

# Connections



## CENTRAL CLINIC: Meeting the Needs of the Behavioral Health Community

Central Clinic has a long, proud, and prestigious history of providing mental health services to citizens of Hamilton County. In more recent years services have also been available to residents of Clermont and Butler Counties. The Clinic was formed in 1923 by United Way (then known as Community Chest) to primarily serve children with behavior problems. The Clinic was first located on 9th Street in downtown Cincinnati.

By 1933 the demand for services was so high and it was so difficult to get staff trained to work with children, the leaders at Community Chest and the President of the University of Cincinnati, Dr. Raymond Walters, agreed to move the Clinic to the UC Medical Campus where it remains today. The Clinic became a training center for the University and, consequently, some of the staff were professors, in addition to University trainees. That tradition continues today. Central Clinic is the training site for third year psychiatric residents who provide valuable, state-of-the-art medical care, which occurs in conjunction with training and education by UC faculty, both on site and at the Medical College.

The current University site, known as Logan Hall, is a Hannaford

**The overall goal of Central Clinic's programs is to provide the right services, as determined by evidence-based practices, at the right time and in the right amount, to clients and their families.**

and Sons building and is on both the Cincinnati and National Historic Registers for its unique architecture. As the agency has grown, additional sites have been added to provide services to over 15,000 people annually, including family members of identified clients.

The Clinic has received many national, state, and local awards for best practices programs. All services are on a continuum of evidence-based practices and have measurable outcome targets, which are continually

reviewed by way of internal performance improvement processes. This assures that programs, services, and staff are meeting identified goals which allow the Clinic to provide services of the highest quality to persons in need of mental health and substance abuse treatment and to remain fiscally sound. The Clinic also has a history of providing a positive workplace for staff, which is evidenced by our low turnover rate, among the lowest of mental health provider agencies in the state of Ohio.

The newsletter for Spring 2009, is designed to be a showcase of all of our programs and services. Each division of the Clinic has provided an overview of the services they provide, the specialty population of persons they serve, any unique programs or services in that division, as well as the division's collaborative efforts with other agencies in meeting the needs of the community. Information about Central Clinic is also available on our website at [www.centralclinic.org](http://www.centralclinic.org), where you will find up-to-date news about the agency, job openings, how to make donations, how to access services, and who to contact for additional information.

In summary, the overall goal of all the Clinic's programs is to provide the right services, as determined by evidence-based practices, at the right time and in the right amount, to clients and their families. We are pleased to share the highlights of Central Clinic's services, programs, and outcomes for all of the people we serve.

Walter S. Smitson, Ph.D.  
Central Clinic President and CEO

## Adult Services

*311 Albert Sabin Way, Cincinnati*

Adult Services of Central Clinic treats people 18 years old and older who are experiencing emotional distress or serious mental illness. Our goal is to help people recover and improve their quality of life.

### Available Services

Adult Services provides a variety of treatment options for individuals in Hamilton County, including:

- Individual, group, couples, family, and supportive therapy and counseling, which includes Evidence-Based Practices of Dialectical Behavior Therapy (DBT), used for clients with Borderline Personality Disorder (BPD) diagnosis or BPD traits; and Illness Management Recovery (IMR), used with mentally ill clients with affective disorders and/or schizophrenia
- Psychiatric medication management, evaluation, follow-up, and injection services
- Psychological testing, including personality and intelligence assessments
- Psychological assessments for medical consultation, such as bariatric surgery, transplant donors, and chronic pain
- Case management services as needed for adults with severe mental illness
- Assessment and referral to outside services as needed

### Training and Research

Adult Services at Central Clinic provides training and research in the mental health field, which plays a vital role in the training of professionals throughout Hamilton County. Trainees include psychiatric residents, medical students, counseling interns, forensic psychiatrists, psychiatric nursing

**Adult Services provides a variety of treatment options, with the goal of helping people recover and improve their quality of life.**

students, social work trainees, and psychology interns through the University of Cincinnati, as well as other local and regional colleges. Residents and interns from these colleges seek out Central Clinic as a distinguished placement.

