

Editor: Wanda Mannix**WWW.CENTRALCLINIC.ORG**

Together We Can Raise \$500,000

This summer, we will open our fifth Cincinnati location: The Helen Rose Ziegler Professional Building. The building and its new children's services are part of a \$2.8 million project that will allow us to annually serve 700 more clients than we currently serve.

This expansion provides another unique opportunity — the chance to receive a \$100,000 challenge gift once we raise \$500,000. Currently, we still need to raise about \$200,000 — which we hope to achieve by this December.

Please know how much we appreciate the contributions so many of you have already given for the project. Thank you! We are also grateful for the very generous support of:

- Bank of Kentucky
- The Thomas J. Emery Memorial
- The Spaulding Foundation.

**To donate
to Central Clinic
please mail the enclosed
envelope; go to our web
site: CentralClinic.org; or
contact Lisa Steffen at
(513) 558-9006 or
lisa.steffen@uc.edu**

FROM OUR DIRECTOR

Our Director is foregoing his usual newsletter article. Dr. Walter Smitson would like to share a letter honoring Central Clinic Case Managers and staff, which he received from a Cincinnati lawyer. Mr. David Kapor has enthusiastically given his permission to print the letter.

Dear Dr. Smitson,

I am enclosing my personal check as a statement of my deep appreciation and profound gratitude for the services your agency provides to the most vulnerable members of our community. As Chairperson of the Cincinnati Bar Association's Committee on Disability and with over 34 years of experience in representing disabled individuals in SSI and SSD disability claims, I am uniquely familiar with the challenges facing your staff, mental health professions, and especially your case managers.

I am professionally acquainted with many of your mental health therapists and case managers and I want to tell you that they are absolutely wonderful people. Your Agency's case managers are our community's "front line" health care professionals. Despite their very heavy caseloads, they work tirelessly and patiently with some of the most difficult, troubled members of our community. Their hard work, dedication, and the professional care they provide to their patients and clients have profound impact on the quality of life of their patients and clients and on our community in general.

Many of these patients and clients come to your agency truly homeless with severe mental illness, and sometime compounded by a history of substance abuse. These individuals are often our city's "invisible." Their case manager(s) and therapist(s) are the first people in many years that have ever taken a long term and caring interest in them, treated them like human beings, and restored their connection with the community. By assisting these individuals in obtaining food, shelter, and medical care, the case managers and therapists help to restore a measure of dignity and safety to these unfortunate individuals and their fellow human beings.

I simply cannot imagine what the quality of life would be in our local community without the efforts of your Agency.

In closing, please extend my sincere gratitude to your entire medical and professional staff, and please emphasize that their hard work is appreciated well beyond the four walls of your Agency. Thank you.

Very Truly Yours,



David W. Kapor, Esq.

Central Clinic Is a Partner in Veterans Treatment Courts

By Kieran Hurley, Esq., Director of Treatment Services, Court Clinic; Program Coordinator, Hamilton County Veterans Treatment Courts

Hamilton County Courts were chosen as a pilot site by the Ohio Department of Mental Health and Addiction Services (OhioMHAS) to implement a grant from the federal Substance Abuse and Mental Health Services Administration (SAMHSA) to provide innovative services to Veterans involved in the criminal justice system. The grant was designed to address the high rate of Veterans in the criminal justice system in need of treatment for trauma, substance abuse, and mental illness. Recognizing the effect of war related illnesses, Hamilton County decided to be proactive in its response to the realities faced by Veterans every day.

In April 2011 the Common Pleas Veterans' Treatment Court began its first docket with Judge Ethna Cooper. A year later, Municipal Court started a docket under the direction of Judge Melissa Powers. Each Judge holds court one time per week and participants return regularly to Court for status review hearings. Prior to each docket the treatment team meets with the Judge to review progress and problems and works together to implement cross-disciplinary responses.

By providing early intervention and engagement in a Court-based, Judge-

driven, Specialized Docket, the Veterans' Treatment Court Docket seeks to reduce recidivism, increase treatment participation, and continually improve the integration of systems in Hamilton County. By partnering with the Veterans Administration, all Veterans are provided prompt and coordinated access to treatment services through the Veterans Justice Outreach Program. Each Veteran is provided screening for Post-Traumatic Stress Disorder (PTSD) and Traumatic Brain Injury (TBI) and linkage to residential and outpatient PTSD and TBI treatment.

The Veterans' Treatment Court also provides a model of peer mentoring to create a community of identity, support, and comradery. Veterans from the community volunteer their time to be present in court and to build personal relationships with the Veterans participating in the program. The peer mentoring model has allowed Veterans to create relationships of support beyond the courthouse doors, resulting in employment and connection to recovery support.

The partners involved in the planning and implementation of this project include the Veterans Administration (VA), Hamilton County Pretrial Services, the Court Clinic (Central Clinic), Them Bones Veterans Community,

Joseph House Inc., Hamilton County Veteran Service Commission, Hamilton County Public Defender, Hamilton County Prosecutor, City of Cincinnati Prosecutor, and Hamilton County Probation.

