

FROM OUR DIRECTOR

Even as the debate continues on expanding health care for the approximately sixty million people in our country who go without health insurance, Central Clinic is moving towards integrating physical and mental health care. The Clinic is in discussions with various hospital leaders, Cincinnati Health Department personnel, and other community partners. Guidelines and agreements are being established to share critical health information and to coordinate the care of mutually served patients. Efforts are under way to develop health education brochures that provide easily understood ways to improve overall health and wellness. Patients are being helped to understand this new model of integrated health care with the important goal of creating new habits and improved behaviors that result in better overall health. Better overall health leads to a longer lifespan, and reduced healthcare costs.

Improving one's overall health must become a part of everyone's lifestyle. Exercise and eating healthy cannot be an afterthought; instead, it must be a part of an everyday routine. For many it is hard work, involving effort, thought, and at times, deprivation. Developing a healthier lifestyle includes keeping the craving for sweets, fatty foods, and junk food in check and replacing them with healthier food choices. The tendency to spend too much time watching TV is another example of a habit that needs to be replaced with a healthier activity. For those who succeed in making healthy choices in their daily routine and their lifestyle the rewards are enormous. Remember: "Don't be a person who takes better care of your car or your house than you do of yourself!"



Dr. Walter Smitson

Keys to Health

Keys to Health is a new project by the Central Clinic Mental Health Access Point (MHAP) targeting Hamilton County adults, with a severe mental illness and at least one chronic physical health condition, that use local hospital emergency rooms for their ongoing health care needs.

The goal of the project is to identify the high users of emergency room services, connect them to needed community services, and improve their overall health and healthcare. Keys to Health will help each person build new skills and change the focus from a crisis, "band aid" approach to early intervention, prevention and self-management by using a care coordination model.

The targeted outcomes include reducing preventable emergency room visits, and improving both physical and mental health outcomes.

The Keys to Health team consists of a Care Coordinator, Health Coaches, a Project Coordinator, as well as Advanced Nurse Practitioners in psychiatric and medical health. To date the project has served 30



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persons identified by our partner hospitals — University of Cincinnati Medical Center, The Christ Hospital and Good Samaritan Hospital.

The team educates clients in areas such as proper nutrition, exercise, importance of taking medication on a regular basis, connection to appropriate services in the community and assures that needed services are received. Examples of some of these services are dental, vision, specialty medicine, mental health services and programs to help with exercise and good health and well-being.

Keys to Health is another project making a positive difference in our community!

United Way Funds New Collaboration

In January, Central Clinic received United Way funding for a formal collaborative that relies upon our expertise in mental health for children as young as three-months old. The collaborative, Connections for Life, responds to an unmet community need – specifically the need for treatment for young children who have experienced chronic trauma and simultaneously need mental health services, occupational therapy, and even speech therapy.

Connections for Life (CFL) responds to this need by relying upon a multidisciplinary team

of therapists who co-treat the child within a single 60-minute visit. In addition to Central Clinic, the CFL collaborative's members include the Cincinnati Occupational Therapy Institute and the Hearing, Speech & Deaf Center of Greater Cincinnati. Together, these three partners provide specialized therapies for young children who have experienced chronic trauma or abuse.

Chronic trauma is trauma or abuse that occurs on a regular basis – such as regularly witnessing violence or habitual abuse and

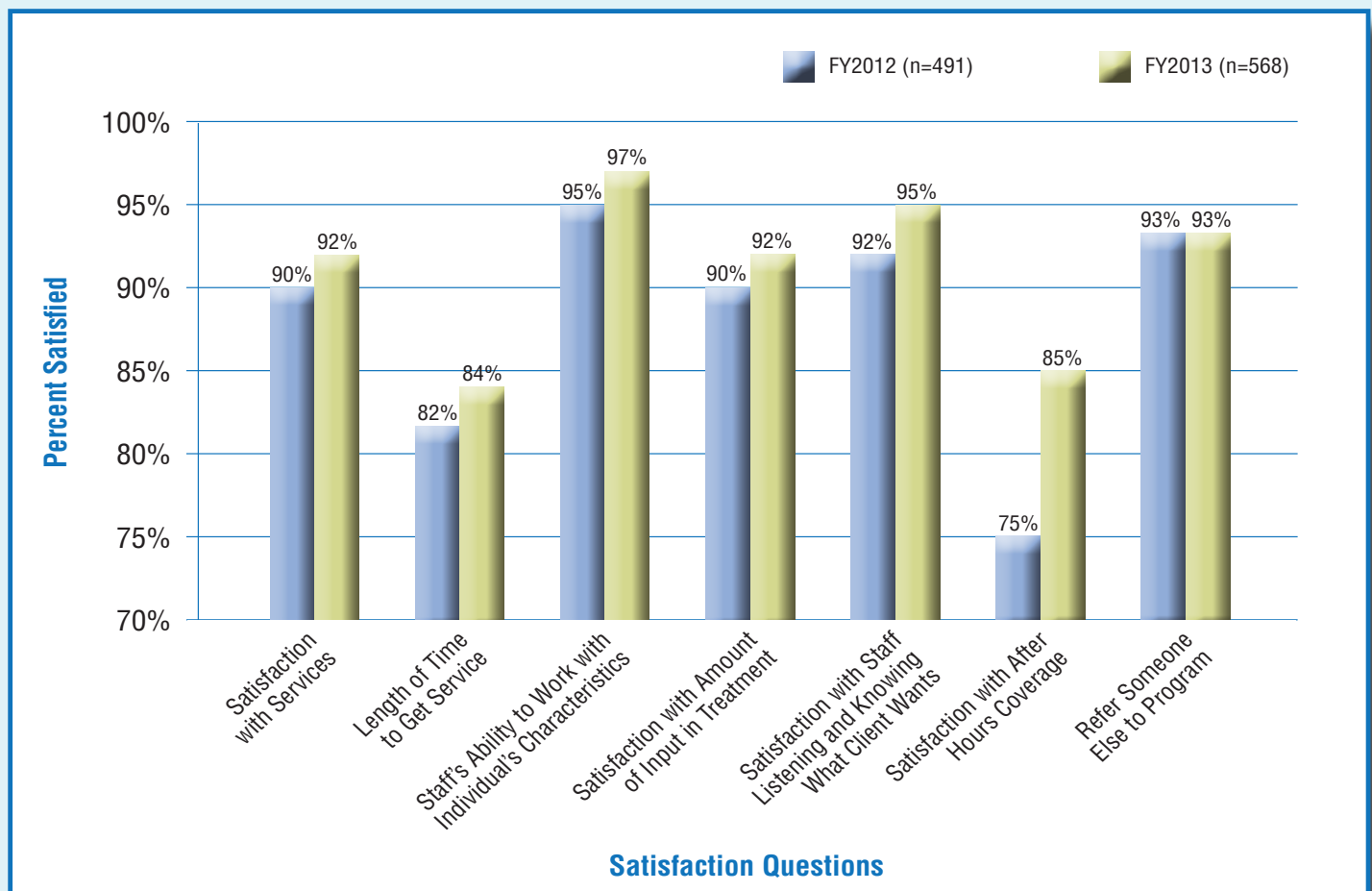
neglect. Consequently, some young children experience developmental delays in speech and language, sensory processing, social skills, and motor skills. This condition is becoming to be known as “Developmental Trauma Disorder.” It is a new field of specialized study, and researchers are calling for multidisciplinary treatment services that CFL is now providing. As a result of the United Way's generous investment in Connection for Life, the collaborative will serve about 100 young children each year.