Our research studies improve the quality of mental health care in a variety of areas.

### Culturally Responsive Services (CRS)

*2208 Reading Road, Cincinnati*

CRS is a unique and innovative program for African-American males with severe and chronic mental illness who receive psychiatric treatment in Hamilton County.

Our program seeks to provide educational, recreational, social, and spiritual activities that are culturally-based. The program stresses the importance of maintaining a well-rounded mental health treatment program. We work in collaboration with psychiatrists, therapists, and case managers in providing long term follow-up on substance abuse and mental health education, mentoring, and aftercare services. We include the families of clients in all appropriate activities to help build internal and community supports.

## CDC Mental Health Services

*2100 Pleasant Avenue, Hamilton*

Established in 1975, and affiliated with Central Clinic since 2004, CDC Mental Health Services (formerly Children's Diagnostic Center) is located in Butler County in the city of Hamilton. CDC provides mental health, psychiatric and psychological evaluations, as well as individual, family, and marriage counseling; case management, and psychiatric medication management services.

Treatment at CDC is provided by a multi-disciplinary group of clinicians who assess, diagnose, and treat issues such as behavioral, social, and/or emotional development, cognitive issues, attention deficit, anxiety, panic attacks, mood disorders, and relationships. Staff helps with the reunification of families involved with Butler County Children Services by helping to design and implement treatment services specific to each parent and child with emotional or behavioral issues.

CDC is a long term provider of medication management, counseling, and eligibility assessment services for persons with developmental disabilities in Butler County.

CDC staff includes several legal examiners with many years experience providing assessment, consultation, and testimony to area courts. Therefore, the staff offers evaluation services to local courts addressing issues of concern. As part of this service, CDC also provides expert court testimony, when requested, on cases seen at the agency.

Staff is available to work collaboratively with local mental health agencies, courts, family medical practices, schools, and other service-based entities that

deal with children and families. CDC staff has many years of experience in the community. The agency has enjoyed a solid reputation for providing quality assessment, diagnostic, treatment, and consultation services.

**Located in the city of Hamilton, CDC's multi-disciplinary staff enjoys a solid reputation for providing quality assessment, diagnostic, treatment, and consultation services.**



# Child and Family Treatment Center

The Child and Family Treatment Center of Central Clinic provides comprehensive behavioral health services to infants, children, adolescents, and their families in a variety of community settings. Our goal is to assist children to be emotionally and socially prepared to be successful in their school and home environments.

## Counseling Services

*311 Albert Sabin Way, Cincinnati*

The intent of the counseling program is for children (ages 6-18) receiving services to become mentally healthy, to engage in less risky behaviors, and to develop positive relationships with family, peers, and other adults. Children referred for counseling have frequently experienced family crises, such as death of a family member, abuse, or out of home placement. Children referred for help may be exhibiting self destructive behavior, show signs of depression, and have serious behavior problems in school. Help is also available for children with attention deficit hyperactivity disorder (ADHD), including collaboration with teachers. Services include:

- Medication consultations and management
- Individual, group, and family counseling
- School consultation
- Psychological evaluations
- Case management

## Young Child Institute

*512 Maxwell Street, Cincinnati*

The Young Child Institute of Central Clinic provides consultation, intervention, and clinical treatment services to children from birth to age five and their primary caregivers. The services follow evidence-based models and are designed to enhance the social and emotional development of



**The goal of the Child and Family Treatment Center is to assist children to be emotionally and socially prepared to be successful in their school and home environments.**

these very young children by strengthening parent-child attachment and educating parents and childcare professionals in how to support their children's healthy development. The services are designed to reduce risk factors associated with abuse and neglect, and to strengthen the child's protective factors, preparing him/her to be ready to succeed in school and life. Services include parent and child relationship therapy, play therapy, early identification and intervention for at-risk children, O.T. consultation for sensory issues, psychiatric assessment, medication evaluation and management, and consultation to early child care providers and parents.

