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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.



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Dear Friends,

2017 will be a year of many changes in the behavioral health care industry, and Central Clinic Behavioral Health is adjusting, planning, and preparing for these changes and has been for the past eighteen months.

Under the new presidential administration, there are concerns that expanded Medicaid could be repealed, along with the Affordable Care Act. Agencies like Central Clinic Behavioral Health have seen a 30 percent increase in the number of clients with Medicaid since the expansion occurred in 2014. At the same time, the state has been working on a redesign plan for the past year for behavioral health Medicaid. Behavioral health Medicaid will be integrated into regular Medicaid, aligning it with the rest of the nation as of July 1, 2017. In addition, five managed care companies will be in charge of all Medicaid mental health/addiction services beginning January 1, 2018. At the state level, agency CEO's including myself have had frequent input on such issues as rates, required clinical expertise of staff, and how services are to be coded, documented and billed. Billing codes will go from a current number of 30 to well over 100.

Extensive training for all provider staff has begun as we prepare to meet these challenges. The re-design and the managed care era will require a new billing system with the state. This means that the state, as well as agency billing systems, will be re-programmed. As you can see, we have a lot of work to do this year to make sure we continue to provide high quality services and bill in alignment with the new rules.

I am confident the staff of Central Clinic Behavioral Health will be ready when the changes begin in July. Meanwhile, I wish all clients/patients, employees, our Board of Trustees, all donors and friends of the Clinic a happy 2017.

Sincerely,

Walter S. Smitson, Ph.D.

Local and State Dignitaries Visit with Central Clinic Officials

Central Clinic Behavioral Health enjoyed meeting with Hamilton County Commissioner, Denise Drieaus and US Congressman Brad Wenstrup over the past six months.

Commissioner Drieaus spent time with staff and clients at the Child & Family Treatment Center on Burnet Avenue. She toured the Young Child Institute and received program edification. She came away with a true sense of the importance of intervening early and how so many of the children served have a high incidence of experiencing trauma and its negative impact on their development.

Rep. Brad Wenstrup, R-OH 2nd District has a passion for our military veterans – he wants to ensure they have access to healthcare, including behavioral health and addiction services. As Rep. Wenstrup learned more about the Adult Services and Court Clinic, he was very pleased hear that Court Clinic has specific funds allocated for treatment of our important veterans who prefer not to be seen at the VA hospital in Clifton. All of us at Central Clinic Behavioral Health congratulate Rep. Wenstrup on his recent appointment as Chairman of Veterans Affairs Subcommittee on Health. In addition, he introduced the Veterans Second Amendment Protection Act in January 2017.

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Trauma Responsive Workforce

We are thrilled to announce that our staff in the **Family Healing Center**, which is an integral part of the behavioral health services that are delivered at our **CDC Behavioral Health** division in Butler County, has successfully completed all sections of the Trauma Responsive Care Certification program. What this means is that the team were not only active participants in the robust training, but also applied what they learned to the complex cases they are managing.

In spring of 2016, Central Clinic Behavioral Health joined the trauma-informed learning community, which is co-sponsored by the National Council for Behavioral Health. The purpose of this initiative, which is agency-wide, is to assist organizations in gaining the knowledge, information, resources and support needed to shift their culture to one that is trauma-informed – for clients and staff.

The Tristate Trauma Network, whose mission is to create a community-wide commitment to the prevention of and recovery from trauma and toxic stress in the Southwest Ohio, Northern Kentucky, and Southeast Indiana regions, brought the National Council's Trauma Informed Care Learning Community to the tristate area. We are pleased to be knee-deep in this effort and while we have made much headway, there is still much work to be done. A trauma-informed care organization includes:

- Safe, calm and secure environment with supportive care
- System wide understanding of trauma prevalence, impact and trauma
- Cultural Competence
- Consumer voice, choice and self-advocacy
- Recovery, consumer-driven and trauma specific services
- Healing, hopeful, honest and trusting relationships

"Central Clinic Behavioral Health connects the right people to the right behavioral health service at the right time."

