



# Residential Treatment for OCD at Lindner Center of HOPE

---

Breaking the Pattern to Overcome OCD

Lindner Center  
of HOPE. |  Health™

Individuals suffering from obsessive compulsive disorders (OCD) can begin the road to recovery at Lindner Center of HOPE.

Lindner Center of HOPE, near Cincinnati, Ohio, specializes in the assessment and treatment of patients living with mental illness, with particular expertise in working with complex co-morbidity. Within Lindner Center of HOPE's residential settings, individuals within specialized OCD treatment tracks take progressive and proven steps to free themselves from the grasp of obsessive compulsive disorder and other anxiety conditions through their customized treatment plan. Each patient is placed in a level of care based upon symptom severity.



Lindner Center of HOPE has the unique capability to meet each patient where they are in their treatment journey, even at higher levels of acuity.

Residential OCD treatment at Lindner Center of HOPE was developed by experienced OCD specialists who serve as guiding members of the core treatment team. Lindner Center of HOPE's residential OCD track is located in a tranquil and therapeutic setting, with single-occupancy patient rooms and 24-hour nursing care. The diverse patient population, more closely resembles a natural environment, which enhances preparedness for the return to a step-down level of care or home. Each patient's treatment team includes a psychiatrist, licensed clinician and OCD specialist. Lindner Center of HOPE has an excellent reputation for successful outcomes with patients suffering with OCD.



**The patient's individualized treatment blueprint may encompass:**

- Comprehensive evaluation
- Tailored treatment that combines Cognitive Behavioral Therapy (CBT) and medication treatment with specific emphasis and daily practice of Exposure and Response Prevention (ERP) under the guidance of expert therapists
- Thoughtful and supportive approach to medication evaluation and compliance
- Proven treatment of co-occurring conditions
- Illness management and recovery groups
- Mindfulness training
- Spirituality/wellness groups
- Patient and family education





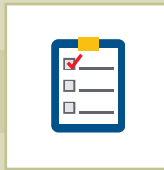
### Clients who may benefit from Lindner Center of HOPE's intensive residential OCD treatment track:

- Someone who has experienced multiple treatment failures and is seeking treatment success.
- Someone needing a customized treatment plan.
- Someone suffering with OCD and other co-occurring disorders.
- Someone who does well in an integrated milieu.
- Someone seeking patient-centered and collaborative treatment for their OCD.
- Someone seeking a supportive approach to medication evaluation and compliance.

### Individualized Progress of Treatment During Residential Stay



Pre-screening prior to admission



Treatment readiness evaluation



Psychoeducation about OCD and evidence-based treatments



Begin Exposure and Response Prevention (ERP)



Participation in group therapy



Weekday Individualized Support

**Includes:**

- Individual meetings with licensed clinician
- ERP (appropriate for level of acuity)
- Individualized Therapy
- Self-Directed Work
- Dialectical Behavioral Therapy (DBT)
- Acceptance and Commitment Therapy (ACT)
- Medication Management
- Options for additional support for co-occurring disorders, including substance use disorders





## Patient Story: Jill



Jill's obsessive compulsive disorder (OCD) symptoms were completely debilitating. Though her OCD was primarily related to ritualized behavior where she had to endorse compulsions to feel "just right", she also was unable to brush her teeth or bathe without supervision. Her parents were her main source of support, however, she was unable to hug them for the past two years due to her inability to touch people. Jill was also fearful of taking

medications, struggled with building and maintaining friendships and refused to discuss religion, despite her parents' Hindu beliefs. At age 25, OCD was disrupting Jill's life.

While at Lindner Center of HOPE, Jill worked with the integrated OCD team to develop a plan that identified a hierarchy of her OCD-related issues and together they began to address them. Exposure and Response Prevention (ERP) techniques were used on the unit and in the community so Jill and staff could work through challenging situations – facing her fears. The ERP techniques learned in individual therapy were solidified and enhanced by dialectical behavioral therapy (DBT) in group therapy and in Jill's own practicing.



**Jill's progress was significant.** When Jill's parents came to pick her up upon discharge, Jill ran to hug her mother, who was overwhelmed with tears of joy. Jill returned home and continued treatment progress with a local clinician, identified by Lindner Center of HOPE social work staff.

*(Identifiable details in this case were altered to protect patient privacy.)*



## Therapeutic Setting

All patient rooms are private, with **full baths and quality linens and furnishings.**

Other amenities include:

- **Inviting dining space**
- **Quiet activity spaces**
- **A gymnasium and fitness equipment**
- **Faith Center**
- **Walking paths, gardens and labyrinth**



Call Today (513) 536-0537 / (888) 53-SIBCY  
Admissions specialists and clinicians are available to confidentially discuss your unique circumstances.



Call Today (513) 536-0537 / (888) 53-SIBCY  
Admissions specialists and clinicians are available to  
confidentially discuss your unique circumstances.

Lindner Center  
of HOPE. |  Health™

Lindner Center of HOPE  
4075 Old Western Row Rd.  
Mason, OH 45040

[lindnercenterofhope.org/residential-treatment-programs](https://lindnercenterofhope.org/residential-treatment-programs)

Call today, (513) 536-0537 or (888) 537-4229