



# Central Clinic

Expert Mental Health Solutions Since 1923

**Annual Report • 2011**



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# LETTER TO THE COMMUNITY

Dear Friends,

This past year has been yet another when Central Clinic's multiple programs responded to the community's diverse mental health needs. Whether serving the unique needs of adults involved in the court system, or strengthening the social and emotional development of young children who are victims of child abuse, our primary goal is to deliver family-centered and integrated care.

This commitment to families and their integrated care involves much more than treating the individual client. As you'll read in the pages that follow, our programs don't merely serve clients. Instead, our programs also touch the multiple lives of those people most closely involved in clients' daily lives.

For instance, our various children's programs deliberately provide coordinated care that includes children's parents, teachers, and medical doctors. Likewise, our treatment programs for court-involved adults include input from family members, probation officers, case managers, and judges of Hamilton and Clermont counties' courts.

Next year, our commitment to integrated care will increase further through our efforts to become one of the Ohio Department of Mental Health's "Medicaid health homes." Currently, we are coordinating medical care for some of our clients through our partnership with UC Family Medicine – because medical care for people with severe mental illness is especially important, since so many have diabetes, hypertension, and other serious conditions.

Unfortunately, many people with mental illness don't receive adequate care for their medical conditions. Ohio's establishment of medical-health homes will bridge the age-old gap between physical health care and behavioral health care. Ultimately, our comprehensive health-home services will bolster our commitment to integrated care, providing clients with one source for their primary and mental-health care.

Each year, we develop new initiatives to meet the dynamic needs of infants, children, youth, and adults who are struggling with mental wellness. Last year was no exception – despite the growing number of Greater Cincinnatians who are uninsured or receive limited Medicaid insurance.

Without you, our efforts to serve the community's most vulnerable residents would be all the more challenging. But as you will read, our combined efforts as donors, supporters, board members, and staff make a significant contribution to the lives of more than 17,000 people each year.

Sincerely,

Walter S. Smitson, Ph.D.  
President & CEO

Michael Walton  
Board President

## 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 behavioral health, substance abuse, forensic and prevention services to children, adults, and families.

We accomplish this by making services accessible, individualized, effective, user-friendly, and consumer oriented.