Clients Express High Satisfaction with Central Clinic Services

As part of Central Clinic's ongoing commitment to quality improvement in the services it provides to mental health consumers, a yearly inquiry is made of clients regarding their satisfaction with these services. Efforts are made to obtain a wide sample of service recipients from

each of the Clinic's clinical programs. In addition to performance for the clinic overall, responses for each clinical division are examined separately in order to make best use of the data for service planning and improvement.

A total of 568 clients completed the satisfaction survey in May 2013 and results for all clients surveyed are depicted in the following graph. Findings from our survey indicate a high level of satisfaction expressed by clients that has increased in all areas in the past year.



2013 Psychiatry Residency Graduation

On Saturday, June 1, 2013, 12 doctors graduated from the University of Cincinnati Department of Psychiatry. All of them did outpatient psychiatry at Central Clinic as 3rd and/or 4th year residents. Those who were graduates of General Psychiatry are: **Abra Bates MD, Vanessa Doyle MD, Jahannah Jamelarin MD, Deana McReynolds DO, Jennifer Moore MD, Kristina Purganan M.D, Stephen Rush MD, and John Vraciu, DO.** One doctor was a graduate of the Family Medicine/Psychiatry (Double Board) program: **Jamie Evans MD.** There were three graduates of the Pediatrics/ Psychiatry/Child Psychiatry (Triple Board) program: **Mercedes Kwiatkowski MD, Lindsay Tobler MD, and Elizabeth Wassenaar MD.**



In picture from left to right: Drs: Vraciu, Carol Engel (Triple Board Resident Training Program Director, former outpatient resident at Central Clinic), Tobler, Moore, Kwiatkowski, Brian Evans (Director of Resident Psychiatry, former outpatient resident at Central Clinic), Purganan, Bates, Jamie Evans, Wassenaar, Rush, McReynolds, Jamelarin, and Doyle.

Thank You to All Who Helped Make the 90th Anniversary Celebration a Great Success!

Whether you donated time and/or money, sponsored tables, entertained us with singing or speaking, or attended the event, your participation helped make this celebration a success.

YOU CAN CONTINUE TO HELP CENTRAL CLINIC SERVE THE PEOPLE OF CINCINNATI WHO HAVE MENTAL HEALTH ISSUES.

YOU CAN DONATE

A monthly donation, a one-time gift, a matching stock gift, or a grant:

YOU CAN DONATE 3 WAYS:

1. Use the enclosed envelope.
2. Go online at CentralClinic.org.
3. Contact Lisa Steffen at (513) 558-9006 or hartl@ucmail.uc.edu to give or to learn the MANY different ways you can give to Central Clinic.

YOUR GIFT COULD HELP CHANGE A LIFE!!!!



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Our Vision

To be a leader in providing and advocating for accessibility, best practices and outcome-driven behavioral health services for consumers and their families.

Our Mission

To provide culturally sensitive and outcome-driven Mental Health, Substance Abuse, Forensic, and Prevention Services to children, adults, and families. Central Clinic accomplishes this by making services accessible, individualized, effective, consumer oriented, and recovery/resiliency based.

Our Values

- We value our staff and the individual contributions it makes.
- We honor and respect the breadth of cultural diversity, values and ideas of our staff, clients and community partners.
- We treat our staff and clients with dignity and respect.
- We believe that recovery is possible.
- We value giving clients reasons to hope for recovery.
- We value making resources available to clients to assist in their recovery.
- We understand and promote the active participation of clients in their plan for improving their lives.
- We value the dignity and rights of the clients and families we serve.
- We value the right of privacy of our clients.
- We value and actively seek community/ systems collaboration to improve the quality of life in our community.
- We are committed to using outcome data to drive management decisions in our programs.

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