



# Premier Adult Assessment and Residential Treatment Services at Sibcy House

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TRANSFORMING MENTAL HEALTHCARE  
WITHIN THE PHASES AND STAGES OF CARE



LINDNER  
CENTER OF HOPE



# Transforming Patient Care: A Deeper and Wider Approach

Most psychiatric disorders co-occur with other mental health conditions, with medical issues, or addictions. Patient populations now reflect complex comorbidity. In fact, we find that most patients consistently exhibit three or more significant challenges to their well-being, including struggles with addiction, trauma, and more.

Lindner Center of Hope's premier adult assessment and residential services program recognizes the importance of identifying complex comorbidity to improving patient outcomes. In fact, in-depth evaluation and assessment is essential for determining the next steps of treatment of complex comorbidity.

## The Formula of Assessment and Treatment

### **Clarity is the Goal**

Mental illness, addiction, trauma, OCD, attentional deficits, and more are often complexly interwoven. Every person's experience and life is also unique. Clarifying or teasing out as many facets of a person's life as possible through evaluation and assessment can help make an accurate diagnosis and workable treatment plan attainable.

### **The Approach is Not One-Size Fits All**

The unique presentation of mental illness and addiction in every individual, coupled with varying levels of severity of illness, makes a singular path for evaluation and assessment inadequate. The assessment must be tailored to the needs of the individual so that in the process of gathering and interpreting information we can confidently answer the question, "where do we go from here?"

# Lindner Center of Hope addresses all phases of assessment.

Our residential offerings provide an individualized path to the insights and solutions sought by patients, families, and referral sources. At Sibcy House, we can:



Evaluate and stabilize presenting issues



Observe and assess a patient's functioning through group therapy and therapeutic milieu involvement



Gather insights through multidisciplinary treatment team rounding and collaboration



Utilize testing instruments tailored to patient's specific needs



Develop comprehensive clinical recommendations and present them in a structured feedback meeting for families, partners, and referrers



Continue treatment through evidence-based medication and/or psychotherapeutic approaches or referrals to other outpatient or residential programs.

Extended treatment at Sibcy House is customized to the individual. In some cases, this could also include the addition of Electroconvulsive Therapy (ECT), Transcranial Magnetic Stimulation (TMS), or Esketamine treatment.

We see beyond diagnosis. We see you.



We work across life stages and  
treat complex comorbidity on  
an individual basis.



## **Residential care at Sibcy House includes care for people across the lifespan:**

### **Late Teens (18 and 19 years old)**

- Evaluation and/or assessment to help chart a future path
- Early intervention around emerging conditions, which helps improve outcomes
- Coping skills to assist with independence
- Family therapy to address failure to launch issues
- Future planning (e.g., college, work, relationships)
- Problem solving regarding difficulties in starting college
- Education and treatment for emerging/existing substance use issues

### **Early Adulthood (20 to 35 years old)**

- Evaluation and assessment, including identifying emerging disorders
- Clarification of future goals
- Enhancing motivation for recovery
- Values clarification
- Individual identity discovery
- Negotiating mental health issues in college and early career
- Negotiating parenting and mental health/addiction concerns

### **Mid-Life (35 to 50 years old)**

- Evaluation and assessment for next steps, life direction
- Stress management
- Assisting high level professionals with self-care
- Coping with life transitions (i.e., health changes, launching children, divorce, etc.)

### **Mature Adulthood (50 to 80 years old)**

- Introduction to RDBT, an evidence-based treatment that promotes increased flexibility and ease of coping and is often helpful to older adults
- Evaluation and/or assessment to help plan the next life phase
- Adjusting to retirement or other life role changes
- Aging, chronic illness, loss of spouse, and grief
- Creating a network of support
- Transitioning of a family business
- Coping with chronic pain

### **Late Adulthood (80+ years old)**

- Evaluation and/or assessment for “what now”
- Coping with aging, failing health, dying
- Coping with chronic pain



*Patients often comment that their clinical team was "smart and kind."*

## A treatment team that prioritizes individual care.

The staff who conduct mental health assessments and provide treatment are also the ones responsible for the outcomes and successes. The impressive team of mental health professionals who conduct evaluations and provide treatment at Sibcy House are full-time staff and faculty of the University of Cincinnati College of Medicine. They work on-site and are highly credentialed in a variety of subspecialties. This level of expertise transforms the nature of clinical teamwork. Physicians, psychologists, and specialists work side by side daily to share timely and critical patient information. This collaboration is core to our DNA.

And while Lindner Center of Hope clinicians bring enormous competence to the work, our genuine care for people who are suffering is felt and appreciated. Many tell us that our kindness, honesty, and dedication provide the inspiration and hope they need to move forward.



### **Subspecialties**

- OCD/Anxiety
- Addictive Disorders
- Thought Disorders
- Eating Disorders
- Depression and Bipolar Disorders
- Attention Disorders



When empathy meets excellence, lives are changed.



