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FROM OUR DIRECTOR

Managing Change

In most instances, change is stressful. Change takes us out of our routines and forces us to do things differently. Fortunately, the change usually becomes the new routine and therefore less stressful.

This year has seen enormous changes for Central Clinic Behavioral Services. The Child Family Division moved from Logan Hall to 2825 Burnet Avenue. The building, formerly owned by the Hearing, Speech and Deaf Center of Greater Cincinnati, has ample parking and an excellent infrastructure. This has greatly improved access for our Child/Family patients. We are also in the process of moving our Culturally Responsive Services to a larger space. Additionally, the Clinic purchased and renovated a larger building for our CDC Mental Health Services in Butler County. Office space has been increased by approximately 50 percent allowing us to meet growing demands for mental health and addiction services. Finally, we are moving our Butler County Family Connections program to newly renovated space in Hamilton, Ohio.

On top of all of this, Central Clinic is going paperless! This means training all staff on our new system. This will greatly improve our system of billing, as well as our documentation.

All these changes, while stressful, represent growth of the Central Clinic Company.

Walter S. Smitson

Grand Opening

The grand opening and ribbon cutting of the Helen Rose Ziegler Professional Building at 2825 Burnet Ave. was September 23, 2015. The building houses Central Clinic's expanded Child and Family Services, as well as other rented offices.

The Helen Rose Building was named in honor of the late Helen Rose Ziegler. Helen was hired by Central Clinic in 1973 and worked her

way up to become Director of Human Resources, Assistant to the Director, and Corporate Compliance Officer. She made many lasting connections through these positions and created a rich history, touching the lives of many. She passed away February 15, 2014. The gifts she brought to Central Clinic are a beautiful legacy for those who follow in her footsteps.



The Ziegler Family



Will Ziegler and Dr. Walter Smitson cutting the ribbon



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A GREAT TIME AT KING'S ISLAND!



As an appreciation to staff, Central Clinic offered each employee a free ticket to King's Island and the opportunity to purchase additional tickets at a reduced price. As you can see from the pictures, it was a great family time for those who attended.

CfL Is Reaching Children

Established in 2013, Connections for Life (CfL) serves infants and young children who have been exposed to chronic trauma, including witnessing or being a victim of violence, neglect, sexual abuse, multiple foster-care placements, and/or prenatal exposure to alcohol. Consequently, these traumatic experiences impact the child's development — making them over reactive to their surroundings and in some cases resulting in speech delays. These children also frequently have difficulty forming relationships with their caregivers and peers. Simply put, these young children's traumatizing experiences have made them vulnerable and highly-reactive to their surroundings.

CfL addresses the multiple treatment needs of these young children by combining mental health services with speech and occupational therapies — all within a single 60-minute treatment session that includes the therapists and the parent/caregiver. This integrative approach not only ensures that children receive all the services that they need but it also allows caregivers to learn and practice therapeutic techniques.

Our Impact

Connections for Life is a formal collaborative; its partners include Central Clinic, Cincinnati Occupational Therapy Institute, and the Hearing Speech & Deaf Center of Greater Cincinnati. The program's primary goal is to remediate the effect chronic trauma has on a child's development which ultimately better positions them to be successful in kindergarten. To this end, CfL served 45 children in 2014 — many of whom remain in the program for longer than six months because of the severity of their needs. The program is on track to serve even more children this year. Equally important, CfL's recent evaluation illustrates the significant impact of its services. For example:

- 100% of caregivers demonstrated effective parenting skills appropriate to their child's age (measured by a clinician rated tool).
- 100% of children who participated for at least 6 months demonstrated progress in their development of cognitive, language, and/or motor skills (measured by a clinician rated tool).

- 76% of children who participated for at least 6 months demonstrated progress of their social and emotional development (measured by a parent rated tool).
- 76% of children increased their coping skills after experiencing abuse (measured by a parent rated tool).

Community-Based Services

Connections for Life also works with children's teachers. CfL therapists work with the teacher in much the same way as they work with the children's caregiver — thus providing teachers with specific strategies to help the children feel secure and to minimize the children's disruptive habits.

Unfortunately, young children who have experienced chronic trauma often express themselves through behaviors that are disruptive. Since they have difficulty processing environmental noises, touches, and visual information, they often communicate with temper tantrums, extended periods of crying, and/or socially-withdrawn behaviors.

Awards and Honors

Two of Central Clinic's attending psychiatrists were selected by residents and students, 2014-2015, to receive awards: Golden Apple Award for excellence in teaching was awarded to **Brian Dowling, M.D.**, Outpatient Supervisor.; **Peirce Johnston, M.D.** was honored by University of Cincinnati College of Medicine for outstanding commitment and dedication to medical student teaching in outpatient services.

Samantha Goldsberry was chosen to receive the 2015 NAMI award for Exemplary Case Manager.

Carolyn Osborne, Administration Division, has earned the distinction of donating to

United Way for fifty-three continuous years as a staff member of University of Cincinnati and then Central Clinic. Thank You, Carolyn, for your commitment.

Every December and June we evaluate the statistics for the **Alternative Interventions for Women (AIW)** day program (most referrals are from Drug Court). For three consecutive years AIW is running 19% recidivism, meaning that only 19% of the women served during that time have re-offended. This is an outstanding statistic. Congratulations AIW staff and clients!

Answer this question to win a prize!

Do you know what year Central Clinic moved from their downtown location to the current location on UC's College of Medicine Campus?

Check out our website at centralclinic.org for the answer. The first five people to answer this question correctly will get a prize. Email your answer to: Cindy at zieglece@ucmail.uc.edu. GOOD LUCK!



Help Change a Life!

Use the enclosed envelope!

OR

Visit our website: centralclinic.org or our link on Facebook!

OR

Contact Lisa Steffen at 513-558-9006 or hartl@ucmail.uc.edu

OR

Designate Central Clinic as your charity on your United Way donation card!

OR

Make Central Clinic a part of your estate planning!

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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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