

Lindner Center of HOPE Depression and Bipolar Disorder Program

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Lindner Center of HOPE

Depression and Bipolar Disorder Program

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 leading clinicians and researchers.

Top researchers Paul E. Keck, Jr., MD, CEO, and Susan L. McElroy, MD, and their team at Lindner Center of HOPE, have 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.



Paul E. Keck, Jr., MD, President & CEO
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

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 two 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

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

At Lindner Center of HOPE, patients directly benefit from research led by expert clinicians — Paul Keck, Jr., MD, and Susan McElroy, MD. Their work advances what is known about depression and bipolar disorder, known as mood disorders, leading to more productive and effective care.

The team of expert 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.

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. Therapies teach patients how to manage symptoms and behaviors to enable productive, rewarding lives:

Psychiatrists

Psychiatrists who understand the function of medications in acute and long-term treatment provide a balance of Insight Oriented Therapy (IOT) sessions and medication management.

- **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.

- **Medication Management**

The staff understands how to effectively use medications for acute and long-term treatment. They are adept at calibrating medications and adjusting to patient needs.



Psychologists use Cognitive Behavior Therapy (CBT)

Psychologists use CBT and one of the most current, scientifically proven treatments — Dialectical Behavior Therapy (DBT) — to support patient recovery and long-term wellness.

- **Cognitive Behavioral Therapy**

This progressive therapy helps identify and challenge a patient's negative thought patterns and encourages behaviors designed to counter-act depressive symptoms.

- **Dialectical Behavioral Therapy (DBT)**

This differentiating approach to treatment helps patients develop strategies to manage quick and strong fluctuations in emotions. No other facility in the greater Cincinnati area offers more expertise in DBT than the Lindner Center of HOPE. Clinicians trained to use DBT support the development of skills and 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.

- **Integrative Mental Health**

The field of 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. At the Lindner Center of HOPE Integrative Mental Health programming includes genotyping that enables the detection of the MTHFR genetic mutation, and treats accordingly. Micronutrient, thyroid, and metabolic testing is also offered with appropriate recommendations on diet and lifestyle changes.

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

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

PHP is a treatment option for adolescents age 12-17 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 the promising Transcranial Magnetic Stimulation (TMS) Therapy or the widely used and highly successful Electroconvulsive Therapy (ECT). Both therapies are available at Lindner Center of HOPE's Farmer Family Neuromodulation Center.



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

at Lindner Center of HOPE offers an intimate and stabilizing residential environment for adults, age 18 and older, suffering with co-morbid mental health and addiction issues, who may benefit from psychiatric evaluation, cognitive work, medication adjustments/compliance, detox, observation and treatment initiation. The clinical team applies their expertise to facilitate stabilizing evaluation and next level of care recommendations.

Comprehensive Diagnostic Assessment for Children and Adolescents

Lindner Center of HOPE is affordable and accessible in an intensive outpatient program for young people age 6 to 17 (18 if still in high school). A skilled and experienced diagnostic team focuses on intensive assessment over 3.5 days working with the patient, family and other treatment partners, considering genetic, psychological and social factors affecting well-being and functioning. A clear and accurate diagnosis creates the foundation for an effective treatment plan.

Sibcy House

The Sibcy House is our comprehensive diagnostic assessment and treatment program for adults. Often, patients arrive at Sibcy House with multiple diagnoses and a history of treatment attempts. We use proven methodologies to arrive at a conclusive diagnosis and use it to guide our patient's individualized treatment plan.





Research

I N S T I T U T E
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.



Patients in the Depression and Bipolar Disorder Program

Patients in the Depression and Bipolar Disorder Program receive a thorough evidence-based treatment plan, developed using state-of-the-art techniques, in collaboration, with their clinician(s) at Lindner Center of HOPE. With a model that views the patient as the head of their treatment team, each clinician contributing to the individual's treatment provides input into the treatment plan which is reviewed by the patient.

As each patient has unique circumstances, clinical staff work to customize care to meet individual needs.

Additionally, clinical staff work with each patient to look ahead at the future; planning not only how to get and keep the patient well, but also planning for relapse prevention.

Outcomes of this program are measured with proven rating instruments.



Lindner Center of HOPE in Mason is a comprehensive mental health center providing 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 residential services for adults, and research. The Center is enhanced by its partnerships with UC Health and Cincinnati Children's Hospital Medical Center as their clinicians are ranked among the best providers locally, nationally and internationally.



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