

*This program is supported, in part, by a grant from The Farmer Family Foundation.*

Depression and bipolar disorder, also known as mood disorders, are common. About one in 10 Americans suffers from a mood disorder. Mood disorders can be complex and challenging to treat, especially when complicated by the presence of another mental illness or addiction, commonly referred to as a co-occurring condition. But leading researchers and clinicians at Lindner Center of Hope offer the knowledge, wisdom and experience to treat mood disorders and other co-occurring conditions.

## **Lindner Center of Hope offers a program steeped in compelling research by renowned clinicians and researchers.**

Top researchers Paul E. Keck, Jr., MD, and Susan L. McElroy, MD, and the team at Lindner Center of Hope, created a landmark program for the successful treatment of mood disorders. Their research, vision and oversight have greatly enhanced how mood disorders and co-occurring conditions are diagnosed and treated.

## **Discover unprecedented access to clinical expertise.**

The Center leverages the latest advancements and protocols as well as proven techniques for most conditions.

Adolescents and adults receive unprecedented access to a distinguished team of clinicians at one location. Treatment includes an integrated combination of Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), Insight Oriented Therapy (IOT), family therapy, and calibrated medication therapy for positive long-term outcomes. The state-of-the-art facility also houses three modalities proven to resolve treatment resistant mood disorders:

- State-of-the-art Transcranial Magnetic Stimulation (TMS) Therapy – a safe, proven, FDA-approved technique.

- Industry standard Electroconvulsive Therapy (ECT) – a proven, low-risk technique
- Esketamine clinic – found to improve long-term potentiation and neuronal health.
- Medication Management Effective use of medications for acute and long-term treatment. Staff are adept at calibrating medications and adjusting to patient needs.

## **Individualized treatment for depression and bipolar disorder helps patients live better.**

At Lindner Center of Hope, the team of expert psychopharmacologists, psychotherapists, researchers, and clinicians works collaboratively to diagnose mood disorders and any other co-occurring conditions. Because mood disorders can be complex, a thorough and accurate assessment is the foundation for treatment. What follows is a custom treatment plan designed to help patients better manage their conditions.

Patients can receive treatment for major depressive disorder, dysthymic disorder, bipolar disorder, seasonal affective disorder (SAD), psychotic depression, postpartum depression, and other mood disorders.



**Paul E. Keck, Jr., MD, Psychiatrist in Chief and Founding President and CEO – Emeritus**

*7th most cited in the world in psychiatry and psychology over the last decade*

**Susan L. McElroy, MD, Chief Research Officer**

*8th most cited in psychiatry and psychology since 1996*

**John M. Hawkins, MD, is the current Director of the Bipolar Disorders Clinic at Lindner Center of Hope**

# Focus on therapy

## A Compelling Approach to Therapy Equips Patients with Tools to Succeed

To effectively treat mood disorders, clinicians use a carefully developed blend of therapy proven to deliver the best outcomes. Psychotherapy can help patients understand their symptoms and provide tools and strategies to manage symptoms and lead productive lives.

### Psychotherapies: IOT, CBT, DBT and Trauma Informed Care

#### IOT

- **Insight Oriented Therapy (IOT)**  
Clinicians work with patients to improve self-awareness and identify behavior patterns by evaluating how past events impact thoughts, feelings and behaviors that have led to difficulties with moods and relationships. For many people, these insights can lead to positive changes in how they cope with stress in their life and can reduce and maintain the reduction of depressive symptoms.



#### CBT

- **Cognitive Behavioral Therapy (CBT)**  
This progressive therapy helps identify and challenge a patient's negative thought patterns and encourages behaviors designed to counter-act depressive symptoms.

#### DBT

- **Dialectical Behavioral Therapy (DBT)**  
Is a proven and effective treatment designed to help patients develop strategies to manage life's challenges and improve well-being. DBT combines individual counseling with group skills training focused on mindfulness, interpersonal effectiveness, distress tolerance, and emotion

regulation. These skills assist patients in avoiding extreme behaviors that limit the ability to function and encourage change to a more successful and fulfilling life.

#### Trauma Informed Care

Past trauma can influence thoughts, feelings, and behaviors. This treatment approach focuses on building trust, safety, and empowerment. Care is delivered with compassion and respect. Avoiding re-traumatization by recognizing triggered sensitivities.

#### Integrative Mental Health

Integrative Mental Health considers other reasons for depression, such as an altered microbiome, chronic inflammation, hormones, mitochondrial dysfunction, dietary sensitivities, genetic mutations, and the role of neurogenesis. Integrative Mental Health focuses on the whole person in order to promote recovery as holistically as possible from a mental health diagnosis. Lindner Center of Hope provides access to Integrative Mental Health interventions.

#### Family Therapy

Family Therapy, an inclusive approach to education and therapy, assists the patient and supports the family.





