

Editor: Wanda Mannix

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## FROM OUR DIRECTOR

### Trauma Informed *Cognitive Behavioral Treatment*

Central Clinic has been a leader in providing trauma informed care for more than 20 years. In addition to our specialized work with infants and toddlers at our Young Child Institute, we also provide trauma informed care at our Court Clinic. Our Alternative Interventions for Women (AIW) program has received national recognition for its trauma work with women who have co-occurring mental health/substance abuse illnesses. These women often suffer from Post Traumatic Stress Disorder (PTSD) resulting from long histories of trauma.

Women can only be sent to the program by a judge or a probation officer. Women come five days a week, six hours per day, and work exclusively with female staff. The outcomes for this program have been excellent, with a three-year recidivism rate of slightly less than twenty-five percent. The gender specific program focuses on providing a safe environment where woman can receive help with their trauma history. Intervention includes individual and group counseling in addition to medication, and uses evidence based models of treatment including Stephanie Covington gender specific model, along with The Dartmouth/New Hampshire co-occurring disorders model.

Since the beginning of this program twelve years ago, trauma informed care has become the gold standard. Central Clinic's clinicians are seeking training in trauma care

for work with all ages of patients. Health professionals have long believed that trauma leads to physiological changes that adversely influence the immune system. There is further recognition that resilience is a major factor in understanding the extent to which people with similar traumas have very different rates of recovery.

In her book, *Abused Women*, Lenore Walker makes a case for how shockingly prevalent abuse of women is in this country, and as we know, world-wide. Clinicians also understand that a failure to disclose trauma can lead to serious physiological issues. This greatly impacts the ability of the clinician to properly treat mental health and substance abuse issues.

Trauma Informed Cognitive Behavioral Treatment (TICBT) is proving to be beneficial to trauma survivors. This treatment modality helps a great many people not only survive the experience, but to return to the pre trauma level of functioning in their productivity, their relationships, and their inner serenity. ***Please consider a generous donation to help us make this program available to more women.***

Walter S. Smitson, Ph.D.

## Congratulations Dr. Smitson



**Dr. Walter Smitson receives Nami Award.**

NAMI honored our CEO, Dr. Walter Smitson with the 2013 award for "Outstanding Leadership in a Community Setting." Each year the National Alliance on Mental Illness (NAMI) of Hamilton County presents its Awards of Excellence at its Annual Celebration. This year's Celebration was held October 16 at the Cintas Center on the campus of Xavier University. Our Board and staff are proud of Dr. Smitson's award, believing it recognizes his years of dedication and commitment to public mental health and his advocacy for people with mental illness and addiction.

## Client Success Story: Tom B.

*The name has been changed to protect the identity of this client.*

Culturally Responsive Services Program (CRS) of Central Clinic serves African American men with severe mental illness, and their families.

Tom B. had serious issues with chemical dependency and mental illness. In the mid 1990s, Tom B. burned a pillow in his apartment, was charged with arson, found NGRI (not guilty by reason of insanity), and spent four years at the Pauline Warfield Lewis Center. While at the Lewis Center, Tom B. came in contact with CRS. While still at the Center Tom B. became a member of this vital program. The staff arranged for him to attend some of the outings with the CRS program, gym days, birthday celebrations, and haircut outings. The staff of CRS continued to visit him at the Center through his stay there.

Since his release in the late 1990s from the Lewis Center, Tom B. has been a valuable member of CRS. He has grown in many ways, has better insight into his mental illness, and understands that if he uses substances it is

detrimental to his mental illness and recovery. He has still, on occasion, been hospitalized; however, the hospital visits have decreased and he understands that he can no longer wait until he is at a crisis stage before seeking help. Tom B. has accompanied the CRS Team Leader, Alan H. Wheeler, MSW, to various meetings with the County Commissioners, Cultural Training sessions, and CARF International (Commission on Accreditation of Rehabilitative Facilities) visitors. He has spoken with out-of-town visitors wanting to know more about the CRS program and he is a good mentor to new members entering the program. Tom B. continues to be one of CRS's success stories and is a model for the outstanding work of the CRS program.