# Central Clinic

Expert Mental Health Solutions Since 1923

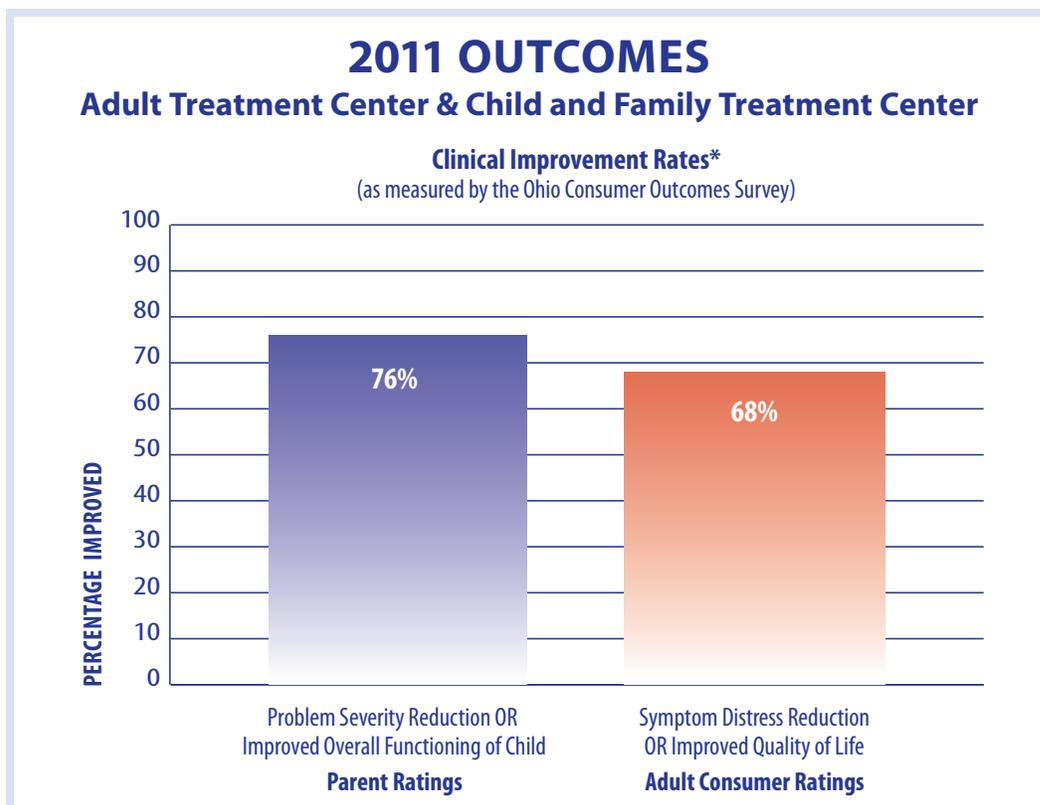
## About Central Clinic

For nearly 90 years, Central Clinic has provided expert behavioral health and forensic services to adults, children, and families. Each year, we provide services to about 17,000 residents of Hamilton, Butler, and Clermont counties – about 97% of whom receive Medicaid. Likewise, our school-based prevention programs touch the lives of more than 3,000 children, youth, and their parents.

Of our various programs, it is our adult services that experience the most annual visits. These services target adults with severe mental illness and include individual counseling, case management, group therapy, prescription-drug management, and our specialized work with adults involved with the court system.

## Organizational Effectiveness

Equally important, our services significantly impact our clients' quality of life. For instance, our 2011 evaluation data indicated that 76% of children served by our Child and Family Treatment Center (according to their parents) experienced improved well-being. Additionally, 68% of adult clients experienced a reduction in the severity of their symptoms – a noteworthy accomplishment since most of our adult clients have severe mental health conditions, such as schizophrenia, severe depression, and bipolar disorders.





## Ethel M. Taylor Academy Receives National Award

Our important resource-coordination work at Ethel M. Taylor Academy brought national attention last year. Ethel M. Taylor Academy was one of only three schools in the nation to receive the 2011 Community Schools National Awards of Excellence.

Administered by The Coalition for Community Schools, this prestigious, national award recognizes those schools that embody the true spirit of “community learning centers” – essentially those schools that provide a combination of social services and academic programming that results in significant gains for students.

Located in Millvale and serving children who reside in the Fay Apartments, Taylor Academy is one of Cincinnati’s most economically-disadvantaged schools. Annually serving about 425 students, the school’s free-lunch rate is 100% – year after year. Likewise, the Ohio Department of Education (ODE) has historically rated the school’s performance as “Academic Emergency” – the lowest of ODE’s ratings.

One of the reasons for Taylor Academy’s award is because 43% of its students (in school year 2009/10) scored proficient or higher on their Ohio Achievement Assessments. In contrast, only 29% of students scored proficient or higher the previous school year.

While 43% might seem insignificant when compared to more affluent schools, this one-year improvement resulted in an ODE rating of “Continuous Improvement” – thus skipping the typical “Academic Watch” rating that most schools receive before achieving “Continuous Improvement.”

## About Taylor Adademy

Central Clinic serves as Taylor Academy’s lead agency. Thus, we are responsible for coordinating the school’s multiple social service partners, its parent-involvement events, and its after-school and summer programs.

The efforts of our staff, our social-service partners, and the schools’ students, parents, teachers, and administrators resulted in these additional achievements during school year 2010/2011:

- A 97.3% attendance rate – versus the previous year’s rate of 93.8%
- A decrease in behavioral incidents – only 94 incidents versus the previous year’s 309 incidents
- An increase of more than 750 parent and community volunteers – growing from 36 to 788 volunteers.



# 2011 HIGHLIGHTS



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## Ready to Learn Now Serves Gamble Montessori High School



On an October school day in 2010, we arrived at Gamble Montessori High School to begin the planning phase of our January 2011 operations of Ready to Learn (RtL). Instead, the principal needed our immediate assistance with three 12<sup>th</sup> grade students.

