



Licking Memorial Health Systems

1320 West Main Street
Newark, Ohio 43055

Please take a few minutes to read this month's report on **Behavioral Health Care**.

You'll soon discover why Licking Memorial Hospital is measurably different ... for your health!

Visit us at www.LMHealth.org.

The Quality Report Card is a publication of the LMHS Public Relations Department.

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Quality Report Card Licking Memorial Health Systems

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Volume 12, Issue 6

June 2011

Health Tips - Improving Your Mental Health

May is National Mental Health Month. To help you observe the occasion, here are 12 tips to improve your mental health:

1. Eat a healthy diet that includes fresh fruits and vegetables, lean protein and whole grains.
2. Exercise to increase production of endorphins and blood flow to the brain.
3. Spend time outdoors in good weather.
4. Get 7 to 8 hours of sleep each night.
5. Create a realistic financial budget – and stick to it.
6. Set aside time for your family and friends.
7. Be supportive of your friends and family when they need help, and be willing to accept their support when you need help.
8. Talk about your problems with others who may have had a similar experience.
9. Volunteer for a charity you support.
10. Learn to manage stress. See a professional counselor if needed.
11. Identify your moods and seek ways to deal with the negative ones.
12. Take stock of yourself. Accept your weaknesses, and build upon your abilities.

Behavioral Health Care – How do we compare?

Check out our Quality Report Cards online at www.LMHealth.org.

At Licking Memorial Hospital (LMH), we take pride in the care we provide. To monitor the quality of that care, we track specific quality measures and compare them to benchmark measures. Then, we publish them so you can draw your own conclusions regarding your healthcare choices.

1 Behavioral health is a broad term that refers to psychiatric and/or chemical dependency illnesses. Inpatient hospitalization for either condition is often necessary for effective intervention. LMH provides a wide range of services for people with behavioral health illnesses at its Shepherd Hill facility. One goal is to transition patients into outpatient settings where they can continue treatment, decreasing the need for readmission.

	LMH 2008	LMH 2009	LMH 2010	Goal
Psychiatric readmissions	0.5%	2.4%	4.0%	less than 5.6%

2 Chemical dependency, also called addiction, is treated as a chronic, progressive and potentially fatal disease. Although Shepherd Hill staff members work with patients to develop individual treatment goals that will meet the patients' needs, the Shepherd Hill program is built around four consistent treatment goals: education, self-diagnosis, self-responsibility and self-treatment. Recovery is dependent upon completion of all goals, therefore, Shepherd Hill monitors when treatment is incomplete and why. When patients leave Shepherd Hill, staff members encourage continuity of care by referring them to other healthcare professionals as needed.

	LMH 2008	LMH 2009	LMH 2010	Goal
Patients with complete treatment	79%	78%	70%	greater than 75%

3 Outcome studies are conducted to monitor and measure the success of chemical dependence treatment. Our data shows how patients are doing up to two years after completing the program. Information regarding abstinence one year after completing the program is self-reported by patients.

	LMH 2008	LMH 2009	LMH 2010	Goal
Patients remaining abstinent	83%	82%	76%	greater than 85%
Improvement in quality of relationships	91%	92%	93%	greater than 85%
Improvement in overall physical and mental health	93%	91%	90%	greater than 85%
Improvement in overall quality of life	92%	92%	90%	greater than 85%

4 Detoxification – the safe, medically supervised elimination of addictive substances from the body – is the most intensive care offered for chemical dependency patients. Acute withdrawal symptoms are managed by the appropriate medications for each patient's situation. The length of stay for detoxification depends upon the drug of choice and the severity of the withdrawal.

	LMH 2008	LMH 2009	LMH 2010	Goal
Average length of stay – alcohol treatment	2.4	2.6	2.5	less than 3 days
Average length of stay – opiate treatment	2.7	2.6	2.6	less than 4 days
Average length of stay – tranquilizer treatment	2.8	3.4	3.1	less than 5 days

5 Medication education is considered an essential component of providing complete behavioral health care. A thorough understanding of the medication's purpose, side effects and expected response leads to decreased relapse and readmission rates and increased long-term compliance with medication on an outpatient basis.

