



Lindner Center of HOPE

Lindner Center of HOPE in Mason is a comprehensive mental health center providing excellent, patient centered, scientifically-advanced care for individuals suffering with mental illness. A state-of-the-science, mental health center and charter member of the National Network of Depression Centers, the Center provides psychiatric hospitalization and partial hospitalization for individuals age 12-years-old and older, outpatient services for all ages, diagnostic and short-term residential services for adults and research.

The Center is enhanced by its partnership with UC Health as its clinicians are ranked among the best providers locally, nationally and internationally. Together Lindner Center of HOPE and UC Health offer a true system of mental health care in the Greater Cincinnati area and across the country. The Center is also affiliated with the University of Cincinnati (UC) College of Medicine.



REGISTER ONLINE TODAY!

lindnercenterofhope.org/ed2024

Or call: **(513) 536-0328**

Reservations are limited and will close on Thursday, May 16, 2024.

\$10 per person includes buffet and admission to all sessions.

**REGISTER
ONLINE TODAY!**
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of **HOPE**

Lindner Center
of HOPE |  **Health**

4075 Old Western Row Rd.
Mason, OH 45040

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COMMUNITY EDUCATION DAY

A ½ day workshop about mental illness and addiction.

Sunday, May 19, 2024

11 a.m. – 4 p.m.

Manor House

7440 Mason-Montgomery Rd.

Mason, OH 45040

An afternoon of enhancing awareness about the facts of mental illness and addiction. Knowledge helps break down stigma and encourages individuals and families to seek life-changing help.



Lindner Center
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Community Education Day 2024 Schedule

11 a.m. Registration & Resource Center Opens

11:30 a.m. "Nourishing The Mind" Buffet

12 p.m. Welcome

Paul R. Crosby, MD, MBA, President and CEO; Lindner Center of HOPE

Keynote

Brandon Saho, Creator - The Mental Game Podcast



Cincinnati native and former sports reporter with WLWT-TV, Brandon Saho, said goodbye to his dream job in 2022 to focus on his mental health. Brandon says he was at his lowest. He was depressed and alone and he didn't know how to live. Brandon spent time as a patient at Lindner Center of HOPE and realized that he didn't want anyone to struggle like he did, so he started The Mental Game podcast. Brandon spends time talking with athletes, musicians, and celebrities with the goal of saving lives through these conversations.

Brandon recently returned home from a 30-state tour in 30 days, speaking with kids, teens, parents, and adults about mental health. His goal is to "help people realize that it's OK to ask for help, that we can get through these moments, and that those feelings are temporary."

12:45 a.m. Friendship Bus Launch, Manor House Entrance

Join us for a friendly farewell to Michael G. Leadbetter, MD. Dr. Leadbetter, retired plastic surgeon, will launch his year-long friendship bus tour of the United States June 2024 raising awareness around the importance of friendship and connection for mental wellness. The trip is in memory of Leadbetter's wife, Debbie, his life partner for 49 years. The couple had planned much of the trip before Debbie passed, with the goal of visiting friends around the country, highlighting the significant role friends played in their lives and their mental wellness. Leadbetter intends to donate \$25 to Lindner Center of HOPE, for every friend he interacts with on his journey. He is also hopeful that interested individuals that he meets will contribute to Lindner Center of HOPE and/or mental health causes of their own in recognition of his year-long tour. Leadbetter has a list of 150 friends he would like to visit who have played an important part in he and his wife's journey.



Breakout Session 1

1:15 – 2 p.m.

Befriending Your Body: Strategies to Heal Our Relationship with Food and Our Body

Heather Connor, LISW-S
Outpatient Therapist, The Harold C. Schott Foundation Eating Disorders Program

Insights into Depression

Nik Raju, MD,
Staff Psychiatrist

Self-Care is More than a Spa Day – a conversation about how to build a life that you don't need to escape from

Anna Guerdjikova, PhD, LISW, CEDS, CCRC, Director of Administrative Services, Harold C. Schott Eating Disorders Program

Is it Autism?

Elisha Eveleigh, PhD, Child Psychologist
Tracy Cummings, MD, Associate Chief Medical Officer for Clinical Excellence and Chief of Child and Adolescent Psychiatry



Breakout Session 2

2:15 – 3 p.m.

Turn off the Faucet!! The Impact of Caffeine, Sleep, and Nutrition on Anxiety and Depression

Brian Berendts, MSN, APRN-CNP, PMHNP-BC, Psychiatric Nurse Practitioner

Empowered Parenting

Megan Schrantz, EdD, LPCC, and **Kristy Hardwick, EdD, LPCC-S**, Therapists

What We Seek in a Therapist and How to Identify a Good Match

Dr. Michael Groat, PhD,
Chief Clinical Officer

Making It Through A Crisis: DBT Distress Tolerance Skills

Nicole Bosse, PsyD and **Shannon Jensen, LISW-S**



Breakout Session 3

3:15 – 4 p.m.

Addicted to Numbing Mental Illness with Alcohol, Gambling, and the Internet

Chris Tuell, Ed.D., LPCC-S, LICDC-CS,
Clinical Director of Addiction Services

Transcranial Magnetic Stimulation (TMS)

Nelson F Rodriguez, M.D., DABPN, FAPA, Medical Director, Neuromodulation (ECT, TMS, VNS) Service

What Is Stress and How Do We Manage It?

Peter White, MA, LPCC, LICDC,
Outpatient Therapist

Levels of Care on a Mental Health Journey

Paul Crosby, MD, MBA,
President and CEO

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