These students were in crisis. They were determined to finish their final year of high school, but they were suddenly homeless. Fortunately, our staff was able to coordinate emergency

housing for the students, and two of the students graduated from Gamble in 2011.

It was circumstances such as these that brought RtL to Gamble. Specifically, parents and school personnel requested RtL, because of the high rate of students who are uninsured or under-insured.

An October 2011 Needs Assessment survey that we conducted provided further evidence of Gamble’s need for RtL. Asked to identify

their students’ “mental health issues,” teachers ranked the items below as “very important” to their students’ needs:

- 89% ranked “social, interpersonal or family problems” as very important
- 50% ranked either “ADHD” or “depression” as very important
- 40% of teachers ranked “anxiety, stress, and school phobia” as very important.

### About Ready to Learn

Ready to Learn is a program of Central Clinic’s Child & Family Treatment Center. It is a strength-based prevention program that operates at three Cincinnati Public Schools – namely Roberts Academy in Price Hill, Pleasant Hill Academy in College Hill, and now Gamble Montessori High School in Spring Grove Village (formerly known as Winton Place).

The program’s guiding principle is that all students can achieve academic and personal success, when provided with support services that reduce barriers to learning.

We achieve this goal by providing on-site, evidence-based prevention, intervention, and treatment services to students, parents, and teachers. Services include:

- Teacher consultations about classroom-management strategies & strength-based curricula
- Social-skills curricula to students on topics such as conflict resolution, healthy decision making, anti-bullying, & suicide prevention
- Clinical counseling & case-management services – for those students who need these services.



## 2011 HIGHLIGHTS

### Central Clinic Supports the National Alliance on Mental Illness

On Saturday May 14, 2011 Central Clinic was proud to participate in Hamilton County’s National Alliance on Mental Health (NAMI) Walk. Over 40 staff members, family, clients, and pets joined together for the walk – which started at Sawyer Point, continued across the Purple People Bridge, and finished along the waterfront path.

It was a rainy day, but that didn’t stop our staff and the other determined walkers. As a result of our staff’s efforts, Central Clinic raised \$2,400 for NAMI of Hamilton County.



### Central Clinic Ranked as 9<sup>th</sup> Top Workplace

Last year, the Enquirer Media Top Workplaces project selected Central Clinic as one of the regions top workplaces. In fact, among 75 top workplaces, Central Clinic ranked 9<sup>th</sup> among companies with 150 to 499 employees. This recognition is based on surveys of more than 139 regional companies and input from nearly 47,000 employees.



**ENQUIRER MEDIA**  
A GANNETT COMPANY

*It is very rewarding to me that our collective efforts result in healthy and enjoyable work places worthy of recognition.*

*Positive work environments greatly enhance our mission for providing behavioral health care services to people of all ages.*

– Dr. Walter S. Smitson  
President & CEO

*I am a part of a company that improves the lives of people who are unable to afford private mental health care.*

– Anonymous Employee



# OUR PROGRAMMING

## MHAP

### Mental Health Access Point

A Division of **CentralClinic**



**W**hile our traditional counseling programs serve most of our annual clients, our Mental Health Access Point (MHAP) division also responds to the needs of a sizable population. Last year, MHAP connected more than 2,600 Hamilton County residents to mental health services.

Essentially, MHAP is Hamilton County's central entry point for public mental health services, allowing Medicaid, Medicare, and uninsured residents to have one-stop access to necessary services. Hamilton County residents call MHAP for a variety of mental health issues, ranging from the need for a sympathetic ear to more critical needs – such as clinical evaluations and/or case management.

As such, MHAP operates 24-hours a day, seven days a week to ensure that individuals receive the services they need in a timely, professional, and coordinated manner. Last year alone, MHAP experienced more than 50,000 telephone calls. One of its purposes is to provide the transitional services listed below while also coordinating mental health referrals for adults with mental illness or children who need specialized interventions:

- Mental health assessments
- Case-management services
- Prescription-management services
- Housing coordination – for clients requiring placement in a group home
- Assistance with filing applications for Social Security Disability or Medicaid.



