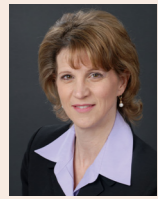


Adolescent Treatment Team



Robin T. Arthur, PsyD

Chief of Psychology
Special Interests:

- Mood disorders
- Parenting
- Cognitive Behavioral Therapy
- Dialectical Behavior Therapy
- Performance Psychology



Jennifer Bellman, PsyD

Neuropsychologist
Assistant Professor, University of Cincinnati
Special Interests:

- Dialectical Behavior Therapy
- Neuropsychological Testing



Scott Bullock, LISW-S

Family Therapist and Intake Coordinator
Special Interests:

- Obsessive Compulsive Disorder
- ADHD
- Eating Disorders
- Post Traumatic Stress Disorder
- Cognitive Behavioral Therapy



Leah Casuto, MD

Psychiatrist, Assistant Professor, University of Cincinnati
Special Interests:

- Bipolar Disorder
- Depression
- Psychotherapy
- Parenting
- Anxiety Spectrum Disorders



Paul Crosby, MD

Psychiatrist
Assistant Professor, University of Cincinnati
Special Interests:

- Anxiety Disorders
- Sports Psychiatry
- ADHD and its comorbidities
- Human nutrition in mental health and disease



C. Stephen Edwards, MD

Psychiatrist, Medical Director, Adolescent Services
Assistant Professor, University of Cincinnati
Special Interests:

- ADHD
- Abuse Prevention
- Post Traumatic Stress Disorder



Jenni Farrow, MD

Psychiatrist
Assistant Professor, University of Cincinnati
Special Interests:

- Anxiety Disorders
- Eating Disorders
- Post Traumatic Stress Disorder



Marcy Marklay, LPCC

Outpatient Therapist
Special Interests:

- Mood Disorders
- Anxiety Disorders
- Cognitive and Dialectical Behavioral Therapy
- Post Traumatic Stress Disorder



Anne O'Melia, MD

Psychiatrist, Medical Director, Eating Disorders
Assistant Professor, University of Cincinnati
Special Interests:

- Eating Disorders
- Anxiety Disorders
- Mood Disorders



Richard Rutz, RN, MSN, PMHNP-BC

Psychiatric Nurse Practitioner
Special Interests:

- Eating Disorders
- Adolescent Mental Health Issues



Patrick Swanson, MD

Psychiatrist, Child and Adolescent Services
Special Interests:

- Obsessive Compulsive Disorder
- Post Traumatic Stress Disorder
- Cognitive Behavioral Therapy



Shannon Voellmecke, LISW-S

Outpatient Therapist
Special Interests:

- Cognitive Behavioral Therapy
- Post Traumatic Stress Disorder
- Mood Disorders



Jennifer Wells, LISW-S

Outpatient Therapist
Special Interests:

- Obsessive Compulsive Disorder
- Anxiety Disorders
- Cognitive Behavioral Therapy

Oct. 2010

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Lindner Center of HOPE is affiliated with the University of Cincinnati, College of Medicine and is a charter member of the National Network of Depression Centers (NNDC).



4075 Old Western Row Road
Mason, Ohio 45040
513-536-HOPE (4673)



Adolescent Mental Health Care



Adolescent Care at Lindner Center of HOPE

At Lindner Center of HOPE, a team of child and adolescent physicians and mental health practitioners provide comprehensive diagnostic and treatment services in a comfortable and therapeutic setting. The Center provides individualized care with a focus on family involvement. Family education and participation is essential to the success of the treatment and recovery process.

Adolescence and early adulthood are critical times when physical, cognitive, and social changes allow a teenager to develop the identity that will serve as a basis for their adult lives. Research has indicated that psychiatric illnesses frequently present during the adolescent years, thereby making early diagnosis and effective treatment even more crucial.

The first step in treating children and adolescents who are exhibiting ongoing and/or escalating behavioral issues is a comprehensive diagnostic evaluation. This generates an individualized treatment plan that meets the specific needs of the patient. The Adolescent Comprehensive Diagnostic Assessment is a unique service at Lindner Center of HOPE.

For more information call
513-536-HOPE (4673)

4075 Old Western Row Road
Mason, Ohio 45040
lindnercenterofhope.org

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When To Consider Hospitalization For Adolescents And Young Adults

Adolescent Care at Lindner Center of HOPE

Adolescent Comprehensive Diagnostic Assessment

Getting the right diagnosis amid the wide range of symptoms of mental illness in adolescents can cause tremendous pain and suffering for families. The extraordinary burden placed on a family's time and finances only complicates the emotional hardships that result from the feelings of fear, isolation and helplessness.

