



Courage to Trust the Process

One family's journey to the benefits of residential treatment for their adult son.



It's been a year since our son got in the car for the drive to Cincinnati to be admitted to the Lindner Center of HOPE.

We'd identified Lindner months earlier as a potentially good resource for him. But that hadn't mattered as long as our son denied that anything was wrong, that he needed help or that some program might be a critical step to regaining his life. In the year since then, we're grateful beyond words that our son eventually did ask for help and that the team at Lindner provided him with the exact foundation he needed for a life reset. As for our thinking that Lindner would be a good resource, we were wrong: Lindner was an extraordinary resource beyond our imagination. From the admissions team, to a range of clinicians and the house staff, the Lindner team was competent, pragmatic and a great fit for our son. Our son feels the same way, too.

Ann and Michael's son, Rob, was in his late 20s when he asked to move home for a reset. They asked about his goals in an attempt to explore what was really going on. In the end, they agreed they were not going to turn him away. "We knew we were going to learn something. We just didn't know what," Michael confessed.

They knew Rob had not been thriving after having to work from home during COVID and after a long-term relationship had ended.

Over several months of Rob living at home, there were numerous signs that things were not right.

"He worked late shifts bartending and started not coming home, often for days at a time. Communication was strained. It was problematic trying to have a substantive conversation with him," Michael recalled. "We knew we did not have the full picture."

Ann added, "We were suspicious of drug and alcohol use. We knew things weren't right." All of this led them on a path to determine what to do. They did their research and asked trusted friends and family for advice.

In late 2022, they sat down to talk with Rob about how it was going. Rob revealed that he'd been unhappy for a very long time. Michael put it on the table, "Was 2023 going to be the next year of unhappiness or could it be something else?"

More conversations took place that month including one where Ann and Michael suggested the Lindner

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Center of HOPE. Rob's immediate response was "No," adding, "Maybe I need to move out." Ann said, "Maybe you need to move out." And then that happened.

Several weeks later, Rob changed his mind, apparently having recognized that his current trajectory was unsustainable... in pretty much every aspect of his life. He was ready for help. That's when Rob and Michael hopped in the car for the drive to Lindner.

Rob allowed Michael to sit in on his admissions meeting. "Watching James do the intake was observing deep competence at work. He asked Rob pertinent and revealing questions, all the while maintaining interest, empathy, and engagement. I was impressed that James made it comfortable for Rob to open up and start the healing process."

Michael emphasized that while finding the best fit for your loved one is challenging, "the Lindner Center of HOPE looked like a great fit for Rob. We had heard stories of someone leaving a program early when the fit was amiss. This could be for a variety of reasons, but you hope to find the right program then trust the process."



From our initial contact, the people at Lindner Center of HOPE were so professional," Ann shared, while particularly recalling several sessions with [family therapist] Adan. "He did a great job of setting the ground rules for each session, leading to an effective exploration of tough topics."

Michael added, "We were really impressed with Lindner from the beginning. We knew the 10-day evaluation period wasn't a complete solution. But we knew it would be a good start." Ann noted that it was Rob who asked if he could stay on for another 28 days to continue his work with the Lindner team.

Ann beamed, "Today, he is healthier than he has ever been in his adult life. He has had great success in a transitional program in California and is now living on his own, committed to his recovery and health, and living a life he is so proud of."

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