

## STATE OF THE SCIENCE DIAGNOSTICS AND TREATMENT



### BRAIN IMAGING CENTER

- 3T MRI allows structural, functional, and spectroscopic brain studies with very high resolution to diagnose impact and extent of trauma
- Findings integrated into Neurocognition Research and Treatment Program
- Neurocognition assessments include MRI, neuropsychological battery, behavioral neurologic and psychiatric consultations can all be performed on site and on the same day

### FARMER FAMILY NEUROMODULATION CENTER

- Transcranial Magnetic Stimulation Therapy (TMS) which is the first in Ohio; indicated for depression; substantial potential for PTSD and alcoholism
- Electroconvulsive Therapy (ECT), regional experts provide treatment on site

### OUTPATIENT SERVICES

As a center of excellence, Lindner Center of HOPE is dedicated to providing a continuum of care for mental health patients and their families. All patients discharged from the hospital have access to our clinicians for office based consultations and treatment. Outpatient services are available for children as young as two and adults of all ages.

*Research*  
INSTITUTE  
at Lindner Center of HOPE



- Lindner Center of HOPE is affiliated with the University of Cincinnati (UC) College of Medicine - the 14th highest ranked medical school in the country in research funding
- Research in genetics, brain imaging, psychopharmacology, psychotherapy, and health service delivery
- Lindner Center of HOPE clinician-scientists have published over 700 scientific articles, received over \$15 million dollars in grants at UC, and \$2 million dollars in grants since opening
- Researchers instrumental in bringing six new drugs to market for depression and bipolar disorder for improved therapeutic efficacy and safety

*Sibcy House*  
at Lindner Center of HOPE

Sibcy House is a 16 room, private-pay, short-term residential program that offers the utmost in discretion and confidentiality. Sibcy House offers a diagnostic and treatment environment not found in traditional hospitals or treatment centers. Patients benefit from an extensive 10-day diagnostic assessment followed by extended stays to initiate their individualized treatment plan.

- Comprehensive diagnostic assessment
- 28 day diagnostic and treatment program

Follow us on   



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513-536-HOPE (4673) 1-888-536-HOPE (4673)



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).

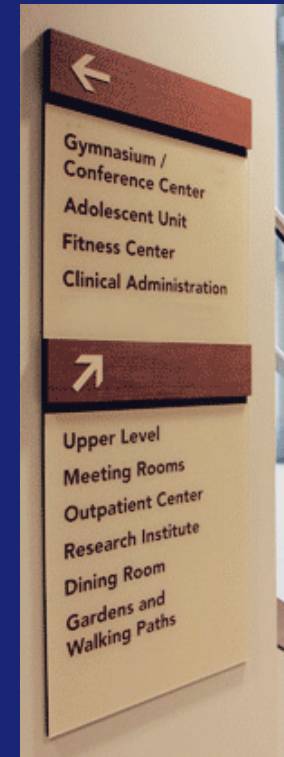


[www.lindnercenterofhope.org](http://www.lindnercenterofhope.org)



*Understanding the Mind,  
Restoring the Spirit*

A COMPREHENSIVE MENTAL HEALTH CENTER

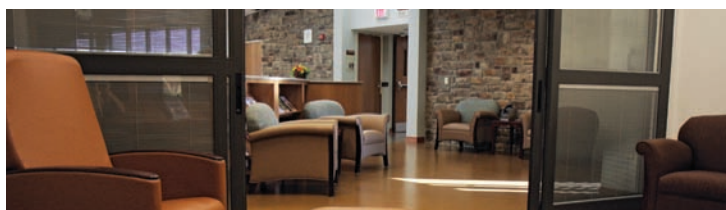


Lindner Center of HOPE is a nonprofit, mental health center staffed by a diverse team, united in the philosophy that by working together, we can best offer hope for people living with mental illness. The patient and family are at the center of our treatment, education and research.

Lindner Center of HOPE is affiliated with 



Lindner Center of HOPE is one of the newest, free-standing mental health treatment facilities in North America and is built on an innovative, scientifically-based model that provides comprehensive mental health services.



Lindner Center of HOPE integrates all components of a mental health care center of excellence including: state-of-the-science technology, extensive diagnostic evaluations for adolescents and adults, brain imaging, individualized treatment services, internationally recognized research and renowned physicians. The Center is housed in a single facility where patients, families and clinicians work together in a family-centered atmosphere.



