

## FROM THE DIRECTOR

# Advancing United Way's Bold Goals — Our Child & Family Treatment Center

**N**ext year will mark Central Clinic's 90th year as a United Way agency. In fact, it was \$30,000 provided by the Community Chest in 1923 that established Central Clinic. Today, Central Clinic still works closely with the United Way on broad-based community issues. Last year, for example, Central Clinic was one of the first agencies to endorse the United Way's Bold Goals.

The Bold Goals consist of key indicators for improving the educational, health, and income achievements for the region's population by the year 2020. Essentially, the Bold Goals are a cradle-to-career continuum (from kindergarten-readiness to employment) that reinforces the United Way's emphasis on kindergarten readiness — since academic achievement is a primary contributor to adult wellness and economic security.

Reflecting Central Clinic's commitment to the Bold Goals, we are adding an education specialist to the staff of the Child & Family Treatment Center early next year. This new position of Educational Liaison is intended to contribute to the Bold Goals for education — namely the year 2020 cradle-to-career goals, whereby at least:

- 85% of children will be ready for kindergarten
- 85% of youth will graduate from high school
- 45% of adults will have an Associate's degree or higher.

Annually serving about 600 children and youth whose only health insurance is Medicaid, the Child and Family Treatment Center has always worked closely with children's teachers (even their preschool teachers). However, the new Educational Liaison will strengthen our impact on children's academic success. Specifically, the Educational Liaison's services will target families of clients in grades three and younger who are experiencing the most difficulty in school. By focusing our staff resources on this particular age group, we are also supporting the Strive Network's Early-Grade-Level Reading Campaign.

The Reading Campaign contributes to United Way's Bold Goals by focusing its efforts on improving third-grade reading skills — which is a key developmental milestone related to children's long-term academic success. The Educational Liaison will help to bridge our therapeutic work with families to children's everyday school life. We believe the Liaison will accomplish this by working with select children's therapists, teachers, and parents/caregivers to address the child's specific barriers to learning.

In closing, we are nearing that time of year when many of us enjoy the comforts of a favorite chair — settling in to read a book we received during the holidays. But before opening your new book's first page, please consider making a charitable contribution that supports all we do to ensure the next generation of readers.

Best wishes for a wonderful holiday season,



Walter S. Smitson, Ph.D.



## Congratulations Dr. Piombo

Central Clinic is pleased to announce that Maria Piombo, EdD, PCC-S, the Clinical Director of the Child and Family Treatment Center, has been chosen to participate in the Addressing Health Disparities Leadership Program through the SAMHSA-HRSA Center for Integrated Health Solutions. Dr. Piombo's grant focuses on addressing barriers to mental health services for Latino children and their families in Cincinnati.

The SAMHSA-HRSA Center for Integrated Health Solutions (CIHS) launched the Addressing Health Disparities Leadership Program in September 2012 to nurture a workforce focused on reducing health disparities for racial, ethnic, and LGBT

populations by receiving community-based integrated primary and behavioral healthcare.

Through a competitive process that received nearly 300 applications across the nation, CIHS selected 20 mid-level managers who work with diverse populations in community health and behavioral health organizations around the nation. Through this 7-month program, these managers will build on their current knowledge and practice to implement strategies and leadership skills to eliminate disparities in service, quality, access, and outcomes through integrated health programs.

Congratulations, Dr. Piombo, for being one of the few leaders selected nationwide to take part in this dynamic training!

## New Central Clinic Facility

CDC Mental Health Services has added a new site in Butler County to assist county residents with mental health and/or substance abuse issues. The new location is 1227 Central Ave. in the former Red Cross building in downtown Middletown. CDC provides assessment, psychological testing, counseling, and medication services at both the Middletown and Hamilton facilities. For more information, call the Middletown office at (513) 737-1247 or the Hamilton office at (513) 868-1562.

## HOLIDAY OUTREACHES

### Adult Services Division: 558-5801

Case managers will host the annual holiday party for the Adult Case Management Clients. Each client receives special gift bags, door prizes, and treats from the donations the Division receives and from year-long fund raisers.

Culturally Responsive Services (CRS) will sponsor "A Visit With Santa" for the children, ages one through 10, of clients in the Adult Services Division. Each child receives a gift and a photo with Santa. There are lots of snacks for everyone who attends.

