

Lindner Center of HOPE Residential OCD Treatment Outcomes

April 2022 to September 2023

Within Lindner Center of HOPE's residential settings, individuals within specialized obsessive compulsive disorder (OCD) treatment tracks take progressive and proven steps to free themselves from the grasp of OCD and other anxiety conditions through their customized treatment plan.

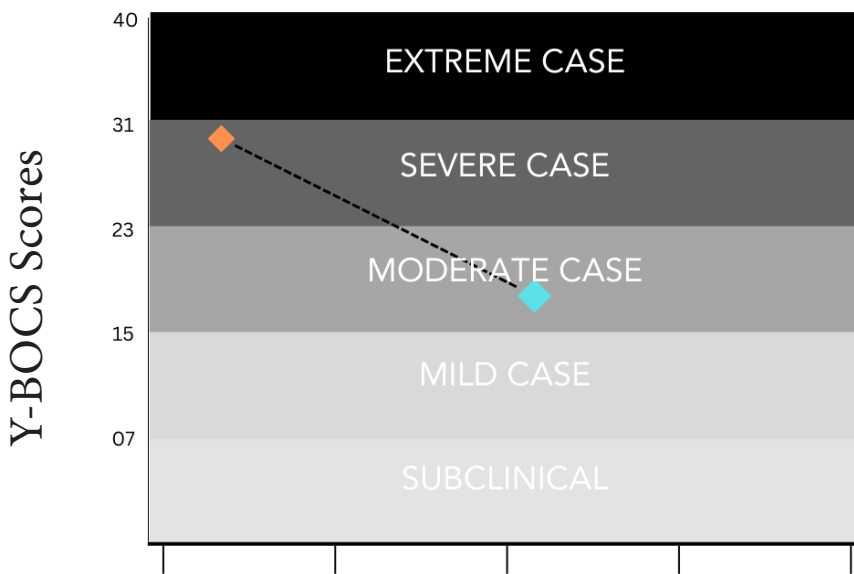
From April 2022 through September 2023, tracked data demonstrated that residential care at Lindner Center of HOPE for OCD truly helped patients to step down to lower levels of care, meaning there was clinically significant symptom reduction.

Using the Yale-Brown Obsessive-Compulsive Scale (Y-BOCS), the team tracked severity scores at admission and discharge for 22 patients.

Average reduction in Y-BOCS score across patients was **10 points**.

Average pre-treatment score was **29 (severe range)**, and average post-treatment score was **20 (moderate range)**.

Patients can go into the outpatient level of care with a moderate Y-BOCS score.



Outcomes in Their Words

"The team at Lindner is fantastic. They determined what I needed to treat my OCD. My psychologist and therapist personalized my treatment. They implemented a program which helped me regain my confidence and deal with the hurdles that OCD placed before me. My psychologist kept my wife informed of my progress and assisted her in understanding what her role should be in my recovery. I am grateful for the treatment Lindner provided to me and for the hope they instilled in me so that I can live a meaningful and successful life."

- **John Batt, patient**

What makes Lindner stand out—even among other renowned evidence-based anxiety specialty centers—is the thorough assessment process, high level of expertise across team members, and thoughtful collaboration. Their delivery of evidence-based care, including third wave cognitive behavioral therapy, exposure and response prevention, and tailored approaches for substance use, eating disorders, and complex trauma, is appropriately intensive and deeply compassionate. The psychologist and team leader I worked with on a complex OCD / BDD case took the time to meet with me weekly and invited me and the patient's outpatient psychiatrist to collaborate in her care at Lindner. As a result, I was able to fully understand Lindner's case conceptualization and treatment approach as it was unfolding and hit the ground running when the patient was discharged to step down care. I am amazed by the progress this patient made in just seven weeks! Thank you Lindner!