Lindner Center of HOPE clinicians draw upon years of experience to treat patients with the following conditions:

- **Depression and Bipolar Disorders**
- **Eating Disorders**
- **Addictive and Co-occurring Psychiatric Disorders**
- **Anxiety and Obsessive Compulsive Disorders**
- **Schizophrenia and Related Conditions**
- **Attention Deficit Hyperactivity Disorders (ADHD)**
- **Stress-Related Conditions (PTSD)**
- **Women's Mental Health Issues**



The primary goal of the National Network of Depression Centers (NNDC) is to transform and accelerate the understanding and treatment of depressive and bipolar disorders by developing an integrated network of leading Depression Centers. The multidisciplinary outreach programs of the NNDC will help to better diagnose and treat depression and bipolar illness and associated disorders (e.g., PTSD), as well as eradicate stigma associated with these diseases. Lindner Center of HOPE is one of 16 members of the NNDC and was invited to join within three months of opening.

### CENTER STATISTICS



- Opened August 2008; award winning design
- 103,000 square foot facility; 37 acre campus
- Multi-purpose Gymnasium/Conference Center
- Fitness Center, walking paths
- 64 private rooms with private baths
- Adolescent and adult inpatient units; adult short-term residential
- Integrated Research Institute
- Outpatient services onsite

### INTEGRATED AND COMPREHENSIVE CARE

#### DISTINGUISHED AND DIVERSE CLINICAL TEAM

- Clinical staff of 37 includes psychiatrists, psychologists, addiction specialists, advanced practice nurses, licensed independent social workers and licensed professional clinical counselors
- Internationally recognized experts in depression, bipolar disorder, suicide, and neurocognition
- Staff psychiatrists have authored national evidence-based treatment guidelines for several disorders including bipolar disorder and depression
- Internationally renowned psychopharmacology experts
- Regional leaders in deployment of Dialectical Behavior Therapy
- Regional leaders in expertise in Cognitive Behavioral and Motivational Therapy
- Nationally recognized eating disorders clinicians



- **Paul E. Keck, Jr., M.D.** (above left), Lindner Center of HOPE President and CEO and **Susan L. McElroy, M.D.** (above center), Chief Research Officer are among the top 10 most cited scientists publishing in psychiatry & psychology every year since 1996.
- **Anne Marie O'Melia, M.S., M.D.** (above right), Director of Eating Disorders has built a new and innovative program providing both inpatient and outpatient treatment for eating disorders.

#### INDIVIDUALIZED CARE WITH A FOCUS ON FAMILY

- Flexible visitation hours
- Family can stay overnight in patient rooms
- School teacher on staff for adolescents
- Group rooms, libraries, private spaces
- Culinary-trained chefs, emphasis on healthy food choices
- Patients, families and staff dine together
- Faith Center and Spiritual Care Coordinator on staff

#### TREATMENT APPROACH AND FACILITIES

- **Evidence-based**, individualized treatment
- **Dialectical Behavior Therapy (DBT)** is an evidence-based psychotherapeutic approach that combines a problem-solving focus and acceptance-based strategies. DBT is one of ten programs in SAMHSA's National Registry of Evidence-based Programs with relevance to the prevention of suicide and substance abuse.
- **Adolescent Partial Hospitalization Program** provides a comprehensive treatment option for teens age 11-18 and is beneficial for parents and families seeking a therapeutic day program for children struggling with mental health problems.
- **Harold C. Schott Foundation Eating Disorders Program** has nationally recognized experts who specialize in treating anorexia nervosa, binge eating disorder, overeating and obesity, compulsive exercising and related mental health concerns. Treatment is available via hospitalization, office-based services or through participation in research studies.
- **Adolescent Comprehensive Diagnostic Assessment**  
The comprehensive adolescent diagnostic assessment is a systematic and thorough diagnostic process that results in accurate diagnosis for patients between the ages of 11 and 18 experiencing continuing mental health problems. The assessment is completed in 7-10 days on an inpatient basis.
- **Women's Mental Health Program** strives to promote and enhance women's mental health and well-being across the reproductive lifecycle.