## Child & Family Treatment Center

**A**nually serving about 650 children and youth, our Child & Family Treatment Center takes a holistic view of emotional well-being. Our holistic commitment to children and their social environments allows us to identify their unique strengths and risk factors – as well as actively work with their parents, teachers, health providers, and other adults involved in their lives. Thus while we served 658 children and youth last year, the impact of our services is best understood as touching the lives of at least 1,300 people.



Our goal is for children and youth (ages 5 to 18) to achieve mental wellness, to engage in less risky behaviors, and to develop positive relationships with family, peers, and other adults. Many of the children and youth that receive our services are struggling with adjustment issues – frequently the result of a family member’s death, or because of stressful family circumstances, such as neglect or abuse. Consequently, these children and youth often engage in self-destructive behavior, show signs of depression, and/or have behavior problems in school.

Since academic success is so important to children’s future success as adults, we have worked collaboratively with teachers and other school personnel for over 30 years. Reflecting our belief in the need for this integrative and holistic approach, our staff is a multidisciplinary team of clinicians, psychologists, and psychiatrists.

This diversity of staff allows us to streamline services beyond those typically associated with mental-health counseling. For example, when we suspect that a child has a learning disability or another cognitive delay, we are able to perform specialized psychological evaluations. As needed, we can then coordinate speech or occupational therapy.

Ultimately, our holistic approach results in a range of services that include:

- Psychological evaluations
- Individual & family counseling
- Parenting skills & training
- Ongoing school consultations
- Gender-specific group counseling
- Prescription management
- Case management, including care coordination with medical providers & speech and occupational therapists.

# OUR PROGRAMMING



## OUR PROGRAMMING

**YCI** | Young Child Institute  
A Program of **CentralClinic**

**A**s a program of the Child & Family Treatment Center, the Young Child Institute (YCI) is one of Greater Cincinnati's only agencies that serves the mental-health needs of our community's youngest and most vulnerable children. Annually serving about 400 young children – nearly 30% of whom are in foster care – YCI's primary goal is to strengthen children's social and emotional development. This is important, because research indicates that children's social and emotional development is just as important to their future success as their other developmental needs.

Most of YCI's young children are under age three – and some are as young as only two months old. Unfortunately, many of these young children suffer from sensory-processing delays or conditions. Simply put, these young children have difficulty processing the multiple stimuli that occurs in their environments (sensory information such as smells, noises, touches, and visual information).

In turn, these children have difficulty forming emotional bonds with their caregivers and peers. They also express their sensory overload, so to speak, through aggressive, overly active, or

socially-withdrawn behaviors. More often than not, these infants and young children have experienced serious traumatic events – events such as witnessing and/or being the victim of violence, child abuse, multiple foster-care placements, and/or prenatal exposure to drugs and alcohol.

Despite these challenges, each year YCI successfully helps these young children and their parents/caregivers. For instance, last year, 76% of parent or caregivers reported that their child experienced improved well-being – as a result of YCI's specialized services.



**CDC**

Children's Diagnostics Center  
Mental Health Services  
A Division of **CentralClinic**

Similar to YCI, Central Clinic's Butler County locations also respond to the needs of children in foster care and/or children who have experienced neglect or abuse. Founded in 1975 and located in Hamilton, Ohio, the Children's Diagnostic Center (CDC) merged with Central Clinic in 2004. As a result, the center is now known as CDC Mental Health Services.

In addition to psychological testing and treatment services for children, families, and adults, one of CDC's programs targets children living in foster homes – under the supervision of Butler County's Department of Children's Services. The program (Family Connections) specifically works with biological parents by helping them with their mental health and/or substance-abuse conditions. Family Connections also involves a therapeutic visitation component, so parents can visit their children in a supervised setting that allows them to use the parenting techniques that they have learned about during their individual therapy session with our clinical staff.



