

Connections



Integrated Health Care Means More Effective Care

Most mental health organizations strive to constantly improve their products or their services. Central Clinic has long had a formal process in place for having measurable outcomes and, in turn, using that information to continuously improve its wide array of mental health, substance abuse, and prevention services.

Sometimes system changes are driven from the bottom up, such as when consumers identify changes that are needed. At other times change is driven from the top, such as the current Federal and State mandate about the integration of medical health care with behavioral health. This is a very welcome development. It means that at long last we will be able to make progress in establishing Health Homes which facilitate a coordinated center of care for clients with mental health/substance abuse and chronic health conditions. A high percentage of clients with major mental illness also have diabetes, hypertension, and obesity. These physical illnesses can be made worse by the medications prescribed for severe mental illness. Under the Health Home model of care, these physical diseases and conditions will now receive the same level of attention as the mental health issues.

Medical Health Homes hold the promise of bridging the age-old gap between physical health care and behavioral health care. Historically, patients



HELP US PROVIDE MENTAL HEALTH SERVICES TO THOSE WHO CANNOT AFFORD PRIVATE MENTAL HEALTH CARE.

Please visit our website at www.centralclinic.org to make a donation.

go to one clinic for help with mental illness and substance abuse and then to another clinic for help with physical health issues. All too often, these patients/consumers get lost between the two systems of care. With integration of health care systems being pushed by the Federal and State governments, we look forward to a new, more effective health care system for a significant number of persons that we serve.

Meanwhile, please visit Central Clinic's website at www.centralclinic.org and consider making a donation to help us provide more helping hands to those children, adults, and families who can't afford private mental health care.

You can designate your contributions to any of our programs for children or for adults. All donations go directly to support our services and therefore are not used for administrative costs. Each additional helping hand provides care to hundreds who are waiting for help.

BEST WISHES TO EVERYONE FOR THE HOLIDAY SEASON!

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

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Welcome to the newest member of the Board Clarissa Rentz. (See article, page 4).

Ashley and Jenny ... a Success Story

Names have been changed to protect the confidentiality of the clients.

Ashley began coming to the Young Child Institute (YCI) in November 2009, shortly after her third birthday. At this time, Ashley was very delayed in her speech; she was not speaking at all. She was very unsafe in her play, very active, climbing and jumping off everything — refrigerators, dressers, etc. She was hitting children and her mother, Jenny. She'd burn herself with a curling iron and appear to feel no pain; she'd run from Jenny, run into traffic and across parking lots with no fear. Jenny struggled with keeping her safe and contained on the bus, which was the family's mode of transportation.

Jenny is a recovering alcoholic and drug user, and she used alcohol and drugs the first three months of her pregnancy with Ashley, though she attended a recovery program for the remainder of her pregnancy. She had a relapse when Ashley was three months old. Upon coming to YCI, Jenny was feeling extremely guilty about the drug use. She was losing hope and patience when it came to managing Ashley. While she was recovering and getting back on her feet, Jenny, Ashley, and Ashley's three sisters lived in homeless shelters. She was overwhelmed with

trying to manage her own recovery and care for her four daughters.

During Ashley's time at YCI she has received many services. Ashley enjoys playing with the baby dolls, the kitchen area, and the sand box at YCI. She participates in parent/child therapy where she and her mother have strengthened their attachment. Jenny has worked with the therapist and has followed strategies that were suggested to improve her communication with Ashley and to manage her impulsive behavior. Ashley uses pictures during therapy sessions to communicate her needs to her mom and therapist. Jenny has learned how to provide structure for Ashley at home and now better understands what Ashley needs physically and emotionally. Ashley sees the YCI psychiatrist and is prescribed medication to address these impulsivity and focus issues.

Ashley participated in an Occupational Therapy (O.T.) Consultation where our occupational therapist determined that Ashley has sensory processing challenges and needs O.T. to address her excessive need for sensory input. Jenny received help to understand the things Ashley needed in order to be able to overcome

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- Jenny

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this problem. YCI then referred Ashley to Children's Hospital for O.T., and for speech therapy. She is still attending weekly sessions there.

Ashley also participated in a psychological evaluation at YCI, which was helpful for Jenny and the therapist to better understand where Ashley is cognitively and developmentally. This assessment will be important in aiding the team in making Ashley's Individualized Education Program for kindergarten.

Ashley is now five years old and has been in the classroom for two years; she attends preschool in a special education classroom. Her case manager at YCI facilitated getting Ashley into this classroom; it has been so beneficial for Ashley to have the experience of preschool to help prepare her for kindergarten, which she will begin in the fall. Her teachers have

worked one on one with her, making picture schedules for her, doing sign language with her, and providing many visuals so she can communicate and understand the activities of the day. Our case manager also assisted Ashley's mother with SSI paperwork and Developmental Disability Services, both of which Ashley now receives.