- Walter S. Smitson, Ph.D., President/CEO

MHAP

MHAP continues to make an impact in our community. One of their evidenced-based programs is **Family Access to Integrated Recovery (FAIR)**, which is a collaboration between Hamilton County Job & Family Service and the Mental Health & Recovery Services Board, has seen robust growth over the past 18 months. FAIR is responsible for the assessment and care management of children and families with behavioral health needs and experienced a 31% increase in the overall number of clients served. With this increase of clients needing services, combined with expertise in the child welfare system, FAIR has recently created an internal short-term therapy program. FAIR therapists began serving adult clients in November 2016. The focus of therapy is to ensure that behavioral health needs are incorporated with the child welfare goals of safety, permanency, and well-being.



Child & Family Treatment Center

The **Child & Family Treatment Center**, partially funded by United Way, continues to deliver outcome-based programs to people in our local community. Our four programs, **Young Child Institute**, **Children and Adolescent Counseling Services**, **Ready to Learn School Based Services**, and **Connections for Life** received the highest ratings possible by United Way in their year-end report.

In October of 2016, Annie Ruth, a nationally acclaimed Ohio-based artist, visited Child and Adolescent Counseling Services to present one of our young clients, Alex, with a gift. Alex never leaves our office without paying a visit to one of Annie Ruth's paintings. As the saying goes, a picture can say a thousand words.

CDC Behavioral Health

While it may be a new year, the spirit of Christmas was alive and well at the **Family Healing Center** in December. Staff decided that they wanted to give back to their local community. They phoned the Salvation Army to see how they could be helpful to people in the Hamilton area who needed additional support during the busy holiday season. To their delight, they were provided the names, ages, and sizes of three "angels." It was a fun Saturday for the entire staff as they shopped together for the children – and they were able to provide everything the children requested. "The activity was fun for the entire CDC team and everyone was happy to make Christmas brighter for three children who were in need," stated Deb Miller, Director of Special Programs.

Court Clinic

Court Clinic provides a variety of evaluation and treatment services for those involved in the criminal justice system. One of the many evidence-based programs and services available at **Court Clinic** is **Alternative Interventions for Women (AIW)**, whose mission is to assist women involved with the criminal justice system who have co-occurring mental health and substance abuse or dependence disorders move toward recovery and reintegration into the community. The average length of stay in the program, including the core program and transition, can be up to a year. Meet Rachael, who has been in AIW for a year. "It has been a long, difficult road. The AIW staff have been amazing through it all. Even through my relapse three months ago, I received nothing but support. I can come in and talk about anything from the hardships of a new baby to my problems from the past. I've been very blessed to have the chance to come to AIW. I've gotten my life back on track with the help I've received and just received a job promotion. I have my son back and another son that's 21-weeks old. I can't believe the changes in my life since coming to AIW."



Adult Services

The 14th annual Case Management Holiday Client Party was a big success. Over 60 adults from Adult Services attended the function and enjoyed a feast of great food, door prizes, and a gift bags, which included fun items, but also basic need items like hats, gloves, toothbrushes, and calendars. For many, this is the only holiday celebration they attend. **Adult Services** and other Central Clinic Behavioral Health Staff take part in the fundraising efforts to be sure that our clients have a wonderful experience over the holidays. The Client Holiday Party has become a great tradition that will continue for many years to come.

Macy's Invites Dr. Smitson to a Panel Discussion



Macy's Department Store espouses a corporate culture of education and continuous improvement. Dr. Walter Smitson, President/CEO was invited to serve on a panel hosted by Macy's for their corporate employees. Members included Vice Mayor David Mann and a member of the law enforcement community. The subject matter was the proliferation of illegal drugs, specifically heroin and its impact on our community. Dr. Smitson helped everyone understand and deal with the ramifications of the heroin epidemic. The staff's exposure to the epidemic has intensified due to their physical location in downtown Cincinnati. The corporate team wanted to learn more about heroin and its effect on people who are addicted, what is being done in our community in response to the epidemic, what their associates can do to remain safe, and finally, what resources are available should one have a personal connection to heroin.