



# Changing Minds

[www.cincinnatichildrens.org/about/fcc/fan/psych/changing-minds-newsletter](http://www.cincinnatichildrens.org/about/fcc/fan/psych/changing-minds-newsletter)

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INSIDE:  
New  
depression  
treatment,  
Food for  
thought,  
Resources

“To  
educate,  
inform,  
advocate,  
and  
empower  
people in  
order to  
affect  
positive  
change in  
attitudes  
and  
treatment  
for  
psychiatric  
illnesses.”

## Mindful Nutrition— Food Choices Matter

By Mary Pat Turon Findley, RD,LD,MS

Good nutrition can be a challenge for everyone, but is especially complicated for those struggling with mental illness. Some of the general symptoms and levels of coping skills make it significantly more difficult for patients to adhere to good eating and lifestyle choices.

The need for balancing nutrition and health goes beyond looking well—it's critical in maintaining good physical health and its link to neuropsychiatric issues. Nutrition has become one new frontier associated with successful treatment of the whole person.

In addition, some medications used for treatment of mental illness may affect appetite, weight, gastrointestinal function, and the absorption of some nutrients. Mental illness adds stress to a person, which impacts physical health as well.

Making a commitment to good nutrition, is a great start -strategies for supporting overall health include basic balanced intake, daily exercise and family involvement. Give a spark to a diet by adding different foods, textures, flavors, and keep an eye on portions. Include all the food groups: Dairy (milk, cheese, yogurt), Meat/alternatives (also nuts, beans and other protein alternates), Fruits (try seasonal favorites), Vegetables (create and mix up vegetables-fresh offers more fiber) and Bread/Grains (cereal, rice, pasta, whole grains).

Make “brown bagging” more fun and successful by planning ahead. Use insulated containers, prepare foods on a clean surface, seal foods in containers or bags and keep perishables cold. Add portions of quick breads, bagels or crackers but be careful not to overdue the spreads and extra condiments. Try fruit or cut vegetables as “kabobs” as a fun twist. Re-



*(Continued on page 2)*

## Group Works to Bridge the Gap for Area Children

By Susan Shelton

There continues to be a gap in mental health services for Cincinnati area children, many of whom are underinsured or do not have private or public insurance. MindPeace is working to improve access to quality mental health services for all children in Greater Cincinnati.

Pediatricians are a first line of defense for many children who have mental health needs. Part of the Cincinnati Pediatric Mental Health Task Force, MindPeace is helping pediatricians through the development of a mental health resource directory for Greater Cincinnati. This web based network tool will assist primary care physicians, and ultimately families, better connect to children's mental health services.



School-based mental health services are another way to effectively improve access and quality. MindPeace is working with Cincinnati Public Schools (CPS), the Hamilton County Mental Health and Recovery Services Board, and many community partners to help expand the number of CPS community learning centers that have school based mental health services. Thirty-six CPS schools, including some high schools, have chosen lead mental health partners. Goals for each lead mental health partner are co-location, a full time team that is integrated in the school community and aligned with agreed upon shared outcomes, accountability, and the provision of a continuum of services - prevention, intervention, and treatment.

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## Connect The Dots: A List of Resources

### P.I.R.C. – Psychiatric Intake Response Center – Acute Crisis

Admission & Evaluation center for children & adolescents in acute crisis. Professional mental health assessments & Emergency Department (ED) evaluations are available at two locations; Cincinnati Children's Main Campus (ED); and Cincinnati Children's Liberty Campus (EED). Call first at: **Inquiries: 513.636.4124 – 24 hours/7 days a week**

[Child Focus, Inc.](#) oversees [programs](#) to support individuals and families in Clermont County through their Behavioral Health Care and Early Childhood Divisions. Their **Clermont County Crisis Response Team** offers crisis intervention, education, referrals and follow-up services. - [Info@Child-Focus.org](mailto:Info@Child-Focus.org)

**PH:513-752-1555**  
Fax: 513-688-8155

### Substance Abuse / Chemical Dependency

Crossroads: 513-475-5300

Department of Youth Services: 513-396-5345

Talbert House CRISIS HOT-LINE : **281 – CARE or 513.281.2273\***

NorCen Behavioral Health Systems: 513.761.6222

Teen Challenge: 513.248.0452

### Support Groups

Mondays 11 am – noon, Team Achieve, The Phoenix Place, 37 Main Street

Amelia, Contact: 513.752.6170

4<sup>th</sup> Monday of each month, 7 – 8 pm, NAMI, Northern Kentucky, Share and Care Support Group, Erlanger Baptist church, 116 Commonwealth Rd, Erlanger, Contact: Kathy Keller – 859.866.0270

