparation for the next level of care. Through this period, the patient meets with a range of clinical professionals who form the multidisciplinary treatment team. During this time patients begin to form trusting relationships with staff who observe the patient's symptoms and help meet the patient's individualized needs. As the initial stay comes to a close, the patient and those involved in their care will receive an Evaluation Briefing session with the treatment team.

Key evaluation components include:

- Psychiatric evaluation, including psychopharmacological assessment, conducted over multiple sessions and tailored to the patient's individual symptoms and responses to treatment. Needed treatment adjustments may be recommended and initiated in the course of the stabilizing evaluation
- SCID: Structured Clinical Interview
- Assessment for addictions (including behavioral addictions)
- Psychosocial assessment and aftercare planning
- Nursing assessment
- History and physical assessment – internist
- Nutritional assessment
- Pharmacogenetic testing (genetic testing) when indicated and at an additional charge
- Spiritual assessment upon request
- Clinical observation through group therapy and therapeutic milieu involvement
- Recreation therapy assessment



10-DAY SUBSTANCE USE DISORDER DETOX AND EVALUATION

Individuals suffering from a primary substance use disorder can receive medical support through detox, an evaluation, stabilization, and an individual compass to guide them on the journey to recovery. In addition to an average nine hours of daily programming, including intensive group therapy, patients will receive an additional 10 hours of internal addiction programming and community support groups. The addictions team at Williams House, which includes an addiction specialist and licensed chemical dependency coach, offers a 360-degree approach to support the patient through symptom relief.



CONTINUING TREATMENT

At the conclusion of their initial stay, patients often choose to remain at Williams House for continuing treatment to continue following their treatment plan. Additional treatment can be added in the length of 18 days or 7 day intervals. Full neuropsychological testing may be performed to better define strengths and weakness and to help clarify the diagnostic picture on recommendation of the treatment team during an extension period and once symptoms have stabilized to the point that such testing would be valid and, therefore, clinically meaningful.



28-DAY EXTENSION PROGRAM

The patient's team is led by the attending psychiatrist and includes a doctoral level psychologist, master level social worker, licensed clinical professionals, group therapists, dietitian, 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 events. 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 Williams House.