

## SHARE YOUR FEEDBACK

Thanks for your continued interest in Lindner Center of HOPE, we would appreciate your positive comments about our impact in the community.



## ABOUT UC HEALTH

UC Health includes University Hospital, ranked the best hospital in the region by *US News and World Report*; West Chester Hospital, Cincinnati's newest hospital; Drake Center, Cincinnati's premier provider of long term acute care; UC Physicians, Cincinnati's largest specialty practice group with 650 board-certified clinicians and surgeons; the Lindner Center of HOPE, the region's premier mental health center, and the UC Cancer Institute, the UC Cardiovascular Institute, the UC Neuroscience Institute and the UC Diabetes and Endocrinology Institute. To learn more, visit [UCHealth.com](http://UCHealth.com).

## ABOUT LINDNER CENTER OF HOPE

Lindner Center of HOPE<sup><http://www.lindnercenterofhope.org></sup> provides excellent, patient-centered, scientifically-advanced care for individuals suffering with mental illness. A state-of-the-science, mental health center and charter member of the National Network of Depression Centers, the Center provides psychiatric hospitalization and partial hospitalization for individuals age 12-years-old and older, outpatient services for all ages, diagnostic and short-term residential services for adults, intensive outpatient program for substance abuse and co-occurring disorders for adults and research. The Center is enhanced by its partnership with UC Health as its clinicians are ranked among the best providers locally, nationally and internationally. Together Lindner Center of HOPE and UC Health offer a true system of mental health care in the Greater Cincinnati area and across the country.

## LINDNER CENTER OF HOPE RESEARCH INSTITUTE

The Research Institute at the Lindner Center conducts multiple studies to investigate the root causes of mental illness and to find new and better treatment options for individuals with a psychiatric disorder.

**New:** The Research Institute has launched a clinical study to evaluate an investigational medicine in adults with depression.

The purpose of this clinical research study is to determine the safety and effectiveness of an investigational medicine. This investigational medicine is being evaluated in people with depression.

You may be able to participate in this study if you:

- are 18–74 years of age
- have been diagnosed with depression
- have taken antidepressants in the past that did not work well for you
- are currently taking an antidepressant medication but still have symptoms of depression.

Additional eligibility criteria will be assessed by the study doctor or staff during the screening process prior to being enrolled in the study and receiving any investigational medicine. Not all individuals may qualify to participate in the research.

### Ongoing studies:

- A study to evaluate Mydayis in patients age 18-55 and on a mood stabilizer with bipolar depression.
- A study to evaluate a novel compound on weight loss in patients diagnosed with stable bipolar disorder.
- A study to evaluate the effects of a novel non-invasive spinal stimulation in un-medicated major depressive disorder.
- A study to evaluate the safety and effectiveness of an investigational drug for post-traumatic stress disorder.

### Interested in participating?

Please contact us at [www.lcoh.info](http://www.lcoh.info) where you can learn more about the ongoing studies and fill out a study related questionnaire.

You can also call us at: 513-536-0716

[www.lindnercenterofhope.org](http://www.lindnercenterofhope.org)

(513) 536-HOPE (4673)

Lindner Center  
of HOPE

**UC** Health™

Interested in touring  
Lindner Center of HOPE?  
Contact Jennifer Pierson at (513) 536-0316.

Follow us on

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

# The Source

Lindner Center  
of HOPE

**UC** Health™

PSYCHIATRY AND PSYCHOLOGY NEWS FOR MENTAL HEALTH PROFESSIONALS

December 2020

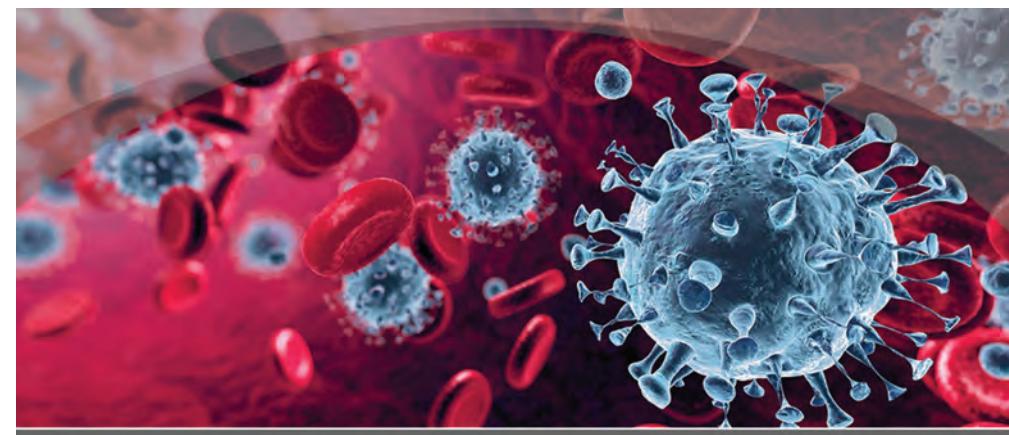


## Events

Jan. 1  
New Year's Day

Jan. 12  
National Pharmacist Day

Jan. 18  
Martin Luther King Day



## Lindner Center of HOPE COVID-19 Update

The safety and wellbeing of our patients, clients and employees is our top priority. As we continue to serve the mental health needs of the community-at-large, we have created a page on our website with the latest updates and information. Please visit <https://lindnercenterofhope.org/covid-19-updates-and-resources/>.

