

# A Heartfelt Letter of Gratitude to Sibcy House Residential Staff

To the Caregivers, Nurses, Therapists, Doctors, and Angels at Sibcy House and the Lindner Center of Hope,



Today marks seven months since I checked myself into Sibcy House. There truly are not enough words to express the depth of my gratitude for the care, compassion, and guidance I received there. My life is still the same life, but now it feels manageable, meaningful, and filled with hope.

When I made that first phone call, I was beyond desperate. I felt completely lost and hopeless, and I was fortunate enough to be given a room right away. During my ten-day assessment, I rarely engaged with other residents because I simply did not know how to exist in my own pain anymore.

Receiving my diagnosis was an enormous relief. For the first time, so many of my struggles and symptoms finally made sense.

From there, therapy and group sessions slowly helped me come back to myself. I began learning how to express my feelings, connect with others, and feel comfortable in my own body again. The work was intense – five days a week, eight hours a day – and at times emotionally exhausting. But somewhere along the way, I grew to love it. I grew to love the people around me, the healing, the honesty, and the growth. I showed up every day, and I did the work.

My therapist, Karly Danos, was truly a Godsend. I still thank God for her every single day. I had been in and out of therapy for years, but never once had I felt truly seen or heard until I met her. Karly reached me in a way no one ever had. She made me feel safe, understood, valued, and loved. She is one of the most genuine people I have ever met – loving, intelligent, direct, compassionate, and fun. She taught me how to love myself, how to sit with hard emotions, how to keep going on difficult days, and how to use my voice. She became my biggest support and cheerleader, and I honestly do not know how I would have made it through this journey without her. I carry her wisdom with me every day.

## **The mental health staff as a whole was incredible!**

I spent two months at Sibcy House, and my life today is filled with gratitude, love, and hope. My relationship with God is stronger, and my relationships with others are healthier and more meaningful. The hard days are still hard sometimes, but now I keep moving forward. I keep showing up. And that is because of everything I learned there.

I continue to work with an incredible therapist through the Lindner Center who supports me with patience, honesty, and compassion. I still feel seen and heard, and that alone has changed my life. I could go on forever about the staff there – truly the best of the best.

And that is the truth.

To the Lindner and Sibcy families: thank you for your commitment to Cincinnati and to mental health care. We are unbelievably lucky to have a place like this in our community. What you have built changes lives. I know because it changed mine.

*“Because I knew you, I have been changed for good.”*

With endless gratitude,

*Julie Z.*



**LINDNER  
CENTER OF HOPE**

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