

## FROM OUR DIRECTOR

### *Cocktails & Conversation*

Central Clinic is now in its 89th year of service.

As many people know, the Clinic was established in 1923 by the Community Chest. It was relocated to the University of Cincinnati Medical Campus in 1933, by agreement between U.C. President Dr. Raymond Walters and Community Chest Director, C. M. Bookman. Looking back from our beginning, we are filled with pride for our agency's growth and maturity. Even more so, we look forward to an exciting future.

On April 24th 2012, at the Queen City Club, we want to tell you exactly what we have been doing and what is in store for Central Clinic. We want everyone to be re-introduced to our agency, its services, and our staff. Please come and be our guest at this event. There is absolutely no cost and there will be no fundraising involved!

We hope everyone will join us on April 24th to learn more about all the ways mental health services have a positive impact on people's lives and on the quality of life in our community. We can all be proud of the Clinic's many accomplishments and we look forward to celebrating with all of you.

*Walter Smitson*

Dr. Walter Smitson

Please be our guest on April 24!

## Dr. Wirick (aka Johnny Walker)

Dr. John Wirick is Inpatient Chief Resident in the University of Cincinnati Psychiatric program and has been a well-liked and respected outpatient resident psychiatrist at Central Clinic for the past two years. We all know him as "Dr. Wirick," but he has another life as "Johnny Walker," a punk blues rock guitarist who has toured with the White Stripes and the MCS and wowed Britain's legendary DJ John Peel during his first overseas gig" (*Soapbox Cincinnati*, Jan 23, 2012).

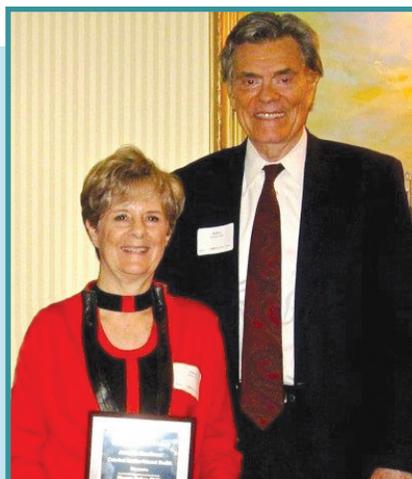
He taught himself to play the guitar when he was 18, and played in bands and on his own in Toledo and Detroit when he first started. He used the name Johnny Walker, based on the last name of a former band mate, and though he later tried to convince people that was not his real name, it stuck.

While working as a mental health specialist at Children's Hospital he started using music in his group therapy sessions. "It gives them a sense of empowerment and then they will participate more freely," he says. "It's always fun."



*Dr. Wirick aka Johnny Walker*

At Central Clinic he treats adults with mental health issues, many who are on the downward spiral towards poverty and homelessness that often impacts people with mental illness. Though his residency is nearing an end, he has a desire to start a group music therapy program at Central Clinic, because "music is like meditation...it makes the crowd feel like they are something special so they can enjoy themselves and forget... what is outside the front door."



## Director of Court Clinic Receives Award

*Dr. Sherry Baker, Director of Court Clinic, with Dr. Walter Smitson, Central Clinic Director. Dr. Baker was recipient of the Criminal Justice Excellence Award from Hamilton County NAMI.*

## Happenings in Our Schools

### Zoo-Mates

**Ethel Taylor Academy**, one of Central Clinic's after school program sites, is taking part in Zoo-Mates, a Center for Community Engagement (CCE), at University of Cincinnati, signature program. This innovative mentoring program is a partnership between the CCE, Taylor Academy, Faces without Places, and the Cincinnati Zoo. Thirty University of Cincinnati students are matched with 30 school children for year-long, one-on-one mentoring. The pairs meet every Wednesday at the Zoo, Taylor Academy, or UC for organized programming. This is a great opportunity to build a meaningful relationship with a child, make an impact on a life, and have some exciting adventures. Activities are endless, including visiting behind the scenes at the zoo and handling some of the animals, programs and games at the school, and visiting museums and other interesting places in Cincinnati. One of the benefits of the program is that it gives the students a taste of what college life is like.