***CRS is another way that Central Clinic is changing lives and strengthening communities. Your donation will help African American men, who are in crisis, to lead productive and fulfilling lives.***

## Judges Satisfaction Survey Results: Spring 2013

Figure 1

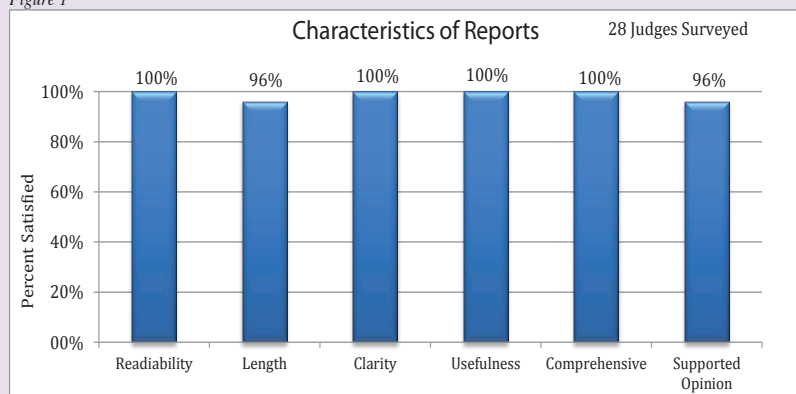
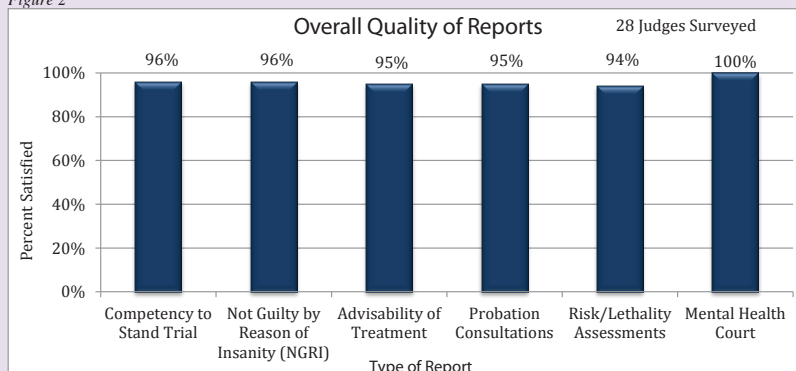


Figure 2



The Court Clinic of Central Clinic is a certified Forensic Center in the State of Ohio. Court Clinic provides evaluations to the judges of the criminal courts of Hamilton, Clermont, Adams, Lawrence, Scioto, and Brown Counties, in accordance with Ohio law. A standard satisfaction survey was developed to collect information regarding satisfaction. Twenty-eight Judges from four different counties completed the surveys. Fifteen surveys were from Common Pleas and 13 were from Municipal courts. Overall, the judges rated the characteristics of the reports highly — exceeding our 90% target of satisfaction. One hundred percent of the judges surveyed reported that they were satisfied with the helpfulness and availability of the staff. Ninety-six percent of judges surveyed reported that they were satisfied with the timeliness of the response or delivery of the Court report. Court Clinic is pleased with these results and plans to utilize the information gathered to further improve Court Clinic services.



# John's Story



John was just three when a car ride with his father ended with his father being murdered.

Predictably, John's post-traumatic stress was unimaginable. When we first met him, he was unable to sleep, had recurring nightmares, was afraid of being alone, was clingy with caregivers, was overly anxious and regularly threw tantrums. Clearly, he was a troubled little boy.

Immediately, John entered counseling. He needed nurturing, but he also needed therapy that would prove effective with youthful trauma patients. The horror of his trauma was extreme, so we had no expectations of overnight success. John is five now and has made enormous progress; he falls asleep easier and, just as important, he stays asleep every night. His level of anxiety and his clinginess have diminished. And his fear of being alone has decreased radically. But when he is under stress, any of them may recur.

John's caregivers say they are very satisfied with his progress. We are pleased, as well. But because of ongoing environmental stressors, we will continue his trauma treatment.

Research shows that mental illness often manifests itself when a person is young, and fifty percent of all mental illness will emerge by the time a person is 14 years old. So, mental illness is also a children's disease.

***Without your help adults, and children like John, cannot receive critical mental health services. Many children and adults beat the odds and recover to lead full and productive lives. But they can't do it alone. They need a place where they can begin healing and receive comfort — they need Central Clinic and YOU.***

## After School Programs

Central Clinic

provides

after school

programs

at Roberts

Academy and

Ethel M. Taylor

Academy.



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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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