

## Events at the Center

**Grand Rounds** at Lindner Center of HOPE are open to physicians, psychologists, social workers, nurses and mental health professionals. 1 CME and/or CEU offered free of charge. To be added to our network of professionals please email Angela Dukate, Clinical Educator at [angela.dukate@lindner-center.org](mailto:angela.dukate@lindner-center.org) or call 513-536-0830.

**August 30, 2011 Noon - 1:00pm**  
Lindner Center of HOPE gymnasium  
**GRAND ROUNDS: Electroconvulsive Therapy at the Crossroads**  
Presenter: Nelson F. Rodriguez, M.D.,  
Lindner Center of HOPE, Staff Psychiatrist

**September 6, 2011 Noon-1:00pm**  
*Mental Health America, Southwest Chapter: Food and the Family: First Line Evidence Based Treatment for Treating Anorexia Nervosa*  
Presenter: Scott Bullock, MSW, LISW-S  
Contact: [mhaswoh.org/roundtable.asp](http://mhaswoh.org/roundtable.asp)

**September 7, 2011 7:30am**  
**Open House Cincinnati Children's at Lindner Center of HOPE**  
Join Cincinnati Children's Hospital Medical Center in celebrating the opening of our new inpatient and partial hospitalization programs at the Lindner Center of HOPE; tour of the facility and light refreshments.

**September 23, 2011 8:30am-10:00am**  
**Principles of Treating Individuals with Complex Co-Morbidity**  
Presenter: Paul E. Keck, Jr. MD  
St. Vincent Stress Center in Indianapolis, IN; 1.5 CEU credits offered  
Contact: [pricila.gran@lindnercenter.org](mailto:pricila.gran@lindnercenter.org)

## Look for our Referrer Satisfaction Survey

Lindner Center of HOPE is committed to the ongoing quality improvement process. When you receive the survey, please help us identify areas of strength and opportunities for improvement.

Follow us on



## Landscape of Eating Disorders Isn't Just Affecting Women & Young Adolescents



**While women are more commonly affected by eating disorders, more than a million adult and young adolescent males battle the illness every day.** Experts say that almost as many men as women struggle with eating disorders, despite the illness being most often associated with women. And that alone can be a contributing factor as to why many men do not seek treatment or have difficulty admitting to an eating disorder.

Athletes who participate in competitive sports such as wrestling, football or crew are constantly reminded of their sports' focus on size and body shape. "High school and college football players, especially linemen are reminded constantly to eat large quantities of food, get bigger and increase muscle mass," says Scott Bullock, MSW, LISW-S, Family Therapist and Eating Disorders Intake Coordinator at Lindner Center of HOPE. With 20 years of experience in the mental health field, Bullock says "It's a difficult pattern to change once you quit or retire from the sport."

**Compared with other mental illnesses, eating disorders represent the highest rate of mortality.** And to make it more challenging, its identification and treatment can be challenging. Research has shown that with psychiatric management, psychotherapy, nutritional services, and family engagement, success can be achieved. There are proven treatment options including family based treatment (which is the only evidence based treatment for adolescents), dialectical behavioral therapy and cognitive behavioral therapy that help successfully treat these complex illnesses. "A coordinated approach to care can return patients, and their loved ones, to more fulfilling lives," says Bullock.



## 1st Annual Dearborn County NEDA Walk

Join us Saturday, September 3, 2011

Registration at 9:30am / Walk at 10:00am

## Resource for Eating Disorders

Maudsley Parents is a volunteer organization helping individuals and families coping with anorexia and bulimia through the use of an evidence and family based therapy model known as the Maudsley approach. Individuals can ask questions and receive answers from experts in the mental health field. Read a parent question and Scott Bullock's response, <http://www.maudsleyparents.org/askanexpert.html>.

**Dr. John Oldham, incoming APA President, discussed the importance of integrated care at the annual American Psychiatric Association's annual meeting.** Oldham outlined four priorities that will guide his presidential year: integration of psychiatry with the rest of medicine, the right of patients to quality treatment, the unacceptability of fragmented care and the importance of research and education. "To me, integrated care has many important meanings -integrating our work with the rest of medicine, integrating education, teaching and the latest research findings into our clinical work and integrating the stages of a patient's treatment into a coherent, progressive plan."