### Big Pig Gig

A Central Clinic School Outreach Services program site, **Gamble Montessori High School**, has been chosen to decorate a pig for the Big Pig Gig, sponsored by Artworks, a community art employment program for youth. An estimated 60 pigs will be placed where World Choir Games visitors will encounter them in July. We are privileged that one of our Clinic schools will take part in this exciting venture. According to Central Clinic employee Tom Haid, the Community Learning Center Resource Coordinator for Gamble, this creative opportunity is made possible through a partnership of funding from Central Clinic/Ready to Learn and Artworks partners. This is another example of the importance of individual donations to the different programs of the Clinic. We are eager to see how the kids decorate their pig! Congratulations for securing this opportunity for our students.

### Fashion Design Class Project

At **Roberts Paideia Academy**, a Central Clinic after school program site, a dozen 6th-8th grade students exhibited photography and



fashion design. As students completed each design variation, they photographed their work to document and reflect on the process. After weeks of preparation, research, and writing exercises their works of art were displayed at the Warsaw Project Gallery in Price Hill in January. The students not only learned new skills, they had an experience that will never be forgotten. This is just one of the ways the after school program enhances and impacts the lives of students the Clinic works with every school day.

### Program Selected for Funding

After careful review by the Center for Clinical and Translational Science and Training (CCTST), Community Engagement Core, and Community Partner Council, Dr. Maria Piombo,

Clinical Director of our Child and Family Treatment Center, is pleased to announce that an innovative Central Clinic program was awarded a Community Health Program Grant.

The purpose of the grant is twofold: (1) answering the question "What are the barriers for Latino children and their families in Cincinnati in accessing mental health services?" and (2) providing support groups for Latino children and their parents. Being able to better answer this important question in the Greater Cincinnati area will provide vital information for programming mental health services for Latino children. Once this knowledge is obtained, programming can be developed that addresses these barriers and helps reduce them for the Latino community.



*Top left: Students participating in the Zoo-Mates program get up close and personal with a chicken, which some students may never have touched.*

*Bottom left: Zoo-Mates program participants make snowmen with their partners.*

*Middle: Gamble Montessori High School has been chosen to decorate a pig for the Big Pig Gig, similar to this pig on display in downtown Cincinnati.*

*Above: A Roberts Paideia Academy student with her fashion design masterpiece*

The project proposes to reach 20 Latino families at **Roberts Paideia Academy** with a group intervention to begin to address their need for accessing mental health services. One group will be for students and another for parents. Both groups will take place after school and transportation will be provided for those families in need of transportation. Incentives (Kroger gift cards) will be provided at the termination of the parents' group.

A 10-week support group, to be named Puente (Bridge), will be offered to Latino boys and girls in the 4th, 5th, and 6th grades at Roberts Paideia Academy. All participants' parents will be contacted by one of the group leaders. Puente will be preventive in nature and will encourage positive social skills, self-esteem, self-confidence, and self-image. The goal is that students who

participate in Puente will begin to feel more competent about their skills and abilities as well as their self-worth. Difficulties arise when the children's family of origin has different values from the mainstream United States' values. The children find themselves in conflict between these different values. Puente will educate on, acknowledge, and celebrate cultural diversity as well as engage the participants in activities and interactions which incorporate issues around self-image.

A review of current research found no evidence based support groups for Latino children. Puente will attempt to establish preliminary evidence for the effectiveness of such group interventions. This preliminary evidence will contribute to the integration of evidence based practices in future work with Latino children.

## Bob Miniard Retires After 20 Years



*Bob Miniard in the fishing hat Central Clinic gave him to wear during his retirement years*

February 29, 2012 was Bob Miniard's retirement day. He started working at Central Clinic on August 15, 1991 as maintenance man, and since then has maintained the buildings and helped the staff in so many ways it would be difficult to name them all. None of us can remember Bob having a "bad day." He was always pleasant, smiling, and willing to help us when we needed him. He was loved and respected by everyone here. From now on, every day will be Saturday to Bob and he can go fishing, play pool, and do exactly what he wants. We will miss your smiling face, Bob, but wish you all the best in your retirement.

Guy Mays has accepted the position that Bob vacated. He has been helping Bob for the last several months, so it is a good fit for him and for Central Clinic. Welcome Guy. You have already made friends of the staff here and we look forward to working with you.

### CDC Invited to Attend Special Seminar

CDC Mental Health Services, Family Connections Program has been selected to participate in the 2012 class of the National Council for Community Behavioral Healthcare's Adoption of Trauma-Informed Practices Learning Community. According to the Learning Community, the application CDC submitted was rated very highly among an especially talented and large number of applicant organizations. The kickoff meeting is scheduled for Chicago, April 18th in conjunction with the 42nd National Council Annual Conference.

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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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