

Diagnosics, Treatments and Therapies Available by Program:

	Sibcy	IP	OP
Comprehensive Diagnostic Assessment includes: <ul style="list-style-type: none"> • Psychiatric and psychopharmacologic evaluation • Psychological and neuropsychological testing • Individual psychotherapy • Neurologic evaluation • EEG • Medical consultation including specialty consultations • Psychoeducational and psychotherapeutic programs • Nutrition evaluation • Summary of diagnostic results and treatment plan available to patients and referring professionals • Evaluations for substance use and addictive disorders, stress management, impulse control disorders, trauma and post-traumatic stress 	X*	X*	
One-on-one guidance with Exposure and Response Prevention (ERP), including offsite ERP	X		X
Self-directed ERP and inter-session exercises	X		X
Individual therapy based on clinical needs			X
3-5 individual 60-90 minute sessions per week with the CBT psychotherapists	X		
Family therapy	X	X	X
A comprehensive anxiety disorders evaluation that includes a psychiatric assessment to diagnose co-occurring disorders	X	X	X
Medication management including co-occurring medical conditions as needed	X	X	X
Illness management and recovery groups	X		X
Daily programs, including mindfulness training, spirituality/wellness groups	X	X	
Recreational therapy including yoga classes	X		
Vocational and/or academic assessments and support	X	X*	X
Daily visits with the treating psychiatrist	X	X	
Cognitive Behavioral Therapy (CBT) groups	X	X	
Daily individual and group nutrition counseling with a registered dietitian	X	X*	
Ongoing psychoeducation provided by mental health specialists, nursing and psychiatric staff	X	X	
Anxiety disorders and OCD specific group therapy	X		
General group therapy	X	X	
Private-pay at time of service; financing plans available	X		X
Major health insurance or managed care plans may be accepted		X	

Sibcy Sibcy House Residential Program / **IP** Inpatient / **OP** Outpatient

* when indicated

www.lindnercenterofhope.org

Parents' OCD Support Group

We serve as the host site for a monthly support group for parents of children, teens or young adults with OCD. This group is open to family members, regardless of whether their relative is receiving treatment at the Center. Call Tami at 513-271-7723 or Sharon at 513-891-2879 for additional information and to RSVP.



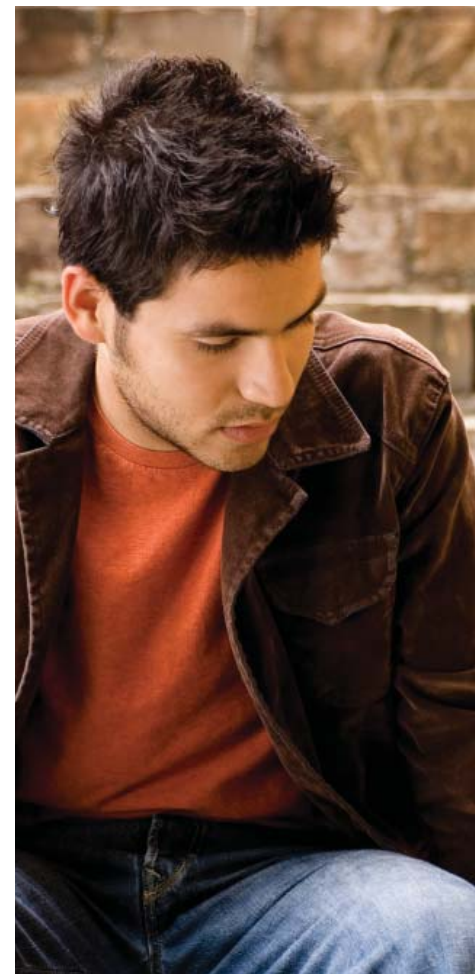
4075 Old Western Row Road
Mason, Ohio 45040
513-536-HOPE (4673)

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Oct. 2010

OCD and Anxiety



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Life-long Solutions for Overcoming OCD and Anxiety