### Court Clinic-Alternative Interventions for Women (AIW): 618-4221

The day before Thanksgiving AIW provided a catered lunch for the clients. Many of the women do not have the opportunity to spend the holidays with families, so AIW gave them the opportunity to experience friendship and generosity, and to give thanks during a difficult and potentially painful time for many of them.

On December 21st a catered lunch and gift exchange will be provided for clients using donations from staff, agencies, and stores. The clients of AIW have a history of separation from families; in addition, most have or are currently suffering extreme poverty and loss. This luncheon reinforces that someone cares about them.

### CDC Mental Health Services: 868-0595

This year CDC is providing refreshments for the clients during the week before Christmas as our way of saying, "Thank you."

### Child and Family Treatment Center: 558-5857

In our school outreach programs, we support the schools in the holiday activities they are organizing for the children.

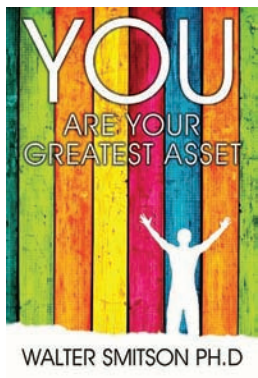
Our Community Learning Center coordinators are organizing the Adopt-A-Class parties and other donations, and making sure all the students will be receiving a gift.

The Ready to Learn staff and case managers in the Counseling program connect families with community social service organizations for Holiday food donations, as well as support service learning projects by students organizing food drives.

***Donations to any of these groups are readily accepted and appreciated. Contact each Division if you would like more information.***



## You Are Your Greatest Asset



A new book by Dr. Walter Smitson, Central Clinic President & CEO, is now in print. *You Are Your Greatest Asset* grew out of the most frequent

questions asked by clients over his many years of practice. The book is arranged in

three sections: The Development of the Self, The Development of the Social Self, and The Development of the Core Self; and consists of sixty-six vignettes, written in a way that will allow the busy person to quickly glean a gem or a message that is helpful and relevant to their life experience.

This book is a “successful life manual” that deserves a place of easy access on the bookshelf, because it will be referred to on a regular basis. The “manual” covers most situations we are confronted with and gives

great insight into handling those situations successfully. If you are considering marriage, raising children, wrestling with some life-decisions, trying to overcome demons from your past, need affirmation that you are on the right track, or if you want to improve your relationships with others...this is a “must read.”

You can preview or purchase *You Are Your Greatest Asset* in paperback or kindle editions on Amazon.com.

## Kate Merrilees Retires as Director

After seven successful years as Director of the Young Child Institute (YCI), Kate Merrilees made the decision to retire from her position. Her last day as Director was September 30th, 2012, but she will continue to work one day a week as a therapist at YCI. Thank you Kate for a job well done!

Kate was hired in 1997 to direct our new Infant Mental Health Program. In 2005 she was appointed Director of the Central Clinic's Young Child Institute. YCI is one of Greater Cincinnati's only out-patient programs that addresses the mental-health needs of our community's youngest and most vulnerable children, ranging in age from two months to six years. Ninety-four percent of the children come from economically-disadvantaged families.



Wayne Floyd, LISW-S, was appointed as the new Director of YCI in September 2012. We look forward to many years working with him. Welcome Aboard, Wayne!



Mary LeRoy

## New Development Director

We welcome Mary LeRoy as the new Development Director at Central Clinic. In this position she will work with Dr. Walter Smitson, President & CEO; the Board of Trustees, the Advisory Foundation Board, Division Directors, and administrative staff to develop and maintain Central Clinic's fundraising and public relations programs. We look forward to the innovations and expertise Ms. LeRoy brings to the Clinic.



**Central Clinic worked to support the Mental Health Levy. Thanks to all of you who voted "Yes." From our Mental Health Access Point (MHAP): (left to right) Kathy Schellinger, Jerry O'Flynn, Holly Mitchell, Tess Fox, Shanna Whitten**

## Grant from Greater Cincinnati Foundation

The Greater Cincinnati Foundation issued a check for \$25,000 to Central Clinic. This represents the second payment of a two-year grant specified for expansion of the Ready to Learn Program. We are grateful to the Foundation for its generosity and kindness to the children we serve.

## Central Clinic Board of Trustees

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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.

## ODMH & ODADAS

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311 Albert Sabin Way  
Cincinnati, OH 45229-2801  
Phone: (513) 558-5823  
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Save the Date!

Central Clinic's  
90th Anniversary Celebration Fundraiser  
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