



# Premier Adult Assessment and Residential Services

Transforming Mental Healthcare  
within the Phases and Stages of Care

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Lindner Center  
of HOPE® |  Health™



## Transforming Patient Care: A Deeper and Wider Approach

Virtually all psychiatric disorders co-occur with other mental health conditions, medical issues and addictions. With this knowledge it has been noted that patient populations now reflect complex comorbidity rather than just dual diagnosis or co-occurring. Put simply, patients consistently exhibit three or more significant challenges to their well-being. Lindner Center of HOPE's premier adult assessment and residential services acknowledge the importance of identifying complex comorbidity in order to improve patient outcomes. In fact, evaluation and assessment is vital in determining next steps treatment of complex comorbidity.

## Transforming the Formula of Assessment and Treatment

### **Clarity is the Goal**

Mental illness and addiction are, more often than not, complex. Every case is unique. Comorbidities add to the complicated nature of mental illness and addiction. Clarifying or teasing out as many details as possible through evaluation and assessment can begin to make an accurate diagnosis and treatment recommendations attainable.

### **The Approach is Not One-Size Fits All**

The unique presentation of mental illness and addiction in every individual, coupled with the level of severity of illness, makes a singular path for evaluation and assessment inadequate in the process of gathering and interpreting information that will ultimately result in answers to the question, "where to go from here?"

## Lindner Center of HOPE addresses all phases.

Lindner Center of HOPE's residential offerings offer an individualized path to answers that patients, families and referral sources are seeking. Between our two adult units we can:



Evaluate and stabilize presenting issues



Observe and assess through group therapy and therapeutic milieu involvement



Gather insights through multidisciplinary treatment team rounding and collaboration



Utilize testing instruments identified for each patient's specific concerns



Develop and present clinical recommendations in inclusive feedback sessions



Continue treatment through evidence-based approaches or through referrals to other placements. Extended treatment at Lindner Center of HOPE is customized to the individual and in some cases could even include Electroconvulsive Therapy (ECT), Transcranial Magnetic Stimulation (TMS) or Esketamine.

Lindner Center of HOPE can work beyond the boundaries of life stages and treat complex comorbidity on an individual basis. Lindner Center of HOPE residential care may take shape in the following ways:



#### **Late Teens (18 and 19 years old)**

- Evaluation and/or assessment to help chart future path
- Early intervention, which improves outcomes
- Coping skills to assist with launching
- Family therapy to address launching issues
- Future planning (college, work, etc)
- Problem solving the challenging start to college
- Education and treatment for emerging substance use issues



#### **Early Adulthood (20 to 35 years old)**

- Evaluation and or assessment, including identifying emerging disorders
- Clarify future goals
- Enhancing motivation for recovery
- Values clarification
- Individual identity discovery
- Negotiating mental health issues in college and early career
- Negotiating parenting and mental health/addiction concerns



#### **Mid-Life (35 to 50 years old)**

- Evaluation and/or assessment for next steps direction
- Stress management
- Assisting high level professionals find balance and self-care
- Coping with life transitions (i.e., health changes, launching children, divorce, etc)



#### **Mature Adulthood (50 to 80 years old)**

- Distribution of Personality Disorders in a Chronically Depressed Mid-to-Older Adult Sample (Lynch et al., 2007): 73% are over-controlled and may not benefit from traditional treatments. Lindner Center of HOPE offers one of the strongest RO DBT residential programs in the country.
- Evaluation and/or assessment to help plan what is next
- Adjusting to retirement or other life role changes
- Aging, chronic illness, loss of spouse
- Creating a network of support
- Transitioning of family business
- Coping with chronic pain



#### **Late Adulthood (80+ years old)**

- Evaluation and/or assessment for "what now"
- Coping with aging, failing health, dying
- Coping with chronic pain





## Transforming the DNA of the Clinical Team

The faces of mental health assessment and treatment are the ones responsible for the outcomes and successes. The impressive team of mental health professionals at Lindner Center of HOPE are full time, on-site and highly credentialed in a variety of subspecialties. This transforms the nature of clinical teamwork as MD's and psychologists work side by side on a daily basis to share timely and critical patient information. This is the core of our DNA.

*Patients often comment that their clinical team was "smart and kind."*

Lindner Center of HOPE clinicians are at the top of their game, but often it is our heart-felt (Midwest) approach that makes the difference. This is part of our DNA, as well, ... where the brain trust meets the heart of the matter.

### Subspecialties

- OCD/Anxiety
- Addictive Disorders
- Thought Disorders
- Eating Disorders
- Depression and Bipolar Disorders

# Transforming the Look of Mental Health Care

The places care occurs must reflect the continuum of treatment required to address complex comorbidity. A new day with a new look for mental healthcare, nestled in a resort-like, safely-secured setting on wooded acreage. Lodge-like architecture houses single rooms with private baths. A full continuum of mental healthcare (including a state of the science research center under the supervision of renowned researcher, Susan McElroy, MD) in one location, near airports and major highways, and convenient to accommodations for out-of-town families.

## Lindner Center of HOPE Treatment Spaces

### Acute Inpatient

Crisis Stabilization Setting

- Highest level of care
- Acutely psychotic
- Harm to self and others
- Acute eating disorder



### Williams House

Stabilizing evaluations in a safe and supportive residential setting (10 days +)

- Thought disorders, mood disorders, emotional dysregulation, addiction and chronic co-morbid issues
- Psychiatric evaluations, medication adjustments and detox
- Assessments and 24-hour observation
- Next step recommendations
- Treatment extensions including neuropsychological testing



### Amenities/Services

- Lodge-like setting on 36 wooded acres
- Private rooms
- Private baths
- Gym with exercise space
- Coffee/nourishment space
- Work with SJ Health Insurance to help families with reimbursement

### Treatment/Modalities

- DBT
- RODBT
- ERP
- Motivational interviewing
- 12-step and other addictive disorder treatments
- Individual and group modalities



### Sibcy House

Comprehensive Diagnostic Assessments and treatment in a therapeutic residential setting

- Complex mental health, addiction or co-morbid issues, including OCD/anxiety
- Neuropsychological testing, sub-specialty evaluations and assessments, and ongoing 24-hour observation
- Intensive treatment
- Next step recommendations
- Treatment extension





## If Interested in Transforming the Trajectory...

Please contact our residential admissions team to learn how Lindner Center of HOPE premier assessment and residential services might benefit your clients, you, or your loved one.

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Call **513-536-0537**

Or visit [lindnercenterofhope.org/residential-treatment-programs/](https://lindnercenterofhope.org/residential-treatment-programs/) to learn more.

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