### Can our patients be a partner in the delivery of their treatment?

**Dr. Paul E. Keck, Jr.:** Integrative medicine is a fundamental process to which those of us in the mental healthcare arena can utilize to best help our patients achieve effective, optimal health. It's such an exciting arena that in 2009, the Institute of Medicine convened the *Summit on Integrative*

*Medicine and the Health of the Public* in Washington, DC. The Summit brought together more than 600 scientists, academic leaders, policy experts, health practitioners and advocates from many disciplines to examine the practice of integrative medicine, its scientific basis, and its potential for improving health.

According to the Institute of Medicine, "Integrative medicine envisions a health care system that focuses on efficient, evidence-based prevention, wellness, and patient-centered care that is personalized, predictive, preventive and participatory." Theoretically, keeping patients at the center of their care can be challenging for providers that have traditionally set a course of treatment for individuals without their

input or collaboration. However in practicality, if we apply this theory to our everyday treatment modalities we can witness how a patient-provider partnership can be truly successful. Patients, after all, are the final decision makers in most instances of care. When we were in our planning and development stage, our Board of Directors discussed the importance of integrating both the patient and family in our treatment planning-recognizing that communication with family is important in understanding the needs of the patient and as well, can influence outcomes. We also looked to the Institute of Medicine guidelines to help forge a philosophy of care that would result in more effective long-term outcomes.

When we recognize the value of patient engagement and participation, encourage patients to become advocates in their care and communicate with patients about their concerns, preferences and expectations, then we as providers can not only learn a great deal from our patients but the overall health of an individual and the system as a whole will improve. I applaud Dr. Oldham for setting his priorities and working towards true behavioral health integration across all levels. By doing so, the implications to clinical science, research and delivery of care will have long-lasting positive results for both provider and the patient.

## The Psychological Assessment Center

The Psychological Assessment Center at Lindner Center of HOPE offers consultative, comprehensive psychological and neuropsychological evaluations to support diagnostic or treatment needs.

The neuropsychological examination assesses the clinical relationship between the brain/central nervous system and behavioral dysfunction, as well as aids in clarifying one's diagnosis. This information, along with other multidisciplinary information, is used to make precise recommendations for the optimization of care. Our state-of-the-science facility and nationally recognized, multidisciplinary staff can assess the neuropsychological issues

facing your client-from young children to older adults. Specializing in neuropsychological, psychoeducational, and psychodiagnostic evaluations, patients can also benefit from on-site brain imaging through MRI, genetic testing and medical and nutritional consultations.

Lindner Center Professional Associates is a private practice that welcomes new patients for child, adolescent and adult consultations, second opinions, medication management, neuropsychological and psychotherapeutic care. For more information or to make a referral, call 513-536-HOPE (4673). [www.lindnercenterofhope.org/lcpa](http://www.lindnercenterofhope.org/lcpa)

## Communication Key in Fostering Successful Conversations Learning how and when to talk to kids helps with challenging issues

Guide to Feeling Better is a cable access show airing throughout the tri-state and focuses on unique topics related to mental health and addictions. This September, Chris Tuell, EdD, LPCC-S, LIDC, Coordinator of Addiction Services for Lindner Center of HOPE will share tips on how to talk to kids about mental health and addictions issues. In his upcoming segment, Dr. Tuell will offer information to parents and others to help facilitate valuable conversations with kids when discussing mental health and addiction. Key points will help viewers better understand the importance of communicating at the appropriate level for the child's age and development, ensuring discussions occur when the child feels safe and comfortable and communicating in a straightforward manner.

For local listing times and channels and view past segments, visit: [www.guidetofeelingbetter.org](http://www.guidetofeelingbetter.org)

## Psychiatrists Join Medical Staff



**Tracy Cummings, MD** is a staff psychiatrist for Lindner Center of HOPE, working in both Sibcy House and the outpatient department. She specializes in the assessment and treatment of children through emerging adulthood.

Dr. Cummings works to integrate all aspects of mental and physical health into the treatment process. Working with a collaborative team, Dr. Cummings's inpatient work focuses on comprehensive diagnostic assessment and intensive treatment to ensure patient success.



**Justus Hung-Ching Kam, MD** joins Lindner Center of HOPE as a psychiatrist with a particular interest in psychotherapeutics and psychopharmacology. He received his doctorate from Emory University School of

Medicine in Atlanta, Georgia and completed his fellowship training through Cincinnati Children's Hospital Medical Center, Department of Child and Adolescent Psychiatry.