

## Transcranial Magnetic Stimulation (TMS) Therapy for Adolescents

Transcranial Magnetic Stimulation- (TMS) Therapy is a non-invasive procedure that uses magnetic fields to stimulate nerve cells in the brain to improve symptoms of major depressive disorder, obsessive compulsive disorder and other diagnoses. Currently TMS is only approved for the treatment of depression in adolescents. TMS is prescribed by a psychiatrist, does not require anesthesia or sedation, and patients remain awake and alert. The treatment is typically administered daily for 7 weeks, and the patient is able to maintain their normal routine before and after beginning TMS therapy. Adolescents must be 15 years old or older.

Statistics show 83 percent of patients show a positive response to TMS and 62 percent experience remission of symptoms.

Call 513-536-0864 to discuss TMS therapy.

The Lindner Center of Hope Neuromodulation Center is also able to provide electroconvulsive therapy (ECT) to teens 14+.



4075 Old Western Row Road  
Mason, Ohio 45040  
[lindnercenterofhope.org](http://lindnercenterofhope.org)



## The Youth and Family Center at Lindner Center of Hope

### Child and Adolescent Services at Lindner Center of Hope

Mental health is an important part of overall health for children and adults. Childhood and adolescence are critical, formational years with 50% of lifetime mental health diagnoses beginning by age 14, 75% by age 24. Psychiatric illness, unfortunately, can disrupt these important stages of development, yet often go unrecognized or addressed until adulthood. For a young person with symptoms of mental illness, the earlier treatment is started, the better. Early diagnosis and treatment can help prevent more severe, lasting problems as a child transitions to adulthood.

[lindnercenterofhope.org/child-adolescent-treatment/](http://lindnercenterofhope.org/child-adolescent-treatment/)





### Child and Adolescent Outpatient Services

Lindner Center of Hope Professional Associates outpatient practice has a team of child and adolescent physicians and mental health practitioners that provide comprehensive diagnostic and treatment services in-person and through telehealth appointments, often with quick availability.

Lindner Center of Hope provides outpatient psychiatric consultations, assessments, evaluations, psychotherapy (individual and group therapy), psychopharmacology, and neuropsychological testing services for children and adolescents, as young as age 2 (depending upon the service). A variety of expert consultations are also available, including for eating disorders, substance and internet addiction and Autism Spectrum Disorder.

The Child and Adolescent Team can address all symptoms/diagnoses including:

- Anxiety
- Depression
- Bipolar Disorder
- Eating Disorders
- Obsessive Compulsive Disorder
- Substance Use

**Call 513-536-0570 to schedule.**



### Meet the LCOHPA Child and Adolescent Psychiatrists and Nurse Practitioners:

Tracy Suzanne Cummings, MD  
 Heather Dlugosz, MD, FAPA, CEDS  
 Jessica Kraft, APRN, PMHNP-BC  
 Heather Melena, APRN, PMHNP-BC  
 Mary Montemayor, APRN-CNP, PMHNP-BC  
 Lauren Neiser, MSN, PMHNP-BC  
 Erin Snider, APRN, PMHNP-BC

### Testing Team:

Elisha Eveleigh-Clipson, PhD  
 Jennifer Farley, PsyD  
 Stacey Spencer, Ed.D

### Child/Adolescent Group Therapy Offerings include:

DBT and RO-DBT Skills Groups  
 PEERS Group



### Adolescent Partial Hospitalization Program

The Youth and Family Center at Lindner Center of Hope offers a Partial Hospitalization Program (PHP) for adolescents to receive day treatment, while living out their learned skills in the evenings and weekends at home. The goal of the program is to provide tangible insights and skills for adolescents and their families to apply to daily life. Learnings from this more intensive treatment are meant to foster resilience, improve communication, and maximize functioning. Coping skills can address:

- A variety of mental health diagnoses
- School concerns
- Emotion regulation
- Interpersonal interactions



Appropriate patients for the Adolescent PHP will be 12 to 18 (if still in high school) years of age with primary mental health concerns. Co-occurring presentations will be reviewed for appropriate fit. The standard length of the program is 10 business days.

**Call 513-536-0KID (0543) to schedule an assessment for PHP.**