

IECA Fall Conference Follow-up

A note of appreciation from Dr. Paul Keck



Having worked in mental healthcare for as many years as I have, I am no stranger to the fact that the mental healthcare system is a challenging labyrinth. It is difficult for even the most knowledgeable individuals to navigate successfully. Throughout the week of the IECA conference, I had the pleasure of meeting and becoming acquainted with many individuals and programs whose mission it is to help families through the system, guiding them to find the help their loved ones need.

I am impressed by the quality, depth of compassion and breadth of knowledge with which each of you approaches your work. As President and CEO of Lindner Center of HOPE, I am hopeful that our Center makes the short-list of facilities to which you will refer families for acute crisis stabilization, comprehensive diagnostic assessments and short-term residential treatment. I understand your expectations are high, and if you are willing to give us a chance, we will partner with you to meet those expectations. For admissions, please call Kathleen Neher at 888-537-4229. Likewise, we look forward to working closely with you to meet our patients ongoing care needs.

If you were unable to attend one of our tours or connect with our staff members, we welcome your calls and your visits. Please contact Tom Parker at 513-536-0308.

Thank you again for the opportunity to be a part of your experience at the IECA conference in Cincinnati!

Sincerely,

Paul E. Keck, Jr., MD

President and CEO, Lindner Center of HOPE



Have you met Tom Parker?



Tom Parker is Lindner Center of HOPE's External Relations Director. His goal is to build relationships that will help identify the best resources for patients and their families.

Tom Parker will be attending NATSAP

in Arizona January 2011, feel free to call

him or email him to schedule a time to

connect, 513-536-0308 or tom.parker@

lindnercenter.org.

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Learn more about how we can help you with your clients, visit www.lindnercenterofhope.org/ieca

Key Recommendations from IECA Master Class, Co-Morbidity in Bipolar Disorder: The Rule, Not the Exception

Paul E. Keck, Jr., MD presented *Co-Morbidity in Bipolar Disorder: The Rule, Not the Exception* as the IECA Fall Master Class on Saturday, November 6, 2010.

Bipolar disorder is THE most complex mental health disorder, making identification and treatment very challenging. What makes this common mood disorder particularly complex is the high incidence of co-morbidity. Key recommendations from Dr. Keck's presentation include:

1. Realize that comorbidity is the rule, not the exception in bipolar disorder.
2. Assess affective and comorbid symptoms concurrently.
3. Focus pharmacotherapy on achieving mood stabilization. Use psychological treatments – eg, patient education or illness management – to address comorbidity issues.
4. Know the evidence – or the lack thereof – for the therapies used to treat bipolar disorder with comorbidities.
5. Avoid prematurely treating comorbidities with mood-stabilizing agents.
6. Before using antidepressants to treat anxiety disorders comorbid with bipolar disorder, consider mood stabilizers and atypical antipsychotics with demonstrated efficacy in anxiety.
7. Rethink requiring active alcoholics to “stop drinking” before treating their bipolar disorder, and select bipolar disorder therapies accordingly.

Early, accurate and thorough diagnosis leads to effective, individualized care

Lindner Center of HOPE gets to the heart of an individual's challenges with scientifically-based evaluation administered by caring professionals.

A Focus on Early Diagnostics

Research shows that early diagnosis improves a patient's rate of recovery. In addition, since genetics can play a role in mental illness, early screenings may help patients understand their possible risks. The Center's experienced staff has the tools and knowledge to identify conditions early, for immediate interventions and lasting solutions.

A Proven Approach to an Accurate Diagnosis

Lindner Center of HOPE takes a proven, thorough approach to assessing an individual's mental health, beginning with a complete 360-degree onsite evaluation. Diagnosis of mental illness is as accurate as diagnosing physical illnesses. And an accurate evaluation provides the groundwork for treatment that is specific to each patient's needs.

A Commitment to a Deep Understanding of Patient Needs

Research shows that nearly half (45 percent) of those with any mental disorder meet criteria for 2 or more disorders, according to the National Institute of Mental Health. Often, patients are aware that they need help for an addiction or mental illness, but do not realize that another mental

disorder may be the root cause or may be exacerbating symptoms or behaviors. This is called a co-occurring condition. The clinicians at Lindner Center of HOPE specialize in peeling away the layers of co-occurring conditions. Their expertise in diagnosing co-occurring conditions provides patients with a greater likelihood of long-term success.

Diagnostic Assessment for All Ages

Since accurate diagnostic assessments lay the groundwork for treatment and recovery, Lindner Center of HOPE offers comprehensive diagnostic assessments for adolescents and adults. For adolescents this systematic and thorough diagnostic process is designed to arrive at an accurate diagnosis for patients between the ages of 11 and 18 who are experiencing continuing mental health problems.

For adults, the comprehensive diagnostic assessment at Sibcy House is an in-depth diagnostic assessment, typically completed in 10 days or less and includes state-of-the-science testing and expert consultation to determine an accurate diagnosis, creating a personal blueprint for achieving recovery.



Schedule a time to visit Lindner Center of HOPE's treatment setting located on 36 acres in a serene and private wooded setting or you can take the “virtual” tour on our website now by visiting: www.lindnercenterofhope.org/About/VirtualTour.



All evaluations are available onsite and typically include a combination of the following, based on patient needs:

- **Psychiatric and Psychopharmacological Evaluation** – An assessment of the patient's mental health and use of medications to treat mental illness
- **Psychological and Neuropsychological Testing** – An evaluation of a person's mental health as well as cognitive and behavioral function
- **Neurological Assessments** – Tests used to diagnose conditions of the nervous system
- **Neurological evaluation** – A clinical assessment to detect any abnormalities or possible diseases of the nervous system
- **Sleep study consultation** – An exam to uncover possible common causes of sleep disruption
- **EEG (electroencephalogram)** – A test that measures the electrical activity of the brain
- **Substance Use and Addiction Assessment** – Screening and assessment for substance and behavioral addictions
- **Specialty Consultations**
- **Nutrition** – Assessment of individual nutritional needs and recommendations by registered dietitian
- **Medical** – Meeting with licensed physician to determine any needed medical actions or procedures
- **Evaluation of current therapies** – Careful review of existing treatments and therapies by experienced clinician or specialist
- **Second Opinions** – An additional assessment of a diagnosis or treatment to ensure accuracy, quality and effectiveness of recommended services
- **Brain Imaging** – A state-of-the-art MRI at the Brain Imaging Center that provides a view into the mind and may clarify a specific condition
- **Genetic Testing** – A helpful indicator of the effectiveness of some prescription medications in treating mental illnesses