

Current PSYCHIATRY

Adapting Dialectical Behavior Therapy to Help Suicidal Adolescents



As covered in *Current Psychiatry*, March 2011

Authors: **Nicholas L. Salsman, PhD**, Assistant Professor Department of Psychology, Xavier University, Cincinnati, OH
Robin Arthur, PsyD, Chief of Psychology, Lindner Center of HOPE, Assistant Professor Department of Psychiatry and Behavioral Neuroscience, University of Cincinnati, Cincinnati, OH

Dialectical Behavior Therapy (DBT) has been extensively researched since the 1970s and shown to be effective in treating Borderline Personality Disorder. However, research now supports its effectiveness in treatment of Addictions, Bulimia and Major Depressive Disorder in older adults.

To read more about the benefits of DBT in helping suicidal adolescents in the article co-authored by Lindner Center of HOPE, Chief of Psychology, Dr. Robin Arthur, see attached *Current Psychiatry* article.

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 or call 513-536-0830. Grand Rounds are held on the first Tuesday of every month at Lindner Center of HOPE gymnasium, 12:00 - 1:00 pm.

Depression, Mania and Faith: Understanding Mood Symptoms within the Context of Spirituality.

Purpose: to enhance the overall understanding of mental illness and mood disorders and provide tools and resources for clergy and leaders of faith to respond appropriately to mental illness in their congregations and their communities. Read more visit www.lindnercenterofhope.org/faith.

Visit www.lindnercenterofhope.org to learn more.

Follow us on



Medical Research Study for Obsessive Compulsive Disorder Launches

Adults who struggle with OCD even with treatment, can participate in a clinical trial to help doctors evaluate an investigational medication.

Obsessive-compulsive disorder (OCD) can heavily influence the way you live your life. From interactions with family and friends to how you perform at work, OCD creates challenges that can be difficult to overcome by yourself.

A medical research study through the Lindner Center of HOPE Research Institute is being conducted to evaluate an investigational medication called Ondansetron. The study focuses on patients diagnosed with OCD. Doctors want to learn more about the safety and effectiveness of two different strengths of Ondansetron when given to patients who have not adequately responded to current treatment.

Obsession is a near uncontrollable desire or perceived need where there exists a focus or preoccupation with a subject, thought, idea or emotion. "In an attempt to ease the fear and anxiety and satisfy the urges and inclinations resulting from an obsession individuals engage in repetitive or ritualistic behavior," said Dr. Susan McElroy, Principal Investigator and Director of the Research Institute at Lindner Center of HOPE. "Even though an individual suffering from OCD may be able to recognize the irrational nature of their behavior on an intellectual level, they still feel compelled to perform their rituals in order to gain some relief from their apprehensions," she added. This is the first new medication looked at for OCD in 20 years.

When initially treating OCD patients, doctors often rely on medications called selective serotonin reuptake inhibitors (SSRIs). For many patients, these medications alone are enough to help them live fairly typical lives. For some patients, however, SSRIs do not provide adequate treatment for their OCD, which creates a need for more effective treatment options.

continued on page 2

continued from page 1

The study is looking for 12 individuals to participate through the Research Institute at Lindner Center of HOPE- 150 total participants throughout the country. Potential participants will enter a screening process to determine if they are eligible to participate in the study. If you are determined to be eligible and agree to participate, you will enter a run-in period where you will receive a new prescription for your current SSRIs therapy. Participation in this study requires the individual be at least 18 years of age, be diagnosed with OCD and have been taking SSRIs for at least six weeks prior to the study. Women who are pregnant or breastfeeding will not be allowed to participate in this study.

All study related visits, tests, and treatments will be provided to participants at no cost. In addition, reimbursement for travel may also be provided. Ondansetron has been approved for the treatment of nausea and vomiting caused by chemotherapy, radiation or surgery but has not been approved or extensively evaluated for the treatment of OCD.

For information please contact: 513-536-0710 or
www.lindnercenterofhope.org/research

MAY IS MENTAL HEALTH MONTH



Mental illness is a treatable medical issue. Suicide is preventable. These and a variety of other statements are part of an effort to raise awareness of the importance of mental health treatment and the need to increase awareness and reduce the stigma often surrounding mental health care.

One out of every four people is affected in some way by mental and emotional problems. And 31 percent of Americans report they or someone in their family have, at some time in their lives, sought the help of a psychiatrist or psychologist. "Mental and emotional problems are often treatable," said Dr. Dan Weber, Chief Medical Officer, Lindner Center of HOPE. "Raising awareness on the issues surrounding mental illness allows people to make informed choices about getting help for themselves or someone they care about."

Learn more, [click here](#).

Lindner Center of HOPE Appoints New Chief Medical Officer & Outpatient Practice Manager



30 Years Experience leads Daniel Weber, MD to oversee Medical Services

Daniel J. Weber, MD is new Chief Medical Officer and Director of Outpatient Services for Lindner Center of HOPE. His areas of specialty include outpatient individualized treatment, health administration, inpatient psychiatric treatment and psychiatric emergency assessment and treatment.

"Dr. Weber has been a practicing psychiatrist for over 30 years in greater Cincinnati," said Paul E. Keck, Jr., M.D., Lindner Center of HOPE President and CEO. "He is well known throughout the community and the region for his outstanding clinical skills and leadership abilities and we are excited to welcome him on board," Dr. Keck added. In his role at Lindner Center of HOPE, Dr. Weber will oversee the outpatient and inpatient treatment service programs. He will also see individuals on an outpatient basis.

Experts Launch Cincinnati Mood Disorders Consortium

The Cincinnati Mood Disorders Consortium launched last month in an effort to turn attention to mood disorders on a local level. "Raising public awareness of mood disorders and training clinical care providers is key to our mission," said Paul E. Keck, Jr., President and CEO, Lindner Center of HOPE.

Read more at: <http://www.lindnercenterofhope.org/News/NewsDetail/sni%5B393%5D/121>



4075 Old Western Row Rd.
 Mason, OH 45040