## Ready To Learn

*School Based — Roberts and Pleasant Hill Academies*

This program is a collaboration between Central Clinic and two

Behavioral health consultation is provided at Covedale Academy. Ready to Learn is a participant in the Mindpeace Collaborative and the Strive Initiative.

## 21st Century Community Learning Center and Cincy After School

*School Based — Ethel Taylor Academy*

Central Clinic provides the Community Learning Center (CLC) coordination and after school enrichment programs for the students at Ethel Taylor Academy in the Millvale/Cumminsville community. This is part of an integrated approach by Cincinnati Public Schools, the Greater Cincinnati Foundation, United Way, the YMCA of Greater Cincinnati, and many other business and agency partners to strengthen connections between schools and neighborhoods. The vision is to have the school be the hub of community services and family engagement, and to create an environment conducive for learning. In the after school program, students have the opportunity to discover new abilities and talents, receive tutoring to improve school performance, and strengthen assets needed to be successful in school and life. In this safe and structured setting, students can receive instruction in karate, dance, art, math, and science activities, as well as eat a hot meal before going home. The students in the after school program have shown great improvement in their standardized test scores.

Cincinnati Public Schools, Roberts Academy and Pleasant Hill Academy. The program both provides and coordinates school-based behavioral health services, social service activities, and academic enrichment opportunities. It is built on a learning support model, with the underlying belief that given adequate support, children can achieve academically and socially. Services are designed to enhance students strengths and reduce the risk factors that are barriers to learning, social emotional growth, and academic achievement. Program services include:

- Resource coordination
- Behavioral intervention
- Positive behavior reinforcement
- Parent involvement and support
- Lifelong learning experiences
- Academic enrichment
- Teacher consultation and collaboration

# Court Clinic

909 Sycamore Street, Cincinnati

## Alternative Interventions for Women (AIW)

Alternative Interventions for Women (AIW) is an award-winning and nationally recognized treatment program for women with mental health and substance abuse issues involved in the criminal justice system. In 2007 the Substance Abuse and Mental Health Services Administration (SAMHSA) awarded AIW the Science to Service Award, which recognizes exemplary implementation of evidence-based interventions to prevent and treat mental illness and substance abuse. By focusing on women most at risk for recidivism, the program works to address all the functional needs for coping with addiction, mental illness, education, and activities of daily living. Intensive, daily workgroups focus on essential skills building and learning accountability. Some of the Evidence-Based Treatment/Best Practices models used include:

- Motivational Interviewing
- Individualized Dually Diagnosed Treatment (IDDT)
- Trauma, Recovery, and Empowerment Model (TREM)

The admission process consists of a referral by the Courts or Probation Department, and an in-depth clinical assessment that includes treatment recommendations which is performed by Court Clinic assessment staff.

## Court Clinic Forensic Services

As a certified Forensic Center in the State of Ohio, Court Clinic Forensic Services provides evaluations to the judges of the criminal courts of Hamilton and Clermont Counties in accordance with the

Ohio Revised Code, and Ohio Department of Mental Health standards. Evaluations are performed by Court Clinic staff with qualifications/credentials that are stipulated by law and include:

- Competency to stand trial
- NGRI (Not Guilty by Reason of Insanity)
- Post-NGRI (Conditional Release)
- Pre- and post-sentence advisability of treatment/mitigation of sentence
- Intervention in lieu of conviction
- In-depth Assessment for Women (AIW)
- Eligibility for Mental Health Court
- Involuntary hospitalization
- Second opinions for non-secured privileges
- Risk of sexually re-offending

Other specialized services provided by the Forensic Unit include: Competency Monitoring, Competency Restoration, Jury Intervention, Mental Health Court and Forensic Monitoring.