The comprehensive adolescent diagnostic assessment (ACDA) at Lindner Center of HOPE is a systematic and thorough diagnostic process designed to arrive at an accurate diagnosis for patients between the ages of 11 and 18 experiencing continuing mental health problems. This private-pay service offers families of adolescents the best chance of identifying the appropriate treatment course to obtain optimal outcomes.

An early and accurate diagnosis can put a stop to the cycle of being in and out of facilities just trying to figure out what is going on and provide a foundation for successful treatment experiences.

Without an early and accurate diagnosis, patients and families can unknowingly spend years searching for or participating in multiple treatment options.

The ACDA is conducted quickly, over a 7-10 day period, offering families an immediate and in-depth understanding of the problems their loved one is facing, and how to begin the treatment process.

Call 513-536-0537 or 888-537-4229 to discuss the ACDA program and obtain admission information.

www.lindnercenterofhope.org/adolescent

The assessment is tailored to meet the needs of each individual and typically includes:

Clinical assessments provided by treatment team members:

- Psychiatrists
- Nurses
- Social Workers
- Addiction Specialists
- Recreational Therapists
- Nutritionists

Participation in a variety of programming:

- Individual
- Group
- Family

Laboratory and Pharmacy services
 Medical consultation, EKG and EEG
 Genetic Testing
 Psychological Testing, including Neuropsychological Testing
 MRI if clinically indicated



The Adolescent Comprehensive Diagnostic Assessment is appropriate for:

- Adolescents age 11-18
- 18 year olds must still be enrolled in high school
- Individuals who will benefit from this program typically are experiencing emotional and behavioral issues significant enough to affect daily functioning or their quality of life, are medically and psychiatrically stable, and are able to participate in diagnostic tests.

The cost of this service is \$17, 550.

Hospitalization Services for Adolescents

Lindner Center of HOPE provides stabilization for struggling adolescents age 11 to 18 on the 16-bed adolescent unit. Patients participate in structured daily activities that are evidence-based and interdisciplinary in nature. Many involve group work with peers and staff.

The treatment team can include psychiatrists, psychologists, social workers, dietitians, teacher, general practice physician and a spiritual care coordinator. Daily programming aims to ensure comprehensive and adolescent-centered education and treatment during the course of the inpatient stay.

The recovery process begins during the course of the inpatient stay in order to promote as smooth a transition as possible to the outpatient setting.

Outpatient Consultations and Therapy for Adolescents:

Lindner Center of HOPE provides outpatient psychiatric evaluations, psychotherapy, psychopharmacology, rehabilitation and consultation services for children and adolescents, as young as age 2.



Though the following signs may be the result of another health condition or other life circumstances, they can assist parents in determining if their child may need further help from a mental health professional:

- Decline in school performance
- Persistent difficulty with peers
- Poor grades despite strong efforts
- Constant worry or anxiety
- Persistent somatic complaints
- School refusal or loss of interest in usual activities
- Persistent and disruptive hyperactivity
- Inability to focus or concentrate
- Repeated disrupted sleep patterns
- Continuous or frequent aggression, "acting out" or oppositional behavior
- Persistent sadness and/or irritability

Symptoms that need immediate attention:

- Suicidal thoughts
- Extreme fright in situations that do not warrant it
- Extreme unreasonable resentments or grudges
- Incoherent speech or writing

Adolescent Partial Hospitalization Program

A partial hospitalization program (PHP) for adolescents is available as a step-down option for treatment. PHP is an option for teens age 11-18 and is beneficial for parents and families seeking a therapeutic environment for their children struggling with mental health problems. The program operates Monday through Friday from 8:30 a.m. to 4:30 p.m. and enrollees attend 5 days per week. The program is customizable – meaning that doctors and therapists will work with families to design the right plan for each individual.

The Partial Hospitalization Program includes:

- Group therapy
- Individual therapy
- Family therapy
- Pharmacotherapy and medication management
- Attention from a multidisciplinary treatment team
- Educational assistance (tutoring and study skills training by a licensed teacher)

Summer Program for Youth with Attention and Anxiety Issues:

SummerSMART is a unique summer program that welcomes children (age 11-14) who struggle with impulsivity, socialization difficulties, attention and concentration issues and anxiety disorders. The program caters to their special needs by encouraging inclusion and building confidence and socialization skills.

SummerSMART is a fun and active four-week experience where children will make new friends and learn how to better cope with their individual challenges. The program lasts four weeks and will be offered twice during the summer in 2011. The program runs daily from 8:30 a.m. to 3:00 p.m. and is directed by clinical professionals. Sessions are kept small to assure an optimal experience.

Visit <http://www.lindnercenterofhope.org/summersmart> for 2011 details beginning in January.