## The Court Clinic

A Division of **Central Clinic**

**A**nually serving about 3,000 court-involved people, Court Clinic was founded in 1967 and is one of Ohio's 10 certified forensic centers. Nearly two-thirds of Court Clinic's annual clients are served by the Forensic Department. These services include forensic consultations, competency-to-stand-trial evaluations, involuntary hospitalizations, and outpatient competency-restoration services that are an alternative to hospitalization. Additionally, the Forensic Department evaluates court-

involved people who are appropriate for Hamilton County's Mental Health Court.

Court Clinic also operates treatment programs for court-involved people – which are often an alternative to jail. These services include comprehensive substance abuse treatment, mental health counseling, group counseling, and extensive case management services. All of these services are intended to help people on probation and/or those recently released from jail.



## Alternative Interventions for Women

A Program of **Central Clinic**

Established in 2001, Alternative Interventions for Women (AIW) is one of Court Clinic's treatment programs. It is also Cincinnati's only community-based treatment program for court-involved women with a dual mental health and substance abuse diagnosis. By focusing on women who are most at risk of future arrests and imprisonment, AIW assists women to acknowledge and subsequently manage their co-occurring addiction and mental health conditions.

*AIW is a recipient of the prestigious "Science to Service Award" – granted by the Substance Abuse and Mental Health Service Administration (SAMHSA) for its evidence based, gender-specific treatment model.*

Gaining this insight, however, is only a first step: AIW's real impact is women's ability to achieve the goals of their self-defined treatment plan. To this end, AIW annually serves 75 to 100 women, and 75% of these women successfully complete the program each year. Equally important, AIW's three-year recidivism rate ranges from 20% to 25%. In contrast, the national, three-year rate for new criminal charges is 65 to 70%.



# OUR PROGRAMMING



## Preparing the Next Generation

Since 1933 Central Clinic has served as a training center for psychiatric residents of the University of Cincinnati's College of Medicine, Department of Psychiatry. Last year was no exception. Nine doctors graduated in June 2011 from UC's Department of Psychiatry, and all of them fulfilled their required residency by working in our Adult Services division.

Now, two of these medical doctors serve on our team of staff psychiatrists – namely Dr. Arman Danielyan and Dr. Peirce Johnson. Last year's other graduates include:

- Anthony Cavalieri, MD; Teresa Cone, MD; Lisa Gray, MD. All three of these graduates are now doctors of general psychiatry.
- Bryan Cairns, MD (a graduate of the Double Board program) whose practice specialties are family medicine and psychiatry
- Chinwe Erike, MD; Justus Kam, MD; and Loretta Sonnier, MD. These three doctors were graduates of the Triple Board program with three specialties – pediatrics, psychiatry, and child psychiatry.

In addition to welcoming new UC medical residents each year, Central Clinic also serves as a training center for some of the region's other colleges and universities. More often than not, these student interns or trainees are pursuing advanced degrees in social work, psychology, counseling, or nursing.



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*Thank You*  
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# Financial Report

