



Experts Since 1923

**Central Clinic**  
Behavioral Health

SPRING 2021



# Message from the President/CEO & Chair of the Board

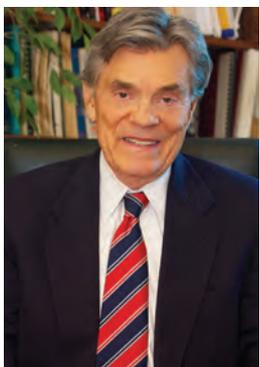
Welcome to our spring 2021 newsletter. While our nation is still in the throes of a global pandemic, the team at Central Clinic Behavioral Health continues to provide high quality behavioral health outpatient services to residents in Hamilton, Butler, Clermont and Warren counties. Safety is paramount in everything we do as we keep our clients/patients and providers safe.

Clinic personnel have had a chance to get their vaccines. This helps to provide some comfort to our clinicians and front-line personnel as they interact with patients/clients coming to Clinic sites for services rather than using telehealth.

Telehealth as a communication tool greatly improves access to care in the entire region. As a result, we see a decrease in psychiatric hospitalizations, not only in our area, but throughout the country. Medication compliance has also increased with our medical provider's ability to have multiple brief discussions each week with patients needing major psychotropic medication, as compliance can be poor for persons experiencing major mental illness. These brief interactions with providers engage with patients and can help increase the patient's commitment to long term positive health outcomes.

I am sure everyone joins us in hoping that vaccinations will finally subdue this COVID-19 virus that continues to be burdensome to the entire world. We can now be assured that help is on its way as more people receive the vaccination.

Thank you for the many ways you impact the children, adults, and families we serve in our five divisions. All of us appreciate your referrals, financial contributions, and friendship.



*Walter S. Smitson*

Walter S. Smitson, Ph.D.  
President & CEO



*Greg Power*

Greg Power  
Chair of the Board

Our mission is to provide choices and options through a compassionate approach to behavioral health services that results in lasting recovery and resiliency for children, families, and adults.

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# Child & Family Treatment Center

## Stigma Still Exists

It is no secret that there is much stigma surrounding mental health. Communities and people who lack access to behavioral health services experience this stigma in far greater proportions. Two of Central Clinic Behavioral Health's divisions - Child & Family Treatment Center and Adult Services -- received a grant from Ohio Department of Mental Health and Addiction Services to help reduce stigma around mental health.

The desired impact of this effort is to not only reduce the stigma around mental health within our targeted populations, but also to increase awareness about culturally-competent treatment providers in the Cincinnati area. We marketed the accessibility of services to targeted populations through radio ads, billboards, and brochures. The Child and Family Treatment Center's goal was to help reduce stigma surrounding behavioral health (mental health and addiction) within the Latino community, as well as in young children (birth through age five). Cultural differences play a role and it is important to address these challenges in messaging that normalizes what individuals are experiencing and validates their experiences.



## Wellness Corner

### Six Dimensions of Wellness

Central Clinic Behavioral Health has an active Wellness Committee led by Lauren Hughes, LPCC, ATR-BC and Gihani Isaacs, MPP. The committee promotes wellness at all levels within the organization. The term “wellness” means different things to different people. Wellness is multi-dimensional. Wellness is holistic. Wellness is ongoing. Search for wellness frameworks online, and you will get thousands of hits. This infographic covers the “Six Dimensions of Wellness” model and you can visit <https://nationalwellness.org/resources/six-dimensions-of-wellness> to learn more. Be well and stay well!

## Mental Health Access Point (MHAP)

### State Funding Benefits Many in Our Community

In partnership with the Hamilton County Mental Health and Recovery Services Board, Mental Health Access Point (MHAP) is the recipient of a COVID relief grant from the State of Ohio Department of Mental Health and Addiction Services (Ohio MHAS). The focus of these funds is to increase outreach attempts to individuals and families impacted by COVID-19. This Crisis Counseling & Training grant program supports several initiatives: 1) MHAP staff who are answering the 24/7/365 Hotline have received additional training on managing crisis calls and training will continue throughout the next six months. 2) The grant also assists in frequent networking with other Ohio providers who do similar work, so that effective strategies can be borrowed and adopted. 3) The grant has allowed for the strategic placement of billboards in our communities, advertising MHAP services and encouraging callers to seek help for mental health care. The grant ends in June of this year, but the billboards will be up and rotating around Hamilton County until December.



