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Our Mission

Our mission is 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.



September 2017

Central NEWS

Breaking the Bondage of Addiction

September is National Recovery Month to increase awareness and understanding of mental and substance use disorders and celebrate people who recover.

Dear Friends,

Addiction Treatment is an important part of the behavioral health process. Mental Health has largely been moved off the table regarding public concern and has been replaced by conversations about the heroin epidemic. Hamilton County has an impressive array of services for persons suffering from the disorder of addiction. There are a wide range of outpatient counseling interventions including the model being used at our Court Clinic division of Central Clinic Behavioral Health called "Thinking for a Change". This model attempts to improve cognitive skills to reshape the person's thinking toward learning how to make better judgments regarding both short-term and long-term decisions.



Most Central Clinic Behavioral Health programs now have open access admissions where, on certain days, clients/patients can walk in without an appointment and be seen. This is a great advancement in our system of care as it can eliminate waiting lists.

Once an assessment is completed and high-quality services with licensed staff are in place, we then have the problem of getting persons with substances use disorders (SUD) to follow through with treatment recommendations. As we struggle with this issue, it is important to note that treatment compliance is a huge problem in all of health care. For example, asthma patients comply with treatment only 37% of the time. Diabetic patients comply less than 50 percent. The cost to health care last year for non-compliance of patients with diabetes was over \$13 billion.

In behavioral healthcare, as with all health care, we must continue to find better ways to educate patients and to motivate them to enter into a partnership with caregivers to improve their health. We must get better at giving patients hope that our services can make their lives, and the lives of their families better. A very important message of hope is "recovery is possible". We also must improve communications with our patients about outcomes. All of these approaches hold the promise of improving treatment compliance, which we know from experience will save lives.

Sincerely,

A handwritten signature in black ink that reads "Walter S. Smitson".

Walter S. Smitson, Ph.D.

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United Way
of Greater Cincinnati

Thank You To Our Funders



Central Clinic Behavioral Health enjoys the financial support of many foundations, corporations, individual donors, and United Way of Greater Cincinnati. Recently, we received funding from the Greater Cincinnati Foundation and the Spaulding Foundation in support of a new elevator located at Court Clinic. Western & Southern Financial Fund invested in children and their families who depend on the Child & Family Treatment Center for their behavioral health needs. All of us are grateful to these generous foundations and the United Way.

Accreditations & Licensure:



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IN THE NEWS



Addiction Recovery For Women: Alternative Intervention Has Good Success Rate

On July 11th, Liz Bonis, medical anchor with Local 12 (WKRC) interviewed Carol Hebbeler, a client in Court Clinic's Alternative Interventions for Women (AIW) program. Carol noted that she struggled for years with addiction until she discovered AIW, which is targeted to meet her unique needs. This program has one of the highest success rates in the country because the caring staff treat women as professionals with a problem.

AIW is an award-winning and nationally recognized treatment program for women involved in the criminal justice system. Our clients have a history of addiction, trauma, and mental health issues. AIW provides individual and group therapy as well as case management and psychiatric services to help women heal and cope more effectively with life issues. The program teaches the necessary skills for clients to become contributing members of society.

Please visit our website at www.centralclinic.org and click on "News" to hear watch as Carol tells her story to Liz Bonis.



CNN's Jake Tapper Show features CDC Behavioral Health and the Family Healing Center

CDC Family Healing Center in collaboration with Ohio Department of Job & Family Services recently hosted a crew from the Jake Tapper show on CNN. Deb Miller, center director, provided edification regarding the heroin epidemic and how it is impacting children. To view the segment, visit our website at centralclinic.org/news.