Thursdays 6:30 – 8 pm. HELP for Young Adults (ages 18 – 30) with mental health issues. St Monica/St George Church, 328 W. McMillan, Clifton, Contact Pat Brown, NAMI-HC 513.351.3500

3<sup>rd</sup> Thursday 7 pm NAMI of Butler County, 2052 Princeton Rd, Hamilton Contact: Sally Fiehrer, 513.860.2130 ext: 12

1<sup>st</sup> Saturday of each month 1: – 2:30pm; 5642 Hamilton Ave, Cincinnati Children's Hospital College Hill Campus. Parent of children up to age 18 with emotional disorder or symptoms of neurobiological brain disorder/mental illness.

The Ohio Coalition for the Education of Children with Disabilities works in collaboration with the Ohio Department of Education Parent Mentor Program. If you need one-to-one assistance, call Martha at 800-374-2806, ext. 20.

<http://www.ocecd.org/>

### Educational Resources

**Providing Expert Advice in Advocating for your Child's Educational Needs**

**Ohio:**

[Special Education Regional Resource Center](#)

513.563.0045

513.563.0588 (fax)

<http://www.hccanet.org/swoserre/>

### Memorial Inc. Advocacy Services

513.621.3032 ext. 2130

5123.559.0300(fax)

<http://www.memorialinc.com/>

### **Kentucky**

The Point Arc, Special Education Advocacy 859.491.9191

859.491.0763 (fax)

### Individuals with Disabilities Education Improvement Act (IDEIA) National Resources

### Family & Advocates Partnership for Education ([www.fape.org](http://www.fape.org))

- [IDEA Partnership](#) ([www.ideapartnership.org](http://www.ideapartnership.org))
- [Ideadata.org](#) ([www.ideadata.org](http://www.ideadata.org))
- [National Dissemination Center for Children with Disabilities](#) ([www.nichcy.org/idea.htm](http://www.nichcy.org/idea.htm))
- [Parent Center: IDEA Parent Guide](#)

## Mindful Nutrition: Food Matters

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place desserts, ready-to-use packaged high calorie, and "junk-type" foods. Pack fruit, yogurt, graham crackers, sugar-free gelatin/pudding, 100-calorie snack packet or cut vegetables when planning lunch or snacks.

Watch portions! Many times people unintentionally overeat. The amount of food as well as the extras that have empty calories will add up. Learn to read labels to get vital information on portions and nutrition. Labels can be very helpful to offer carbohydrate amounts, fat, calories and possible allergy ingredients. Encourage water intake to keep hydrated and watch the sugar from juices. Commercial beverages can contain a lot of unnecessary sugar and caffeine. Many children with mental illness may become diabetic, insulin resistant or have high cholesterol/triglycerides resulting from poor intake and weight management.

Be active everyday with walking, biking, swimming, sports or dancing, to name a few activities, which not only helps with fitness but can decrease stress levels. Involve the family in exercise activities, as well as eating healthy intake and everyone benefits. Check out [www.myramid.gov](http://www.myramid.gov) for more recommendations

*Mary Pat Turon Findley is a registered dietician at Children's Hospital's College Hill psychiatric facility. She has been active in the behavioral mental health field for 22 years.*



# TMS Offers New Treatment for Depression

*A treatment cleared in 2008 by the Federal Drug Administration (FDA) has recently been introduced in our area. The following article was prepared and submitted by Dallas G. Auvil, M.D., director, Adult Psychiatry at Lindner Center of HOPE, for readers' information. ChangingMinds does not endorse this or any other treatment or facility, just relays information. It is the readers' responsibility to fully examine and research any treatment option with their physicians and mental health professionals.*

Depression affects at least 14 million American adults each year. Researchers estimate that by the year 2020, depression will be the second leading cause of disability worldwide.

Each year, over 30,000 people in the United States commit suicide, 60 percent of whom suffer from depression. The economic burden of depression in 2000 was estimated at \$83.1 billion in the United States.



Depression can be devastating. Only a fraction of individuals suffering from depression seek treatment, and unfortunately, out of the numbers that opt for treatment, greater than 30 percent fail to achieve satisfactory improvement. Therefore, a tremendous unmet need exists in the Cincinnati area and the region for new treatment options for major depression.

Lindner Center of HOPE, is the first provider in the area to offer patients Transcranial Magnetic Stimulation (TMS) therapy. The system, created by Neurostar, is the first and only non-systemic and non-invasive treatment of depression to be cleared by the U.S. Food and Drug Administration (October 2008).

