

Licking Memorial Health Systems Quality Report Card

Volume 26, Issue 6

JUNE 2025

BEHAVIORAL HEALTH CARE



Transcranial Magnetic Stimulation Relieves Depression Symptoms

Depression is a common mental health condition that affects 1 in 10 adults in the United States and is typically treated using therapies such as medication, psychotherapy, and lifestyle changes. Treating depression can be a complex and personalized process, as not everyone responds to treatment the same way. Individual factors such as differences in brain chemistry, genetics, life experiences, and the specific type of depression contribute to how a person responds to therapy. Individuals who are resistant to common treatments may benefit from alternative therapies to improve their symptoms.

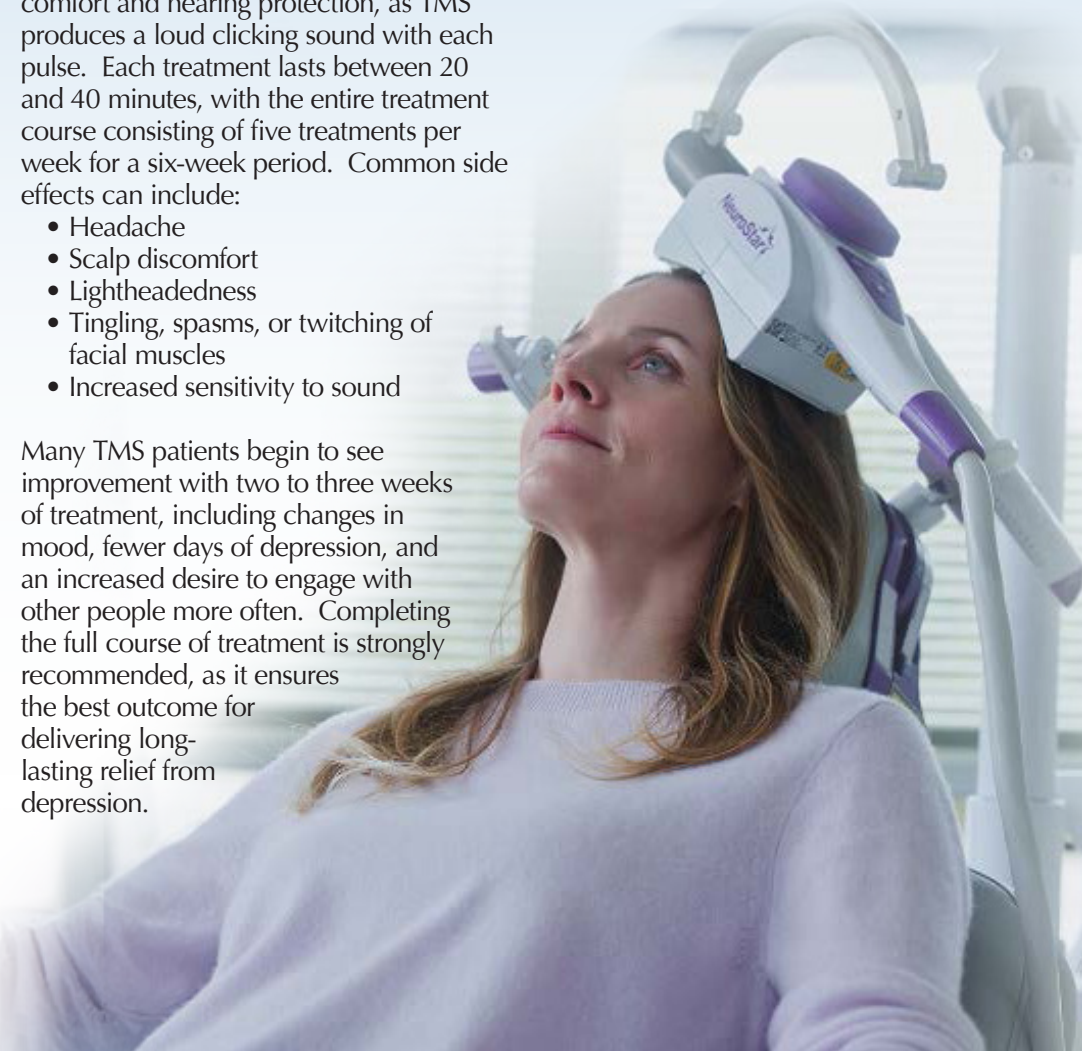
Licking Memorial Outpatient Psychiatric Services offers transcranial magnetic stimulation (TMS), which treats depression safely without medication. It can also be used to treat obsessive-compulsive disorder (OCD), migraines, and smoking cessation. TMS is a noninvasive procedure that uses a magnetic coil to influence the brain's natural electrical activity. The magnetic fields stimulate nerve cells in the brain to improve symptoms of depression. During a TMS session, a cushioned, electromagnetic coil is placed against the forehead and delivers magnetic pulses to the area of the brain that regulates mood. These pulses stimulate the nerve cells to release the chemicals, or neurotransmitters in the brain, such as serotonin, norepinephrine, and dopamine, that ease depression symptoms and improve mood.