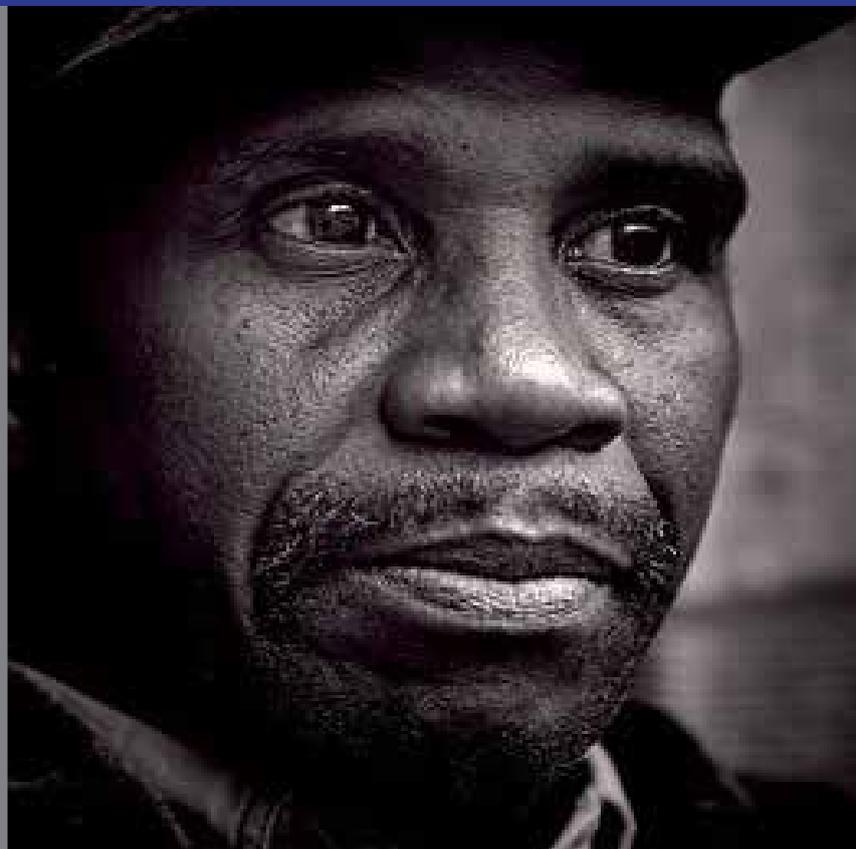
Child & Family Treatment Center

The Child & Family Treatment Center extends their reach into the Cincinnati community to connect children and their families to behavioral health services. This summer the staff participated in a social services resource fair at Cincinnati Children's Hospital Medical Center. This experience proved beneficial as staff promoted all of their services to the community and networked with other community agencies who provide wrap-around services for clients in the Child & Family Treatment Center. The staff also promoted the Young Child Institute, which is partially supported by United Way, and provides consultation, intervention, and clinical treatment services for children ages birth to five years of age and their primary caregivers. The services follow evidence-based models and are designed to enhance the social and emotional development of these very young children by strengthening parent-child attachment.



MHAP

Within the Mental Health Access Point (MHAP) Division of Central Clinic is the Keys to Health program which provides care coordination for adult residents of Hamilton County who have severe mental and chronic physical health issues. Our “Keys” clients also have frequent reliance upon local hospital emergency rooms. The goal is to work with this population to help them get stabilized and connected to ongoing community resources by integrating physical and behavioral health care. Mary Black (not her real name to protect privacy) is a 63-year old woman with significant mental health concerns, as well as hypertension, diabetes, and coronary artery disease. Ms. Black had been repeatedly using the local emergency rooms to manage her health. Shortly after enrolling in Keys to Health, she was linked to a primary care physician and referred to home health services. Her assigned Keys to Health Coach meets with her weekly, assists her with appointments, and collaborates with her family to help her follow treatment recommendations. Since her enrollment 18 months ago into the program, she has had only two emergency room visits and her physical health is much improved. We are proud to be able to positively impact our clients!



Court Clinic

Court Clinic Forensic Services (CCFS) is one of ten certified forensic evaluation centers in Ohio, conducting forensic assessments of adult criminal defendants for six different counties in southern Ohio (Hamilton, Clermont, Adams, Lawrence, Scioto and Brown). As a result, CCFS completes over 2,000 evaluations each year and is one of the busiest forensic evaluation centers in Ohio. Staff provides written evaluations and necessary testimony regarding competence to stand trial, not guilty by reason of insanity, advisability of treatment, risk of dangerousness, risk of sexually re-offending, specialty docket eligibility, and intervention in lieu of conviction. The defendants assessed by the center are diverse in terms of their demographic variables, offenses, diagnoses, and presentations. The CCFS team provides comprehensive forensic evaluations in accordance with the Ohio Revised Code and the standards of the Ohio Department of Mental Health and Addiction Services.

Additionally, the center provides outpatient competency restoration services for individuals found incompetent to stand trial as an alternative to psychiatric hospitalization, as well as competency monitoring services for defendants found competent to stand trial and require additional monitoring to maintain a competent state. The CCFS staff also provide forensic monitoring, serving as the liaison between the criminal justice system, community treatment agencies, and state hospitals for people who remain under the jurisdiction of the criminal court system, due to an insanity or incompetent to stand trial – un-restorable finding.

Given the Clinic’s relationship with the local criminal courts, jury intervention is also offered to provide debriefing and support for jurors who may be negatively impacted by their service. The CCFS team focuses on serving the criminal court systems in Ohio, which has allowed for and fosters ongoing consultation with attorneys, jails, law enforcement professionals, judges/magistrates, community agencies or institutions, and professional organizations.

Adult Services

Culturally Responsive Services

African American men who suffer from mental health issues, along with their families, can receive assistance from the Adult Services division of Central Clinic Behavioral Health. Culturally Responsive Services (CRS) has existed since 1996 as one of the original culturally specific programs funded for a two-year grant in the State of Ohio. This program is now financially supported by the Hamilton County Mental Health and Recovery Services Board.

CRS provides culturally specific social and recreational activities, substance abuse programming, group sessions, outreach services, family services, and other services on an individual basis as needed, and are designed to enhance the behavioral health and supportive services already in place with their community behavioral health providers in Hamilton County.

Each month Culturally Responsive Services provides haircuts for the men in the program along with a day out where everyone who has a birthday that month gets treated to lunch and a movie. CRS also hosts an annual picnic each summer with all of the CRS clients/patients and their family members, to celebrate the strong and supportive CRS family network and positive program outcomes.