# Our environment reflects an innovative approach to care.

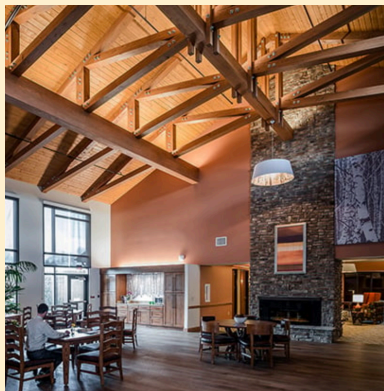
Sibcy House is nestled in a resort-like, safely secured setting on 54 wooded acres. A spacious, residential home-like setting, Sibcy House offers single private rooms with baths.

Sibcy House is part of a full continuum of mental healthcare. If needed, adult inpatient units are available for additional support and crisis stabilization. The Lindner Center of Hope also includes a state of the science research center under the supervision of renowned researcher, Susan McElroy, MD.

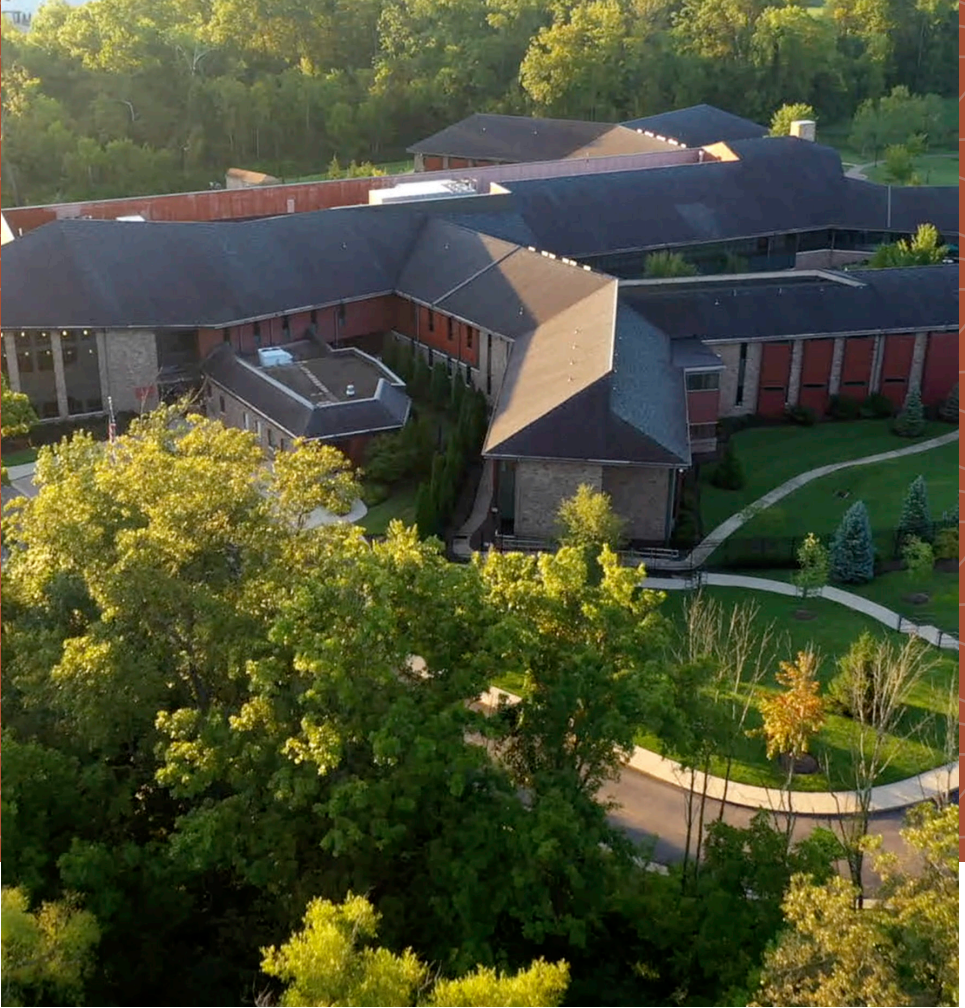
This full continuum of care for adults, including an outpatient clinic with a partial hospitalization program (PHP), is found in one location, near airports and major highways, and convenient to accommodations for out-of-town families.

We look forward to the difference that Sibcy House can make in your life.

## Sibcy House: Comprehensive Diagnostic Assessments and treatment in a therapeutic residential setting.



- Complex mental health, addiction or co-morbid conditions, including OCD, anxiety, thought disorder, emotional dysregulation, personality disorders, trauma, attention disorders, neurodivergence/autism, and more
- Neuropsychological testing, sub-specialty evaluations and assessments, and ongoing 24-hour observation
- Intensive treatment
- Next step recommendations
- Treatment extension



Please contact our residential admissions team to learn how the Lindner Center of Hope premier assessment and residential services might benefit your clients, you, or your loved one.



## LINDNER CENTER OF HOPE

Call 513-536-0537

Or visit [lindnercenterofhope.org/residential-treatment-programs/](https://lindnercenterofhope.org/residential-treatment-programs/) to learn more.

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