TMS therapy stimulates nerve cells in an area of the brain that is linked to depression, by delivering highly-focused MRI-strength magnetic field pulses. This therapy was demonstrated to be effective and safe in the treatment of depressed patients that failed to receive adequate benefit from prior antidepressant medication and counseling. The treatment is a 40-minute outpatient procedure that is prescribed by a psychiatrist, does not require anesthesia or sedation, and patients remain awake and alert. The treatment is typically administered daily for 4 to 6 weeks and the patient is able to maintain their normal routine before and after treatment.

In an open-label clinical trial, approximately 1 in 2 patients treated with TMS experienced a significant improvement in depression symptoms, and 1 in 3 experienced complete resolution. The most commonly reported side effect was headache or scalp pain and these were generally mild to moderate and occurred less frequently after the first week of treatment.

For more information about the Lindner Center of HOPE and TMS treatment, call 513-536-HOPE (4673) or visit [www.lindnercenterofhope.org](http://www.lindnercenterofhope.org).

*Dr. Auvil specializes in the diagnosis and treatment of depression and oversees TMS services at Lindner Center of HOPE. He has more than 17 years of experience in the field of psychiatry and has worked in medicine for more than 20 years.*

## Changing Minds

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## The Power of One

Lisa Eccles

"Do you want fries with that?" has become a comical catchphrase for our fast-food culture. Ironically, there is really nothing funny about the epidemic of obesity, especially among youngsters, in a society that has all the tools and knowledge to promote health. It astonishes me that in some neighborhoods, there are no children playing outside on a beautiful summer day—in big empty backyards with expensive swing sets. Has the electronic age really replaced fitness, where we are destined to be big jelly blob creatures like those featured in WALL\*E?



I could not believe that I attended a parents' seminar where a lecturer expounded on the need for children to get back to nature and play. Are we really so ridiculous that we need "an expert" to tell us what is humanly instinctual since the dawn of man? I used to "throw" my children outside—away from TV and computers—and my Mom never saw me until the street lights went on. Not only did we thrive physically, but our creative talents and independence soared. I know many parents are working, but that doesn't relieve them of the responsibility of what their children are doing, or eating, all day.

This edition of *Changing Minds* features an article that gives helpful hints on how to keep everyone healthier. It also pinpoints how critical it is for people with mental illness—since some of the medications may cause hunger and weight gain. I understand the difficulty—my son had to be put on a diet to lose 20 pounds. I became the drill sergeant and warden of the pantry—it wasn't my favorite role, but it made him a very healthy teen with no blood sugar or other weight related problems. To this day, we still need to manage his intake, but it is worth the hard work. Please, if you or your family has this struggle, contact the website listed for help and please, START TODAY!

## Group is Bridging the Gap for Mental Health Care

Continued from page 1

The first mental health measurement for all CPS schools is being reported. It is based on the School Health Index and has to do with access to mental health services. A web-based tracking and measurement tool is in place for this measurement and outcomes are being analyzed. The tool is also being used to identify roadblocks which will be prioritized in order to improve services.

Infrastructure for partnerships between mental health providers and the community learning centers is in place and will help sustain this new model of care. One-on-one work with individual providers and with community learning center mental wellness teams is on-going to improve the partnerships themselves and to work on improving seamless connections.

Capacity for additional school based mental health services is expanding through two new partners joining the school based mental health network. Broad-based training is being provided to the community, school staff, therapists, and mental health provider management. Additionally, MindPeace is working to help solve problems and make improvements so a seamless, integrated system of mental health services can ultimately be achieved.

Susan Shelton is the executive director of MindPeace. For more information, contact (513) 236-7296.

**Are movies too loud or stimulating for you or your children?** Does your child get antsy or noisy and can't sit still? The Autism Society of Greater Cincinnati has developed a special opportunity for families of individuals who find movie theaters too loud or restrictive. On a monthly basis at the AMC Newport of the Levee upper level theater, movie fans can enjoy their favorite films in a safe and accepting environment. The auditoriums have lights turned up and the sound turned down and have no previews of advertisements shown before the movie. Participants can also bring their own snacks—great for those who have special diets. They will be able to walk around sing or dance with the show as well!

For tickets, please visit the theaters box office on the day of the event. The ticket prices are usually \$5 and the movie time is usually 10 a.m. Please check the [www.autismcincy.org](http://www.autismcincy.org) website for upcoming movie events.