Jenny currently attends recovery meetings regularly, and she shares her story often with others who are recovering from substance abuse. She also sponsors someone who is going through recovery. She recently passed her driving test and now has her own car. The family has their own house now and they couldn't be more pleased. Jenny is receiving her own mental health services and is taking care of herself. She states that she enjoys coming to YCI and is happy Ashley has a place where she is understood and has so many people who care. Jenny says, “Young Child Institute has connected me to more resources and services than my pediatrician or anyone else.” Ashley and Jenny are very connected to YCI, and YCI has served as a great support for them through their difficult times in the past and today as they continue to progress and succeed.



Congressman Visits Central Clinic Program

After Ethel M Taylor Academy was awarded the 2011 Community Schools National Awards of Excellence for its Community Learning Center (CLC) in March, Congressman Steve Chabot visited the staff and students of the academy on September 1, 2011. Central Clinic is the lead agency at Taylor, and provides the CLC Resource Coordinator, Annie Bogenschutz, and the After School Program.

Eve Bolton, District School Board President; Dr. Walter Smitson, Central Clinic President & CEO; Congressman Steve Chabot; An Assistant to the Congressman; Annie Bogenschutz; and a CLC teacher with the children.

Hope ... a New Central Clinic/MHAP Program

HOPE for Children and Families (HOPE) is a new program of Central Clinic/Mental Health Access Point. It is located at 2208 Reading Road. HOPE is a multi-system collaboration between the Hamilton County Mental Health and Recovery Services Board (HCMHRSB), Hamilton County Department of Jobs and Family Services (HCJFS), Hamilton County Developmental Disabilities Services (DDS), and Hamilton

County Juvenile Court. HOPE became operational on October 1, 2011 and is responsible for the referral, connection, monitoring, and coordination of services for children and youth who are involved in two or more county systems.

The primary functions of the program are to provide assessment, referral, monitoring, and care coordination; assistance to Mental Health Professionals, JFS Caseworkers, DDS

Services Facilitators and Juvenile Court Probation Officers in the identification of appropriate community services for youth and their families.

Available services include assessment of service needs; connection to community services; care coordination and oversight; and consultation to multiple system partners.

For clients to be involved in this program, they must be a Hamilton

County resident; be between ages 7-17; be involved in two or more county systems; and have needs that have not been met by traditional services.

The leadership staff of this new program is David Bagent, MSW, LISW-S, the Director of MHAP, and Kathy W. Boothe, MA, LSW, the program Director of HOPE. The program contact numbers are Phone: (513) 723-2150 and Fax: (513) 723-2189.

Awards, Grants, and Accomplishments

Central Clinic Child and Family Division's **Annie Bogenschutz**, Resource Coordinator of Community Learning Center (CLC), was flown to New York to be featured on MSNBC's second Teacher Town Hall Education Nation. This program for and about teachers focuses on the challenges and opportunities facing American educators today. On Sunday, September 25th, Brian Williams interviewed Ms. Bogenschutz about Cincinnati's award winning CLC program. She not only represented Central Clinic, but also Cincinnati Public Schools and Ethel M. Taylor Academy. Congratulations to Annie and her entire team for

the well-deserved recognition of excellent work.

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 Congratulations to **Sherry Baker, Ph.D.**, Director of Court Clinic, who received the Criminal Justice Excellence Award from Hamilton County NAMI, on November 16th. Dr. Baker is a fine example of the quality of directors and staff at Central Clinic.

The Cincinnati Bar Association presented **Alternative Interventions for Women (AIW)** a grant of \$5,000 for "transitional needs" funding for AIW clients. The AIW program is a Central

Clinic/Court Clinic, court-referred treatment program that serves women with dual mental health and substance-abuse diagnoses. The \$5,000 will allow AIW to assist women who are nearing successful completion of AIW by providing them with emergency funds for their transitional expenses.

Because of the generosity of staff from all of Central Clinic's divisions, we were able to donate **\$18,735 to United Way**. A big thank you goes to all who participated in this event, and to Lisa Hart, Administrative Support Specialist/UC Liaison, who facilitated the successful campaign.

Reaching Out During the Holidays



Every year the Culturally Responsive Services (CRS) sponsors "A Visit With Santa" for the children, ages one through 10, of clients in the Adult Services Division. This year's party will be on December 22, 1-3 p.m. at Central Clinic's Albert Sabin Way location. Each child receives a gift and a photo with Santa. There are lots of snacks for everyone who attends. What fun the children have, but also how fulfilling to the staff and parents as they experience the excitement of the children.

Dr. Krockert-Tuskan Retirement



Maria Krockert-Tuskan, M.D. retired September 30, 2011. Dr. Krockert-Tuskan was an esteemed

child psychiatrist at Central Clinic and previously at Children's Psychiatric Center. She has contributed her exceptional clinical skills to fostering the emotional well-being of thousands of children and has helped train most of the child psychiatrists in the Cincinnati area.

Before coming to Central Clinic in 1990, Dr. Krockert-Tuskan was on staff at Children's Psychiatric Center for 30 years, and was Director of Outpatient

Services when the Center closed in 1989. Dr. Krockert-Tuskan served on the faculty of the University of Cincinnati College of Medicine, Department of Psychiatry, as an Associate Clinical Professor until her retirement from the faculty in 2005. She served as a consultant at the Cincinnati Center for Developmental Disorders for many years. A native of Croatia, Dr. Krockert-Tuskan came to Cincinnati in 1954, after attending medical school in Madrid, Spain and

receiving her medical degree from the University of Innsbruck, Austria. Dr. Krockert-Tuskan was President of the Croatian-American Academy, New York City for 10 years, the only woman so honored by the CAA membership.