## Court Clinic Liaison Services

The Court Clinic Liaison Unit interviews defendants referred by Pretrial Services, judges, defense attorneys, Court Clinic staff, or Hamilton County Justice Center staff. The Liaison staff ascertains if the defendant has any mental health and/or substance abuse problems. If such problems are present, the Liaison staff consults with judges, Pretrial Services, and attorneys, and facilitates the linkage of those persons to the appropriate mental health or substance abuse agency. If a defendant's competence to stand trial is determined to be a possible issue, arrangements are made with the Court Clinic Forensic Unit to address the competency question.

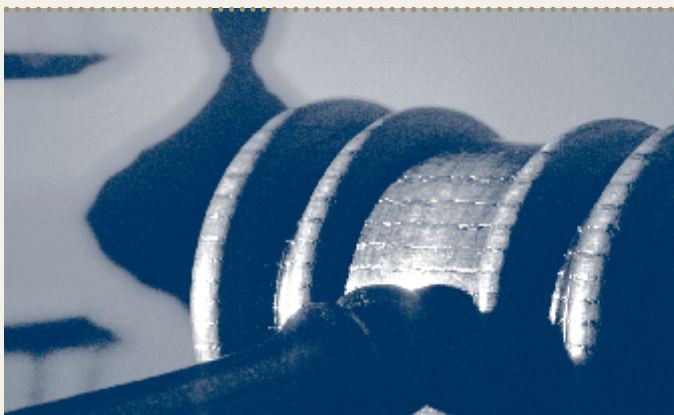
## Court Clinic Substance Abuse Treatment Program (CCSA)

The Court Clinic Substance Abuse Treatment Program (CCSA)

provides drug and alcohol treatment for men and women who have a primary diagnosis of substance abuse and are on probation in Hamilton County. Two of the Evidenced-Based Treatment/Best Practices models used are: Stages of Change and Helping Women Recover. Referrals to this program can be made by the Hamilton County Probation Dept., TASC, and Common Pleas/Municipal Judges. Men and women in the CCSA program attend group counseling sessions, individual therapy, and case management services by TASC/Court Clinic. Assessment for medication services is available when needed.

## Treatment Accountability for Safer Communities (TASC)

TASC provides services intended to reduce criminal behavior. Services include substance abuse and assessment, comprehensive case management services, referrals to community treatment providers and ancillary services, monitoring, and drug screening. Offenders referred by Hamilton County Courts (Municipal & Common Pleas), Pretrial, and Adult Probation Department receive an assessment by licensed chemical dependency specialists or licensed social workers. Assessment determines eligibility and level of care where client will be referred. Eligibility consists of: Adult offender who is involved in the Hamilton County criminal justice due to their use or abuse of alcohol and other drugs. Violent offenses which caused serious physical harm to victim or use of deadly weapon are excluded, as are DUI offenses. Assessment consists of Addiction Severity Index, SASSI, face-to-face interview, and drug screen.



**Court Clinic provides evaluations, mental health and substance abuse treatment, and a number of specialized services for persons involved in the criminal justice system.**

# Mental Health Access Point

311 Albert Sabin Way, Cincinnati

MHAP is a nationally recognized behavioral healthcare organization and was recipient of the national Managed Health Care Congress and Eli Lilly 2001 Behavioral Health Care Leadership Award at the National Healthcare Conference in Washington, D.C. in September 2002.

As the "Front Door" to the Hamilton County mental health system, MHAP strives to provide support, care, and connections for consumers in need of mental health services. MHAP's primary mission is to provide a standardized entry to a managed system of care that ensures services are available, accessible, and of high quality. MHAP operates 24 hours a day, seven days a week to answer calls and connect clients to appropriate services. MHAP's primary functions are: Mental health assessments; Authorization and connection of services; Utilization review and monitoring for publicly-funded mental health services; Quality improvement and assurance through clinical and statistical review; and MACSIS data enrollment to provide benefits.