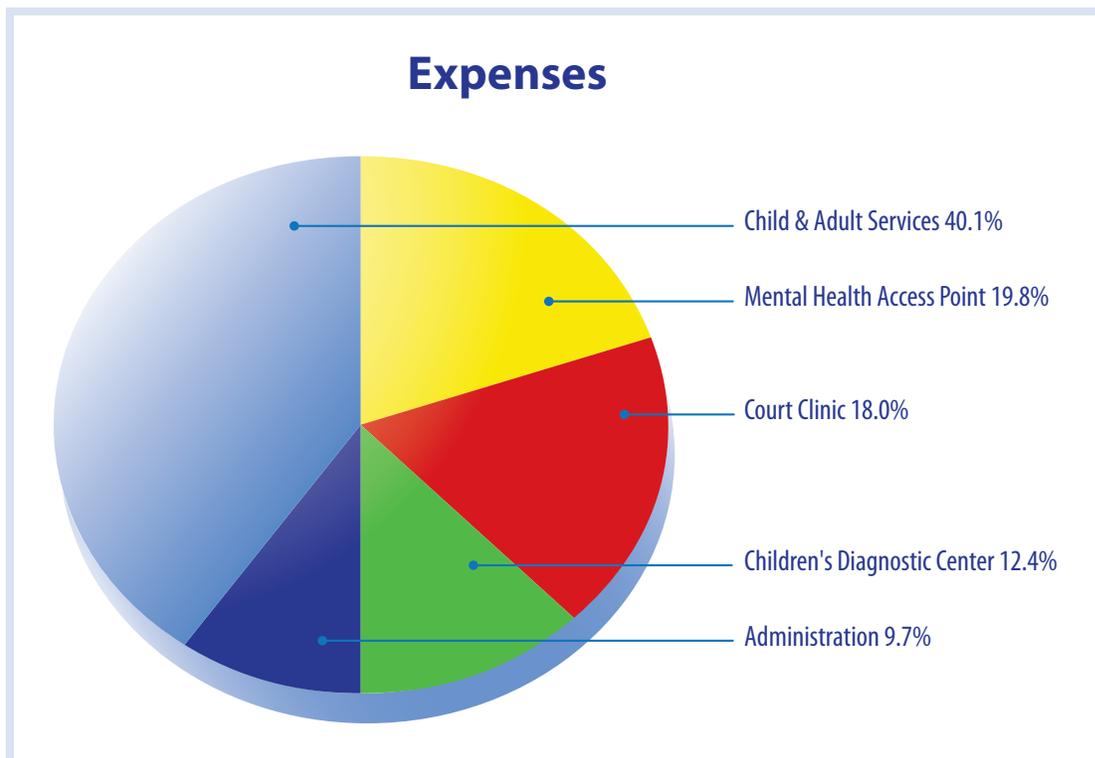
July 2010 – June 2011

## Operating Revenue

Hamilton County Mental Health and Recovery Services Board	7,378,668	48.4%
Medicaid	5,204,861	34.0%
United Way	751,756	4.9%
Sub-contracts with Collaborative Partners	690,872	4.5%
Hamilton County Municipal Court, Probation Department	432,460	2.8%
Hamilton County Court of Common Pleas, Probation Department	102,500	0.7%
Butler County Family & Children's Services	281,074	1.8%
Butler County Board of Developmental Disabilities	120,578	0.8%
Grants & Contributions	280,506	1.8%
Client Fees	45,194	0.3%

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\$15,288,469



# Accreditations & Certifications

Central Clinic is certified as a Mental Health Agency by the Ohio Department of Mental Health (ODMH).

Central Clinic is certified as an alcohol and drug addiction program by the Ohio Department of Alcohol and Drug Addiction Services (ODADAS).

Central Clinic's Court Clinic is certified as a Community Forensic Psychiatry Center by ODMH's Office of Forensic Services.

Central Clinic is nationally accredited by the Commission on the Accreditation of Rehabilitation Facilities (CARF).

## Our Locations

### Administrative Offices

311 Albert Sabin Way  
Cincinnati, OH 45229  
(513) 558-5823

### Adult Services

311 Albert Sabin Way  
Cincinnati, OH 45229  
(513) 558-5801

### Child & Family Treatment Center

311 Albert Sabin Way  
Cincinnati, OH 45229  
(513) 558-5878

### Mental Health Access Point

311 Albert Sabin Way  
Cincinnati, OH 45229  
(513) 558-8888

### FAIR and Hope for Children and Families

Two Programs of Mental Health Access Point  
2208 Reading Road  
Cincinnati, OH 45202  
(513) 651-4142

### Court Clinic

909 Sycamore Street  
Cincinnati, OH 45202  
(513) 352-1342



### Young Child Institute

512 Maxwell Avenue  
Cincinnati, OH 45219  
(513) 751-3133

### CDC Mental Health Services

2100 Pleasant Avenue  
Hamilton, OH 45015  
(513) 868-1562

### CDC at Belle Tower

631 Woodlawn Avenue  
Hamilton, OH 45015  
(513) 737-1247

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