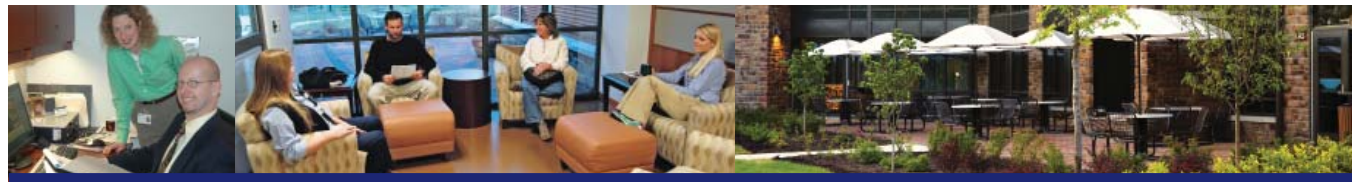
Patients suffering from obsessive compulsive disorders (OCD) or anxiety can begin the road to recovery with a robust and proven approach at Lindner Center of HOPE. Our comprehensive inpatient, outpatient and residential treatment programs teach patients effective, life-long solutions to overcoming OCD and anxiety.

All programs begin with a full diagnostic assessment, including a professional medical evaluation and thorough psychiatric diagnosis to ensure appropriate treatment. Guided by specialists noted for their progressive leadership and research in the field, Lindner Center of HOPE's programs include concentrated medical therapy, extensive psychotherapy, and effective education for the patient and supporting family. Because every individual's journey to recovery is unique, each patient's treatment program is tailored to address specific symptoms and underlying causes.

The Center's hallmark approach to treatment may include a combination of **Cognitive Behavioral Therapy (CBT), Exposure and Response Prevention (ERP), and medication therapy, depending on the patient's need.** These techniques, led by seasoned professionals, are proven to help patients manage OCD and anxiety and return to productive, meaningful lives.

Assess Yourself.

Do you or does someone you know suffer from OCD or anxiety? Take the simple online screening at www.lindnercenterofhope.org.



Residential Treatment Provides a Unique Diagnostic and Treatment Environment

Sibcy House, Lindner Center of HOPE's premier residential program, offers individualized mental health treatment for patients 18 and older who are suffering from OCD or anxiety, as well as to patients who are transitioning from other hospitals or programs. Patients who complete the program return to daily life with a personal blueprint for treatment and recovery.



Scientifically Proven Steps to Recovery

At Sibcy House, individuals take progressive and proven steps to free themselves from the grasp of numerous anxiety conditions, including obsessive compulsive disorder, panic disorder, social anxiety, generalized anxiety disorder, phobias or other disorders. A focused combination of psychiatric management, psychotherapy, and medication guides recovery within **4 to 8 weeks of treatment**, in most cases.

Multidisciplinary Experts Guide Treatment

OCD and anxiety specialists are part of a multidisciplinary team of 36 clinicians -- the largest, most experienced mental health staff in the Midwest. Recognized for leadership in OCD and anxiety disorders, team members work together to diagnose and treat the complexities of disorders based on each individual's needs.

Individualized Treatment Programs may encompass:

- **Comprehensive anxiety disorders evaluation** with a psychiatric assessment to diagnose co-occurring disorders and identify specific symptoms
- **Tailored treatment** that combines frequent **Cognitive Behavioral Therapy (CBT)** sessions and **medication treatment** with specific emphasis and daily practice of **Exposure and Response Prevention (ERP)** under the guidance of expert therapists.
- **Proven treatment of co-occurring medical conditions as needed**
- **Illness management and recovery groups**
- **Mindfulness training**
- **Spirituality/wellness groups, including yoga and nutritional counseling**
- **Patient and family education**
- **Vocational services**

Payment for Sibcy House is discretely arranged on a private-pay basis. Financial counselors are available to discuss payment arrangements.