TMS does not require any anesthesia or sedation, as the patient remains awake and alert during the treatment. Patients are seated during each session and may feel a tapping sensation where the coil is positioned. Individuals are required to wear earplugs during treatment for their comfort and hearing protection, as TMS produces a loud clicking sound with each pulse. Each treatment lasts between 20 and 40 minutes, with the entire treatment course consisting of five treatments per week for a six-week period. Common side effects can include:

- Headache
- Scalp discomfort
- Lightheadedness
- Tingling, spasms, or twitching of facial muscles
- Increased sensitivity to sound

Many TMS patients begin to see improvement with two to three weeks of treatment, including changes in mood, fewer days of depression, and an increased desire to engage with other people more often. Completing the full course of treatment is strongly recommended, as it ensures the best outcome for delivering long-lasting relief from depression.

The TMS procedure is available at Licking Memorial Outpatient Psychiatric Services. The office is open Monday through Thursday, 8:00 a.m. to 5:00 p.m., and Fridays from 8:00 a.m. to 4:00 p.m. For more information about alternative treatments, call (220) 564-4873.



Patient Story – Patricia*

For over 30 years, during the time Patricia worked to obtain her education and throughout her career, she battled with depression. Even though she had the resources to research treatments for her condition and receive the medical care she needed, Patricia remained unsuccessful in discovering a method to end the negative, suicidal thoughts that stemmed from her condition. In 2024, Patricia felt she had reached a severely dark place, and began intensive treatment, including partial hospitalization.

The hospital stay, therapy and medication, offered little relief for Patricia. She could not find comfort or stop the suicidal thoughts. Her care team found that Patricia was resistant to common treatments and began discussing alternative methods of therapy including transcranial magnetic stimulation (TMS). TMS is a noninvasive procedure that uses a magnetic coil to influence the brain's natural electrical activity.

"I began looking for locations that provided TMS, and I was thrilled to find that Licking Memorial Outpatient Psychiatric Services located at Shepherd Hill offered the therapy," Patricia said. "I live in Newark, so visiting Shepherd Hill saved me over 70 hours of driving time to receive the treatment."

TMS services are available at Shepherd Hill for depression. The system was recently updated and Patricia became the first patient to use the updated equipment to alleviate her symptoms. The staff in the office considered Patricia's work schedule and made accommodations to ensure she received the needed treatments when convenient for Patricia. After six-weeks of receiving treatments, Patricia was pleased with the results.

"The process has drastically changed my life. I have been living with depression and suffered through many episodes of

suicidal ideation," Patricia shared. "TMS to me is a medical miracle. I feel like my baseline of emotions has been reset, and I have not had suicidal thoughts for the first time in a very long time. I am less distressed, more capable of dealing with frustrations and bumps in the road, slower to anger, and more patient with those around me. If this had not happened to me, I would not have believed that it could change my life."

"I worked really hard to find a solution for my depression, and the research paid off. The risk and discomfort are very low. It felt as though someone were tapping on my head. There was no pain, and I suffered no side effects other than a light headache after the first treatment. Since TMS is a minimally invasive treatment, I would tell anyone considering this type of therapy that there is no reason not to take advantage of the service at Shepherd Hill," Patricia shared.

At this time, Patricia continues to work with a therapist to address mental health

issues and use of her medications. She understands there are still processes in which she needs to follow in order to better manage the disorder, and that she may need maintenance TMS treatments in the future. For now, she is feeling successful and grateful for the relief TMS has offered.