Dr. Krockert-Tuskan will be greatly missed by the staff and clients of Central Clinic, especially those in the Child and Family Services Division, where she not only worked diligently to treat her patients, but was also a role-model.

Meet Our Newest Board Member



CENTRAL CLINIC WELCOMES
 CLARISSA RENTZ, MSN, APR-BC,
 AS A BOARD MEMBER. WE LOOK
 FORWARD TO MANY YEARS OF
 WORKING TOGETHER TO REACH
 THE GOALS OF THE CLINIC
 AS WE STRIVE TO PROVIDE
 QUALITY BEHAVIOR HEALTH
 SERVICES TO OUR AREA.

Clarissa Rentz, MSN, APR-BC is the newest member of the Central Clinic Board of Trustees. She comes to Central Clinic with an impressive background and a wealth of medical knowledge. Ms. Rentz holds two degrees from the University of Cincinnati College of Nursing. She has over 17 years of nonprofit leadership experience, exceptional clinical experience, and expert understanding of Alzheimer's and other dementia disorders. Ms. Rentz recently retired from the Alzheimer's Association of Greater Cincinnati after 16 years of clinical and programmatic work, the last five years as Executive Director. She is a member of the Down Syndrome Association of Greater Cincinnati Advisory Board, and a member of the Visiting Nurse Association Board of Trustees.

Before joining the Alzheimer's Association, Ms. Rentz worked acute care in Connecticut and Hospice of Cincinnati, Inc., Deaconess Association, and M.J. Nursing Registry, Inc. During this time she developed educational programs, created Hospice Home Care programs, and served as an instructor.

Ms. Rentz has published articles on the Nursing Care of the Person With Creutzfeldt-Jakob Disease. She has presented at various national and international venues, focusing her presentation on Caring for a Person With Down Syndrome, Care of a Person with Alzheimer's Disease, The Care Needs of the Hospitalized Person with a Dementing Illness, and a variety of other topics.

In 1999, Ms. Rentz was a recipient of the Florence Nightingale Excellence in Nursing Award, given by the University of Cincinnati College of Nursing. In 2006, she was awarded the Outstanding Leader in the Field of Aging sponsored by the Association of Professionals in Aging. On April 15, 2011, the Ohio Association of Gerontology and Education honored Ms. Rentz as their Practitioner of the Year in the State of Ohio.

Central Clinic is fortunate to have a person of the caliber of Clarissa Rentz as a Board member. We welcome her and look forward to many years of working together to reach the goals of the Clinic as we strive to provide quality behavior health services to our area.

Laura R. Logan and Logan Hall



Laura R. Logan

Central Clinic's main facility has been housed in our present building on the University of Cincinnati Medical Campus since 1971. The building was built in 1915, when it became a nurse's dormitory called Logan Hall. Logan Hall was very aptly named to honor Laura Rebecca Logan. The building is still called Logan Hall in honor of this prestigious lady.

Laura R. Logan was born September 15, 1879, at Amherst Point, Nova Scotia Canada. She died July 16, 1974, in Sackville, Nova Scotia. She earned her

BA in English from Acadia University, Wolfville, Nova Scotia in 1901; a nursing degree from Mount Sinai Hospital School of Nursing in New York; and a BA in hospital economics from Columbia University in 1908. Quite an accomplishment for a woman in those years, when few women went to college or even worked outside the home.

Ms. Logan became Director of Cincinnati General Hospital School of Nursing in 1914 and helped create the University of Cincinnati School of Nursing and Health.

Her work at General Hospital and UC was only a small part of her hospital and teaching resume. After receiving her degree in nursing, she taught and worked as a supervisor at Mt. Sinai Hospital until 1911; served as superintendent of Hope Hospital and principal of its nursing school in Fort Wayne, IN after her tenure in Cincinnati; was appointed dean of Illinois Training School for Nurses in Chicago (1924); then dean of Cook County School of Nursing (1929); was director of Cook County Hospital's nursing service (1929-32); was appointed principal of Flower-Fifth Avenue Hospital Nursing School in New York City (1936); and served as director of Nursing at Boston City Hospital until she retired about 1953.

Ms. Logan received many honors and awards for her nursing and teaching skills. She is included in the *Dictionary of Women Worldwide: 25,000 Women Through the Ages, Vol 1*. She received an honorary D. Sc. Degree from the University of Cincinnati in 1954. She was a recipient of the Achievement Award and the R. Louise McManus Medal from Teachers College Columbia University and was inducted into the Teachers College Nursing Hall of Fame in 1999.

Laura R. Logan was a forerunner of education for women and has left a notable mark in the fields of nursing and nursing education. It is an honor that Central Clinic's main site is located in a building named after such an inspiring woman.

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 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.



ODMH & ODADAS

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