# CDC Behavioral Health

## News from the Family Healing Center

The Family Healing Center's main purpose is family reunification and here are two patient/client success stories.

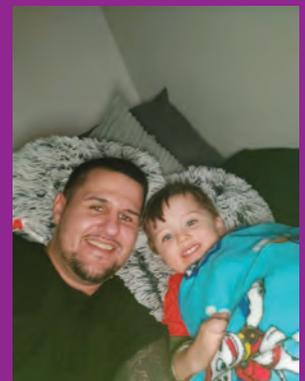
Shawn is a 34-year-old first-time father. He was connected to the Family Healing Center by Butler County Children's Services because he needed a visitation plan to spend time with his then 3-month-old daughter, Isabella (Bella). Shawn had little experience with parenting a young child when he entered the program in 2019; he was receptive to direction and eager to learn. Because of this, he followed the advice and parenting tips from his visitation specialist during visitation and was able to gain custody of his daughter in September 2020. Shawn credits his success in visitation to the helpful and supportive staff members at Family Healing Center: "...Where do I start? I did not have anything until I started coming to the Family Healing Center to see my beautiful daughter, Bella. The staff provided transportation service through UTS at no cost. They taught me how to grow up and be a man/-father to my daughter."

"My name is Jason and I want to give a special thank you to the Family Healing Center staff for helping me work towards reunification with my son! I know it wasn't easy and I wanted to level up as fast I could so he could just come home. But they always told me to "trust the process." Well, I'm here to tell you that the process does work!! After hard work and doing everything and more that I was told to do, he finally is coming home. So, thank you to everyone at the Family Healing Center for helping me on my journey to reunification. Also, thank you to my BCCS worker for always believing in me!"

## News from CDC-SAMI

CDC Behavioral Health Services in Butler and Clermont counties have many unique programs that focus on the whole person. One such service is CDC-SAMI Employment Services, through a partnership with the Employment Success Program (ESP) and led by Butler County Department of Job and Family Services. Because of this partnership, a young woman was referred because of mental health concerns identified during her interview for food assistance. Upon completing an assessment with CDC-SAMI, she was linked with one of the CDC therapists to help address anxiety symptoms that heavily impacted her ability to obtain and maintain employment. She successfully completed workshops with ESP partner providers which enhanced her skills in career planning, budgeting, interviewing and job search. The CDC therapist and the ESP providers worked as a team to develop a plan to help the client manage her mental health symptoms and access the necessary tools to pursue employment. They were also able to access a voucher through Job and Family Services to help eliminate financial barriers and purchase work appropriate attire.

Within three months of her initial engagement with CDC-SAMI, she achieved a stable job at a convenience store, where she quickly progressed and was promoted to assistant store manager within the first month. We celebrate her achievements of mental health stability, entering the workforce, and making a sustainable wage, enhancing her life in many ways.



## Good Things Happening

### Staff News

Congratulations to Rosemary (Toni) Tanks, LISW-S, LICDC-CS, LPN, for being awarded the Ohio National Association of Social Workers (NASW) Region 6 Lifetime Achievement Award. Each year the NASW Ohio Chapter recognizes exceptional social workers, students, agencies, public citizens and elected officials whose work in service to their communities reflects the values of the social work profession. Ms. Tanks is a clinician at Court Clinic and works with the Alternative Interventions for Men (AIM) program.

### Funder Gratitude

Central Clinic Behavioral Health is very grateful to the following foundations for their grant awards in support of our patients/clients: bi3 (Bethesda Inc.), CareSource, The Thomas Emery Memorial Fund of the Greater Cincinnati Foundation, Greater Cincinnati Foundation Impact Fund, Louis & Louise Nippert Charitable Foundation, PNC Charitable Trust, The John A. Schroth Family Charitable Trust, The Spaulding Foundation, State of Ohio Department of Mental Health & Addiction Services, and Western & Southern Financial Fund.

We salute our other funding partners as well: Butler County Department of Job and Family Services, Hamilton County Mental Health and Recovery Services Board, Ohio Department of Mental Health and Addiction Services, and United Way of Greater Cincinnati.