## Grief During the Holidays

By Danielle J. Johnson, MD, FAPA

*Lindner Center of HOPE, Chief Medical Officer*



Many people have experienced loss of several types during the COVID-19 pandemic – employment, financial security, social connections, a sense of safety, and loved ones. The way we grieve has changed because we cannot rely on our support systems to be physically there for us due to restrictions with social distancing. With the increasing number of COVID-19 cases, the holiday season will be different this year – no holiday parties, large family gatherings, or other traditions. It is difficult to be physically separated from loved ones, but even more difficult for those who may be experiencing their first

Danielle J. Johnson, MD, FAPA

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### holiday season after the loss of a loved one.

What are some ways that we can manage grief during this unprecedented holiday season?

- Take charge of your holiday season: Anticipating anxiety about the holiday, especially if it is the first one without a loved one, can be worse than the actual holiday. Taking control of your plans and deciding how you will spend your time can relieve anxiety. Do not spend time where you do not feel emotionally safe or comfortable.
- Find nourishment for the soul: Your faith community may offer resources. Look for a support group for people who have suffered a similar loss or for those who are alone. Due to the pandemic, many support groups are online.
- Give yourself permission to change your holiday traditions: Some traditions may be a comfort, while others may be painful. Some traditions will have to change due to the pandemic. It is ok to start new traditions. Many families are finding ways to celebrate virtually.
- Change how you give: Give a gift on behalf of your loved one to someone else or donate to a charity in memory of your loved one. If you are spending less due to not spending the holidays with loved ones, consider giving more to charitable organizations.
- Do not let guilt overtake you: You can enjoy the holiday without your loved one. Celebrating does not mean you do not miss or have forgotten about your loved one.
- Be gentle with yourself: Realize that familiar traditions,

sights, smells and even tastes, may be comforting, or may trigger strong emotions. Be careful with your emotions and listen to yourself.

- Do not pretend you have not experienced a loss: Imagining that nothing has happened does not make the pain of losing a loved one go away or make the holidays easier to withstand. It is ok to talk with others about what you have lost and what the holidays mean to you.
- Pay attention to your health: It is often difficult for people who have experienced a recent loss to sleep. Make sure you get regular rest. If you feel overwhelmed, talk with your health care provider.
- Experience both joy and sadness: Give yourself permission to feel happiness and pain. Do not feel like you must be a certain way because of your loss or because it is the holidays.
- Express your feelings: Suppressing your feelings may add to distress. To express your feelings, talk with a supportive friend or journal.

How can support persons help those who are grieving during this holidays season if we cannot physically be there? Be available to listen. Send cards, gift cards for meals, offer to help shop, or decorate the outside of the home. If you are concerned about their mental wellbeing, offer to help them find a support group or encourage them to reach out to their health care provider for help.

### Resources

<https://www.griefshare.org/holidays>

<https://whatsyourgrief.com/alone-together-14-ideas-for-a-virtual-holiday/>

<https://coronavirus.ohio.gov/wps/portal/gov/covid-19/families-and-individuals/resources-for-parents-and-families/holiday-celebrations>

Crisis Text Line, text CONNECT to 741741 for 24/7 help from a crisis counselor

Ohio Care Line, call 1-800-720-9616 for 24/7 support from behavioral health professionals

### IN THE NEWS

## Lindner Center of HOPE Announces 2021 Free Community Education Series

Lindner Center of HOPE is pleased to announce the topics and presenters for its 2021 Community Education Series. The series is intended to offer an expert discussion of mental health, substance use disorders, treatment and coping strategies.

Manor House, Mason, has provided ongoing support for this series. As long as permissible given COVID restrictions, presentations will be offered live at the Manor House the third Wednesday of every other month from 6pm to 7:30 pm EST. Those unable to attend in-person can participate virtually, made possible by the support of Community Partners.

For the schedule and registration visit: [lindnercenterofhope.org/education](https://lindnercenterofhope.org/education)



## Lindner Center of HOPE to Offer Four Free Webcasts in 2021

Lindner Center of HOPE is pleased to announce four free webcasts in 2021. The webcasts are part of our Exploring Mental Health Series and offer 1 CEU to participants interested in credits.

The first webcast will be February 9, 2021, 5:30-6:30pm EST, presented by Chris Tuell, , EdD, LPCC-S, LICDC-CS, Lindner Center of HOPE, Clinical Director of Addiction Services on The Need for Assessment During/After Detox – Pulling Back the Covers on Substance Abuse.

Registration and the full schedule can be found at:

<https://lindnercenterofhope.org/theneedforassessment-webcast/>



Chris Tuell, , EdD, LPCC-S, LICDC-CS