These projects have been effective at reducing recidivism and cost to the county by directing Veterans to the VA Healthcare System as well as providing ongoing, intensive monitoring and problem solving. Over 140 Veterans have participated, or are active, in the projects and over 80 Veterans have graduated. Recidivism rates of less than 10% have been reported for those who have successfully graduated.

The effectiveness of the Hamilton County Veterans Treatment Courts is now supported by the first published study in the United States. Published in the February 2015 Edition of the Community Mental Health Journal, researchers from OhioMHAS tracked 86 Veterans connected to the Hamilton County Veterans Treatment Courts. The results, including improvement on PTSD clinical scales and reduced substance use, support the study's conclusion that the Veterans Treatment Courts promote recovery for justice-involved Veterans.

Art Therapy Group



A piece prompted by a negative experience in a client's life

Art Therapy has returned in Adult Services. It is expected to be offered three or four times each year, given the positive response from clients. The group is facilitated by therapists in the Adult Services including Chris Borgman, Mardi Fallon, and Kimberly Garwood. It provides clients with an opportunity to express emotions artistically and to learn to work and communicate cooperatively. Each week the group is presented with one or two art projects to complete, along with a long-term group project. The group combines calming strategies, such as meditation and music, to show clients alternatives for managing difficult emotions. Client projects are being displayed on a "Client Art" wall for all to see. Not only do the artists get the validation of seeing their creations displayed, but other clients state that the art and ideas are inspiring to them. If anyone has art supplies to donate please contact Wanda Mannix at (513) 558-9000 or mannixwa@ucmail.uc.edu and she can let you know what is needed and how to give. It would be much appreciated.

Thank You Bank of Kentucky



Trey Tapke, Grace Penn, Dr. Walter Smitson, Kerry Stetter

At February's board meeting, the Bank of Kentucky presented us with a \$95,000 check. This generous gift is for our Cincinnati school-based programs (\$30,000), our Alternative

Interventions for Women program (\$5,000), and \$60,000 towards our newest building — The Helen Rose Ziegler Professional Building, located at 2825 Burnet Avenue.

In June, our Child and Family Treatment Center will relocate to The Helen Rose Building, which provides additional space for growing its programming — including a new substance-abuse and prevention program. The relocation also allows our Adult Services to expand into the Center's former offices at our Logan Hall location. This expansion is necessary because Logan Hall's Adult programming is serving about 300 more clients than in previous years.

We are very grateful for the Bank of Kentucky's investment in our expanded

services. The Bank of Kentucky is not only an annual supporter of our school-based services but it was also one of the first donors for The Helen Rose Building. As one of our historical partners, the Bank of Kentucky's \$95,000 will support this year's services to about:

- 100 women in our Alternative Interventions for Women (AIW) program — a treatment program for court-involved women with a co-occurring mental health and substance abuse condition.
- 600 children and youth, served by our Child and Family Treatment Center's counseling program.
- 4,000 students, parents, and teachers, served by our school-based programs.

Mark Your Calendars for the 2015 NAMI Walk — Saturday, May 9th



Everyone in the family is invited to walk.

Please mark Saturday, May 9th, on your calendar for this year's NAMI Walk. It's a short walk to raise Mental Health awareness and funding for NAMI, Hamilton County. Make it a family event, and bring your spouses, significant others, children, family, friends and even pets!

Register/Donate to Central Clinic's team online at:

<http://namiwalks.nami.org/centralclinic>

New Transgender Wellness Program



Evelyn Heflin

As the first of its kind in the region, the Transgender Wellness Program at Central Clinic provides informed mental health care and supportive services for Ohio's transgender community. The program is currently

open to anyone enrolled in Ohio Medicaid. All gender expressions, gender identities, sexual orientations, races/ethnicities, religions, and socio-economic statuses are welcome. It strives to offer a safe, comfortable, and respectful environment to all individuals utilizing a treatment philosophy that is

intersectional, body-positive, and educational. The program exceeds the Standards of Care developed by the World Professional Association for Transgender Health.

Available services include mental health therapy for individuals, families, and groups. Additionally, individuals have access to psychiatric and case management services. An extensive external referral network also exists to connect individuals with trans-competent doctors, clinics, and community resources. By working with organizations such as Heartland Trans Wellness Group and the Transgender Clinic at Cincinnati Children's Hospital, the program ensures that individuals receive comprehensive care that focuses on all aspects of wellness.

Evelyn Heflin, MSW, LSW is the founder of the program and lead clinician. Ms. Heflin, who is currently employed as a staff therapist in Central Clinic's Adult Division, has over 10 years of experience conducting social justice work with the transgender community. She has presented on the topic of transgender health and wellness at a number of universities, social service agencies, and professional conferences.

The program accepted its first clients in February of this year, a little over a week after it was featured in the University of Cincinnati's paper, *The News Record*. In the past eight weeks, the program has 15 new enrollees. For more information please contact Evelyn Heflin at hefliner@ucmail.uc.edu.

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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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