	LMH 2008	LMH 2009	LMH 2010	Goal
Medication education provided for patients and/or family	99%	99%	99%	greater than 97%

6 Family participation is an important component in patients' recovery. For continuity of care, a licensed professional clinical counselor or a social worker will initiate contact with family members of Shepherd Hill psychiatric inpatients and encourage them to participate in a family meeting during the period of inpatient treatment.

	LMH 2008	LMH 2009	LMH 2010	Goal
Social work/family meeting during patient stay	99%	97%	93%	greater than 95%

7 Valproic acid and lithium are two common medications used to treat multiple behavioral health diagnoses. These medications can facilitate control of symptoms and assist in recovery, but both have potentially dangerous side effects. Licking Memorial Behavioral Health professionals monitor their patients’ blood at specified intervals to ensure therapeutic levels of the medications and to observe for toxicity or other negative effects on vital organs.

	LMHP 2008	LMHP 2009	LMHP 2010	Goal
Appropriate testing complete for patients taking valproic acid (such as Depakote)	91%	97%	98%	greater than 90%
Appropriate testing complete for patients taking lithium (such as Lithobid)	94%	97%	96%	greater than 90%

Patient Story – Smith Family

It was a horrible day in 1999 for David and Carolyn Smith when their daughter, Kelly, arrived at their doorstep unexpectedly. (The Smiths’ names have been changed to protect the family’s privacy.) The intelligent, vivacious young woman they had sent off to college was now standing before them in obvious trouble.

David said, “Kelly was barely recognizable. She had lost a lot of weight, and she was shaking.” “She could barely put a sentence together,” Carolyn added.

Kelly had been on a decade-long journey to self-destruction with alcohol and drug abuse. Her housemate became so concerned that she insisted on driving Kelly back home to Licking County.

“I started drinking alcohol in the eighth grade,” Kelly remembered. “I had older friends who would buy it for me. I was still able to keep up with my school work. I had a 3.7 grade point average when I graduated from high school, so I did not think my drinking was out of control. In college, I began using marijuana, cocaine, prescription drugs and hallucinogens. My grades slipped so badly that I was on academic probation. I had surrounded myself with people who were like me, so everything seemed pretty normal.”

Kelly tried to quit drugs and alcohol on her own a couple of times. “I was going to Alcoholics Anonymous (AA), but I was not getting better. I was physically ill. That is when my friend drove me home,” she explained.

The Smiths took Kelly to see Frederick N. Karaffa, M.D., who was her family physician, and at that time, was Medical Director of Shepherd Hill, the behavioral health department of Licking Memorial Hospital. He helped the Smiths make arrangements to admit Kelly to Shepherd Hill. At their intake meeting, the Shepherd Hill staff explained that Kelly would receive a personalized treatment program. As a residential patient, she would have limited contact with friends and family



Shepherd Hill’s peaceful setting offers patients with drug and alcohol addictions a comfortable place to begin their recovery.

while she focused on her recovery. Then David and Carolyn were asked to go home. “They said, ‘Leave Kelly to us,’” Carolyn recalled. “I had been worried about her for months, and I knew that she was now being cared for by professionals who could do things for her that I could not.”

Mired in addiction, Kelly resisted the treatment plan at first. “I was extremely skeptical. I really wanted to leave in the first few weeks, but the counselors and Dr. Karaffa were really great. They convinced me that I needed both time in a safe place and

abstinence. The staff took me to AA meetings every day, and I found a great source of support in that organization,” she said.

A couple of weeks into Kelly’s treatment, David was permitted to meet her in LMH’s café for breakfast. David said, “Although I was the president of a non-profit organization with 150 employees, I had been drinking for many years, and the drinking was getting heavier. Kelly told me, ‘Dad, you smell like alcohol, and you cannot be here with the Hospital patients.’ I felt embarrassed and devastated with shame,” David said. “After leaving LMH that Sunday morning, I drove aimlessly and stopped under the 21st Street bridge of the freeway in Newark. I felt that I needed to either commit suicide or call someone for help. Fortunately, I decided to call an old friend who was in AA, and I went to an AA meeting with him that night.”