# Levels of Care for Addressing Depression and Bipolar Disorder

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The successful treatment of depression and bipolar disorder correlates to being able to meet the patient where they are. Effective care is delivered to address the level of complexity and severity of illness. Lindner Center of Hope has developed a full continuum of care, offering options that can aid patients in reaching recovery and remission and sustaining symptom improvement.

## Outpatient Care

Most patients with mood disorders can be treated effectively on an outpatient basis. In many cases, with telehealth. Comprehensive outpatient services guided by experts in the clinical practice group, Lindner Center of Hope Professional Associates (LCOHPA), establish an individualized program using a combination of the newest protocols and proven techniques.

## Partial Hospitalization for Adults

When an adult's daily functioning is impaired by mental illness, yet criteria is not met for hospitalization, the Adult Partial Hospitalization Program (PHP), called Mindful Transitions, provides intensive treatment in a safe and therapeutic environment, without full hospitalization. Partial hospitalization helps patients progress to the point where standard outpatient appointments can be effective.

## Inpatient Treatment

Inpatient treatment focuses on quickly resolving serious and life threatening symptoms. The treatment team leverages medication management

and supportive psychotherapy in a safe, structured environment.

## Partial Hospitalization for Adolescents

When an adolescent's daily functioning is impaired by mental illness, and full hospitalization is not the appropriate level of psychiatric care, Lindner Center of Hope's Adolescent Partial Hospitalization Program (PHP) may be a solution.

PHP is a treatment option for adolescents age 12-18 (if still in high school) and is beneficial for parents and families seeking a therapeutic environment for their children struggling with mental health problems.

## Additional Therapies

Lindner Center of Hope has successfully treated recurring and treatment-resistant (or treatment-refractory) mood disorders using safe, effective, FDA-approved protocols, such as Transcranial Magnetic Stimulation (TMS) Therapy, the widely used and highly successful Electroconvulsive Therapy (ECT), and Esketamine. These therapies are available at Lindner Center of Hope's Farmer Family Neuromodulation Center.

## Adult Assessment and Residential Treatment Programs

Lindner Center of Hope's exceptional assessment programs for mental health and addictions are set in a serene therapeutic environment and staffed by impressive treatment teams. We go beyond other programs with in-depth assessment and prepare patients for their next level of care.

### Williams House

offers psychiatric evaluation, cognitive work, medication adjustments/compliance, detox, observation and treatment.

### Sibcy House

offers comprehensive diagnostic assessment and treatment using proven methodologies to arrive at a conclusive diagnosis used to guide patient's individualized treatment plan.



# Access To Cutting Edge Research

Susan L. McElroy, MD  
Research Institute

at



LINDNER  
CENTER OF HOPE

Lindner Center of Hope in affiliation with the University of Cincinnati (UC) College of Medicine conducts advanced research in genetics, brain imaging, psychopharmacology, psychotherapy, and health service delivery. This research provides new methods to better prevent, diagnose and treat common mental illnesses like major depression and bipolar disorder in adolescents, adults and senior individuals.



**Research studies and the advances they lead to are closely integrated into the evidence-based treatment programs provided at Lindner Center of Hope.** Lindner Center of Hope, research informs patient care each and every day.

Nationally and internationally regarded clinician-scientists at the Research Institute work in collaboration with top

investigators at the University of Cincinnati College of Medicine and other leading academic research institutions around the country.

Lindner Center of Hope researchers have been instrumental in bringing six new drugs to market for depression and bipolar disorder for improved therapeutic efficacy and safety.

As charter members of the National Network of Depression Centers (NNDC), the Research Institute at Lindner Center of Hope plays a leading role in fostering breakthroughs in the field of mental health, while contributing to information sharing and rapid translation of new treatments into clinical settings of the network's members nationwide.

In addition, the Research Institute is a member of the Harvard-based Clinical Trial Network and a research partner of the Mayo Clinic on the Bipolar Biobank.



*Collaborating with Mayo Clinic  
on the Bipolar Biobank*



[Lindner Center of Hope](http://www.lindnercenterofhope.org) in Mason, Ohio is a comprehensive mental health center providing exceptional mental health services and improving the health of our community. We achieve this through expertise, innovation, research, education, advocacy, and putting people first. We start by meeting individuals wherever they are on their journey and relentlessly pursue excellence in all we do.

Referrers, patients and families may call (513) 536-HOPE (4673) for more information. Learn more at <http://www.lindnercenterofhope.org>



LINDNER  
CENTER OF HOPE

4075 Old Western Row Rd.  
Mason, OH 45040  
Main: 513-536-HOPE (4673)  
Toll free: 1-888-536-HOPE (4673)  
[lindnercenterofhope.org](http://lindnercenterofhope.org)