For more information, visit sibcyhouse.org

Research Program Brings the Best Forward

The Research Institute at Lindner Center of HOPE, in affiliation with the University of Cincinnati (UC) College of Medicine, conducts research to better prevent, diagnose and treat common mental illnesses. Research in genetics, brain imaging, psychopharmacology and psychotherapy provides new methods and treatments for OCD and anxiety disorders. The professional staff closely integrates research studies

into proven, multidisciplinary programs to benefit patients and further treatment.

Visit the Research Institute page on our website for more information about current studies.

www.lindnercenterofhope.org/Research



Inpatient Treatment Provides Individualized and Intensive Care

Inpatient hospitalization at Lindner Center of HOPE provides the most advanced care for adults and adolescents needing intensive care.

- **Multidisciplinary treatment teams** include psychiatrists, psychologists, nurses, social workers, occupational/recreational therapists, licensed clinical counselors and dietitians for comprehensive care.
- **Proven treatment plans** address immediate symptoms, while effectively managing risk factors and underlying causes of disorders or anxieties.
- **A focus on stabilization and improved mental wellness** helps patients smoothly transition to outpatient care.
- **State-of-the-art treatment environment** supports patient recovery in a serene setting with modern amenities and a comfortable private suite.
- **Formal family involvement** in patient care supports ongoing patient recovery. Specially trained staff guide family members, and even friends, teachers, and employers, in taking an active and supportive role in the patient's life during and after inpatient treatment.

Lindner Center of HOPE accepts payment for hospitalization (non-residential) from Medicare, Medicaid and major insurance carriers according to the terms of individual benefit plans.

Outpatient Care Offers Opportunities to Overcome OCD and Anxiety

Comprehensive outpatient services led by experienced clinicians from our private practice, Lindner Center Professional Associates (LCPA), establish an individualized treatment program responsive to the patient's unique needs.

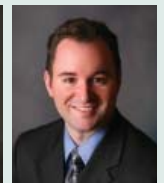
- Seasoned CBT therapists provide **meaningful outpatient sessions**, while physicians and clinical nurse specialists manage medication consultations.
- **Regular individual and family psychotherapy sessions** help patients and family members understand OCD and anxiety as well as learn techniques to manage the condition long term.
- OCD patients learn to master both therapist-assisted and self-directed **ERP and inter-session exercises** to optimize and continue success within the recovery process.

LCPA does not contract with health insurance providers or managed care companies. Payment is collected at the time of service. Patients may use out-of-network benefits. Medicare beneficiaries are welcome and should call 513-536-4673 to inquire about covered services.

Treatment Team



OCD/CBT Psychotherapists
Charles Brady, PhD, ABPP
Jennifer G. Wells, MSW, LISW



Psychiatrists and Clinical Nurse Practitioners

Stephen Edwards, MD

John Kennedy, MD, MHA

Todd Palumbo, MD, MBA

Angela Couch, RN, MSN, PMHNP-BC

Individually tailored treatment approach combines:

- Cognitive Behavioral Therapy (CBT) and medication treatment
- Exposure and Response Prevention (ERP)
- Psychiatric medication evaluation and treatment
- Ongoing therapeutic evaluations and program support

Masters or Doctoral-level Therapists and Psychology Interns

- Provide additional assistance with individual behavioral therapy practice and with group therapy sessions

Primary Care Physicians

- Provide ongoing monitoring and care for non-psychiatric medical needs

Social Work Staff

- Offer assistance in coordinating a wide range of patient and family needs and concerns

Registered Nurses, Licensed Practical Nurses and Mental Health Specialists

- Available on-site 24 hours a day to ensure an atmosphere of wellness, safety, and patient-centered care

Dietitians

- Provide as-needed nutritional evaluations, ongoing individual nutrition education, and meal planning

Employment Specialist

- Provides assistance with career guidance, job attainment, and job coaching

Spiritual Care Coordinator

- Provides individual support and monitoring of spiritual needs

See chart on back for a listing of treatments and therapies provided.