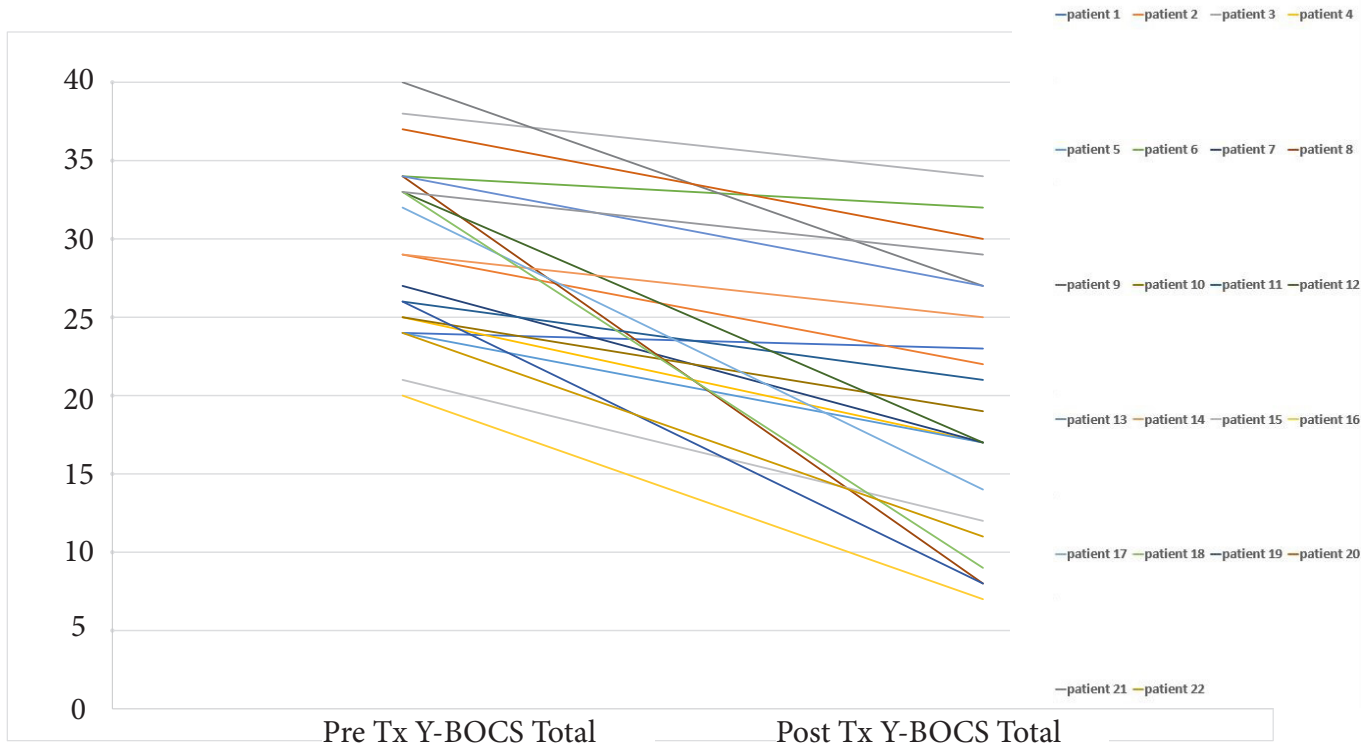
- **Chris Sexton, PhD MS, Referring Provider**

Again using the Yale-Brown Obsessive-Compulsive Scale (Y-BOCS), the team tracked severity scores at admission and discharge for 22 patients.

An average reduction of **37 percent** from baseline. The literature suggests that a decrease greater than or equal to 35 percent indicates clinically meaningful response and translates to a global improvement rating of much or very much improved.

Change in Yale-Brown Obsessive-Compulsive Score Lindner Center of HOPE Residential OCD Treatment

(April 2022 through September 2023, Average Length of Stay 56 days)



OCD Patient-Centered Residential Treatment Programs

Speak with someone today. **Call 513-536-0537.**

Lindner Center of HOPE premier residential programs, Sibcy House and Williams House, offer hope through a proven and step-by-step assessment and treatment program designed by experienced OCD specialists.

- Patients 18 and older learn to overcome their fears and stop the never-ending cycle of recurrent, intrusive thoughts and repetitive behaviors.

Treatment modalities, customized to each patient, may include therapy, Cognitive Behavioral Therapy (CBT), Exposure and Response Prevention (ERP) and mindfulness training.

www.lindnercenterofhope.org



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**Call today, (513) 536-0537
or (888) 537-4229**