During her three and one-half month stay at Shepherd Hill, Kelly learned that alcoholism and drug addiction are diseases that are genetically pre-disposed. David confirmed that he has a strong family history of alcoholism. “I knew that both of my grandfathers were alcoholics,” he said, “but I did not know my father was an alcoholic until he was in his sixties. He did not drink before he retired. Then when he started to drink, it activated the disease.”

“Shepherd Hill does a wonderful job of ensuring the whole family receives treatment,” Carolyn commented. “They encouraged me to join Al-Anon, and to attend

Ask a Doc education sessions at Shepherd Hill. I am so glad I did. Alcoholism affects the entire family. As the spouse and mother of alcoholics, I had feelings of guilt, and always felt that I should be able to ‘fix’ things. Now I know that I cannot fix other people, no matter how much I love them. I also learned that I need to maintain my own personal growth instead of always trying to take care of someone else.”

Although Kelly had a brief relapse after her treatment at Shepherd Hill, she was able to use the education and tools she learned there to regain her sobriety. Now she and her father have each been abstinent for more than 10 years.

Kelly, David and Carolyn remain active in AA and Al-Anon. All three are ardent sponsors for newcomers, and draw upon their experiences to encourage other alcoholics, addicts, and their families. They estimate that between them, they have sponsored nearly 100 individuals.

Kelly remains grateful to the Shepherd Hill staff for helping her turn her life around. “Life is great. I cannot even imagine going back to the way I used to be. I have been able to do so many things in sobriety that I could not have done before. I would probably have died without the support of the Shepherd Hill counselors and my parents. Through my work with AA, I have seen other treatment programs around Ohio, and I believe Shepherd Hill’s model of treatment is far superior to anything else I have seen.”

Shepherd Hill is a nationally accredited treatment center located in Newark. The treatment is based upon knowledge of chemical dependency as a life-threatening medical disease. Patients are taught how to manage their disease through an abstinence-based lifestyle and involvement in a 12-step support group program, such as AA. For more information, visit the Web site, www.shepherdhill.net, or call (740) 348-4870 or (800) 223-6410 (toll-free).

Antidepressants Are Effective, But Only Part of the Solution

The television commercials are compelling – a person who is suffering from chronic listlessness, sadness or anger breaks through the misery with the help of a pill. For those who are suffering from depression, the prospect of quick and easy relief using a mood enhancing medication is very appealing.

Marketed under names, such as Abilify, Seroquel, and Pristiq, antidepressants are one of the most commonly prescribed medications in the U.S., according to the Centers for Disease Control and Prevention (CDC). The CDC reported that approximately 10 percent of the U.S. population in 2005 was being treated with an antidepressant during the course of a year.

“Antidepressants can be very effective in the treatment of depression when used in conjunction with other therapies,”

explained Psychiatrist Connie Jenkins, M.D., of Licking Memorial Outpatient Psychiatric Services in Pataskala. “They are one tool that can help people with anxiety and depression; however, to help these patients really improve, the medications must be combined with lifestyle changes that include nutrition, exercise, and adjustments in how the patient relates to stressful people and events. Patients often request the medications they see advertised, but I can usually manage their conditions effectively with less expensive medications, combined with talking therapy, encouragement and education to make the necessary changes.”

Dr. Jenkins added, “Antidepressants can be beneficial, but the drug therapy needs to be individualized, monitored and discussed

with a specialist because both the illness being treated and the side effects of the medicines can be serious.”

Symptoms of depression include:

- Prolonged sadness or irritability (at least two weeks’ duration)
- Loss of interest in usual activities
- Inability to experience pleasure
- Feelings of guilt or worthlessness
- Persistent thoughts of death or suicide
- Inability to concentrate
- Difficulty making decisions
- Fatigue
- Lack of energy
- Feeling either restless or “slowed down”
- Changes in sleep, appetite, or activity levels



Individuals who have signs of depression are encouraged to seek treatment from their physician or mental health professional. Licking Memorial Outpatient Psychiatric Services has offices in two locations for patients’ convenience: 200 Messimer Drive in Newark, and One Healthy Place, Suite 205 in Pataskala. Appointments are available by calling (740) 348-4870 for the Newark office, or (740) 348-1930 or (740) 964-3330 for the

Pataskala office. The counselors and psychiatrists at Licking Memorial Outpatient Psychiatric Services provide care for adults who are 18 years and older.