



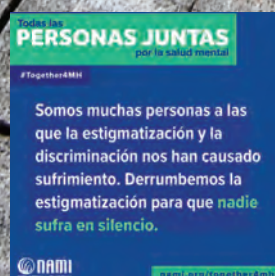
Experts Since 1923

Central Clinic
Behavioral Health

SPRING 2022

“We have certainly evolved over the past 99 years and we have so many people to thank. Thank you for the many ways you impact the children, adults, and families we serve in our five divisions.”

Walter S. Smitson, Ph.D.



May is Mental Health Month

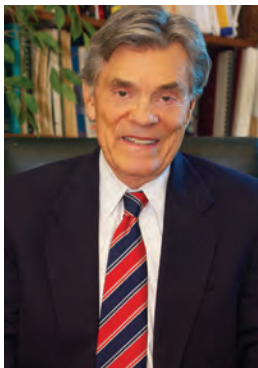
Message from the President/CEO & Chair of the Board

Welcome to our spring 2022 newsletter. As we get ready for the first summer in two years with COVID-19 waning, we want to thank our patients/clients and personnel for being so flexible during this time in our history. Services are now being delivered in-person and via telehealth, which continues to greatly improve access to behavioral health care in the greater Cincinnati area.

Central Clinic Behavioral Health has received its seventh consecutive accreditation from CARF International. This accreditation is for a three-year period, and it applies to all of the Clinic's services. CARF accreditation is an indication of Central Clinic Behavioral Health's dedication and commitment to improving the quality of lives the persons served and is the highest possible accreditation level. Additionally, the report applauded Central Clinic's personnel on being dedicated to its mission and continued that everyone has "worked together as a team to persevere throughout the pandemic. The organization has found creative, but necessary, ways to ensure that persons served are connected to the program through telehealth services and has also made in-person services a viable option."

Finally, Central Clinic Behavioral Health will reach an important milestone next year – our 100th anniversary. Established in 1923, Central Clinic Behavioral Health was the first mental health nonprofit organization in the State of Ohio and one of the only community clinics serving both children and adults. Central Psychiatric Clinic, its original name, received national attention because it provided community-based mental health services for children – a unique approach for treating patients at that time. Today, the organization continues to respond to the greater Cincinnati community's needs by providing expert mental health and addiction services.

We have certainly evolved over the past 99 years and we have so many people to thank. 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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Adult Services

Community Support Means Everything

The Adult Services division received strong support from both local and state foundations. Most recently is a grant awarded by the Louis & Louise Nippert Charitable Foundation (L & L Nippert) in support of the division's telehealth efforts. Telehealth is a form of video conferencing that allows our clinicians to provide services to patients/clients outside of our Logan Hall location. This service has allowed us to increase the number of people we serve. Because of L & L Nippert's generous financial support, the division was able to purchase laptops for therapists who provide telehealth and air cleaners for clinicians' offices to ensure the health and safety of personnel and patients/clients receiving services on site. The second grant included a generous investment from the State of Ohio – Department of Mental Health & Addiction Services. This grant allowed the division to create an even larger awareness in Cincinnati neighborhoods about the services offered in support of our African American and LGBTQ+ patients/clients. This "stigma reduction" grant paid for billboards in several key areas of the city, as well as complementary radio ads.



Do You Know Someone Who Needs Hope?

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!



PCIT is a strength-based program which focuses on the reinforcement of the "positive" and aims to help children increase positive behavior.

Child & Family Treatment Center

What is PCIT?

Parent-Child Interaction Therapy (PCIT) is an evidence-based treatment for young children who have behavioral problems and is used by mental health therapists to help parents/caregivers learn different ways to engage with their children. The Child & Family Treatment Center's Young Child Institute program is led by Dwonna Thompson-Lenoir with support from Charmain Hood and they are currently being trained and certified in PCIT through a 12-week training module funded by Truist Foundation. What makes PCIT unique is in the delivery: this approach is conducted by "coaching" parents/caregivers while they interact with their children. The therapist observes the interactions through a one-way mirror and communicates with the caregivers via an earpiece in the caregiver's ear. In this fashion, the therapist is able to give coaching advice in the moment to help parents/caregivers better manage their children's behaviors. Desired outcomes of PCIT are the reduction of negative behaviors, such as tantrums, negative attention seeking, aggression, and defiance. PCIT is a strength-based program which focuses on the reinforcement of the "positive" and aims to help children increase positive behavior. The Center on the Developing Child at Harvard University states that having at least one stable and committed relationship with a caregiver, parents, or other adults is the single most common factor for children who develop resilience. PCIT helps develop these relationships between children and their caregivers/parents. We are very excited to be able to offer PCIT to the children and families we serve.

CDC Behavioral Health

Welcome OT students from Cincinnati State Technical & Community College

The team in Butler County recently welcomed occupational therapy (OT) students from Cincinnati State Technical & Community College for some space refreshing. The students installed magnetic pieces on the play area walls for the children to enjoy as they attach plastic letters. In addition, the students provided another fun activity for the children by connecting a wall with tubes and balls for their enjoyment. The students also reorganized the craft and storage room. All of us are so grateful to the OT students – thank you!



Quality Improvement Corner

As part of Central Clinic Behavioral Health's ongoing commitment to quality improvement in the services provided to children, adults, and families, every year we ask patients/clients about their satisfaction. In the fall of 2021, CCBH conducted a survey and offered it in three different methods: text, QR code, and paper. Procedures to maintain confidentiality were followed and participation was voluntary.

Patient/client results:

- 87% are satisfied with services.
- 94% agree that staff is respectful of race, ethnicity, religion, and/or sexual orientation and/or gender identity.
- 88% report that staff work to make decisions regarding their treatment.
- 83% report that the staff helps to improve their life.
- 86% report that staff are sensitive when they ask about difficult experiences the client has had.



CDC Behavioral Health – Butler County

The managers at Butler County CDC Behavioral Health Services expressed their appreciation for personnel in the best way possible.....Taco Tuesday. A shout out to all of our personnel for providing hope to children and their families.



Funder Gratitude

Central Clinic Behavioral Health relies on the generous support of the greater Cincinnati philanthropic community. Contributions received support programs and services.

We salute the following foundations who invested in our mission from 7/1/2021 – 4/1/2022:

Fifth Third Foundation

Greater Cincinnati Foundation

L & L Nippert Charitable Foundation

Ohio Department of Mental Health & Addiction Services

Truist

Western & Southern Financial Fund

We salute our long-term funding partners as well:

Hamilton County Job & Family Services, Hamilton County Mental Health and Recovery Services Board, Ohio Department of Mental Health and Addiction Services, Butler County Job & Family Services and United Way of Greater Cincinnati.