MHAP provides the following services:

- Triage of mental health referrals for intensive services from community agencies
- Diagnostic assessment
- Psychiatric medication evaluation and management
- Transitional case management services to both children and adults for those in urgent need

## Assertive Community Treatment (ACT)

MHAP's Forensic ACT team is a year-long case management program that is responsible for providing comprehensive treatment including assessment, pharmacological management, individual counseling, case management, and substance abuse treatment to Hamilton County residents who have become involved in the Hamilton County Correctional and Justice Systems (HCJC). These adults who have eligible mental health diagnoses are often involved in the Hamilton County Adult Probation Mentally Disordered Offenders (MDO) Unit. These are mentally ill individuals who have been identified as being

at risk of not only continual criminal behaviors, but alcohol and drug (AOD) abuse issues. Services are monitored to ensure that the client's needs are appropriately assessed and addressed as needed. A unique aspect of the ACT team is the multi-system approach of the program. On any given day, the ACT Team collaborates and consults with Pre-Trial Services, Corrections, Judicial, Probation, Job and Family Services, Housing, Employment, Entitlement services, and the various types of AOD treatment providers in our community.

The primary functions are for the MHAP Jail Liaison to screen inmates incarcerated at HCJC and link them with a clinician to assess diagnostic eligibility for the Forensic MHAP ACT Team. Once identified, the team provides intensive out-patient case management services. As a partner with Hamilton County's Mental Health and Recovery Services Board, ACT provides the following services: 24-hour Triage for mental health emergencies, Diagnostic Assessment, Case Management, and connection to appropriate community services. Once

the year of ACT services has ended, if the client still presents with case management needs, the client is referred to an appropriate agency for continuation of mental health service.

## Family Access Partnership (FAP)

2208 Reading Road, Cincinnati

FAP, a program of MHAP, and part of a collaborative between Hamilton County Job & Family Services (JFS) and the Mental Health & Recovery Services Board, is responsible for evaluating and referring children and families who have mental health needs and are active with Hamilton County's Children's Services Unit. Often these are children who have been identified as being at risk of abuse, neglect, or dependency. FAP ensures that appropriate services are available, accessible, and of high quality to those families who are involved with JFS. Services provided to these families require that child welfare goals of safety, permanency, and well being are incorporated into treatment.

# Administration

311 Albert Sabin Way, Cincinnati

The business department of Central Clinic provides centralized administrative functions for every division within the Clinic. This long standing practice promotes efficient practices, streamlined operations, and lower administrative costs for each program.

The centralized functions and some of the responsibilities within those areas include:

■ **Human Resources** - personnel files, timesheets/time off, privileging, staff recruitment, performance evaluation, and staff orientation.

■ **Fiscal** - payroll, benefits, budgeting, contracts/grants, and billing. Monthly tracking of revenue/expenses for all cost centers, and monitoring of expenses in relation to revenue with program directors.

■ **Compliance**- local, state, and federal standards compliance, management of local and state licensure, certification and national accreditation, provision of training in clinical documentation and billing, HIPAA Privacy, oversight of Clinical Records.

■ **Safety** - oversight of health and safety in all programs and sites,

including inspections, emergency drills, safety awareness, education and training for staff and clients.

■ **Special Projects/UC liaison**- maintenance, management of supplies, and equipment, management of special projects, liaison with University of Cincinnati Facilities Management.

■ **IT**- oversight and care of IT infrastructure and equipment, HIPAA Security, technology project management, liaison with other IT Departments and vendors.

## Performance Improvement/Outcomes/Evaluation -

establishment of measurable, objective outcomes goals for all clinical and prevention programs; solicit input from all stakeholders and report results regularly. Maintain an ongoing cycle of performance improvement for clinical programs and administrative functions, identifying areas for improvement, set performance targets, implement improvement strategies, measure regularly and report to appropriate internal and external entities.

# Central Clinic: Vision, Mission and Values

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



If you have any questions or would like information about any of the programs and services at Central Clinic, please call 513-558-5823. [www.centralclinic.org](http://www.centralclinic.org)

### TO REACH US:

**CENTRAL CLINIC**  
311 Albert Sabin Way  
Cincinnati, OH 45229-2801

Non-Profit  
Organization  
U.S. Postage  
**PAID**  
Cincinnati, Ohio  
Permit # 6156