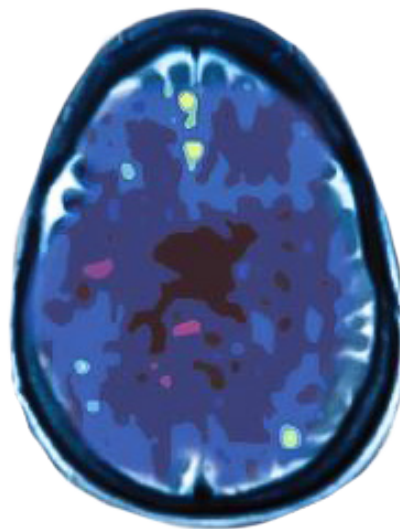
"Two years ago, I was spending 80 percent of my energy on just keeping alive and moving. Now, I am thriving. I have more capacity to perform daily life skills and my job. The staff at Outpatient Psychiatric Services was wonderful, helpful, and encouraging. The benefits of treatment are incredible."

Most insurance carriers provide coverage for the TMS treatments. The staff at Outpatient Psychiatric Services try to be as flexible as possible to schedule appointments. Talk to a care provider about the process and to receive a referral.

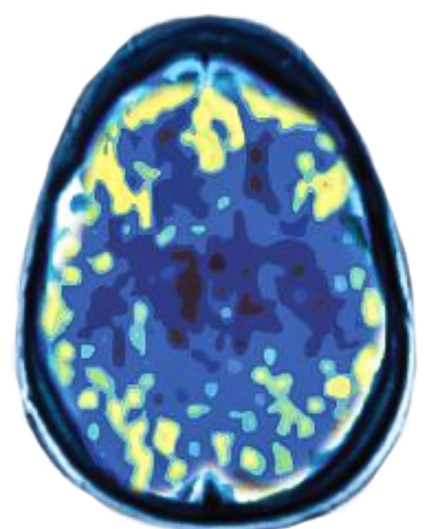
*Patricia is not the patient's real name.

Actual PET Scans of Adult Brains

Depressed



Non-depressed



Source: Mark George, M.D., Biological Psychiatry Branch, Division of Intramural Research Programs, NIMH 1993.

Behavioral Health Care – *How do we compare?*

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

1. Behavioral health is a broad term that refers to psychiatric illnesses and/or substance use disorders. 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 the Shepherd Hill facility. One goal is to transition patients into outpatient settings where they can continue treatment, decreasing the need for readmission.

	LMH 2022	LMH 2023	LMH 2024	National ⁽¹⁾
Behavioral Health patients readmitted within 7 days	1.3%	2.4%	1.9%	1.4%

2. Outcome studies are conducted to monitor and measure the treatment success of addictive disease. LMHS data is collected for up to two years after completion of the program and demonstrates how patients are faring. Information regarding abstinence one year after completing the program is self-reported by patients.

	LMH 2022	LMH 2023	LMH 2024	Goal
Patients remaining abstinent	90%	92%	91%	greater than 85%
Improvement in quality of relationships	99%	97%	97%	greater than 85%
Improvement in overall physical and mental health	100%	93%	100%	greater than 85%
Improvement in overall quality of life	100%	98%	98%	greater than 85%

3. Withdrawal management, the safe and medically supervised elimination of addictive substances from the body, is the most intensive care offered for patients with addictive disease. Acute withdrawal symptoms are managed by the use of appropriate medications specific for each patient's situation. The length of stay for detoxification depends upon the drug of choice and the severity of the withdrawal.

	LMH 2022	LMH 2023	LMH 2024	Goal
Average length of stay – alcohol treatment	2.9 days	2.8 days	3.3 days	less than 3 days
Average length of stay – opiate treatment	2.5	2.3 days	2.7 days	less than 4 days
Average length of stay – tranquilizer (benzodiazepines) treatment	4.0 days	3.0 days	4.0 days	less than 5 days

4. Education is considered an essential component of providing complete behavioral healthcare. A thorough understanding of the diagnosis, the purpose of medications, side effects to medications, and the expected response to treatment leads to decreased relapse and readmission rates and increased long-term compliance with medication on an outpatient basis.

	LMH 2022	LMH 2023	LMH 2024	Goal
Medication education provided for patients and/or family	100%	98%	99%	greater than 97%

5. In mental health, aftercare programs are recommended for patients who have completed intense treatment programs as well as hospitalization. At Shepherd Hill, follow-up appointments are required in order to continue monitoring patients for continued symptoms and medication effectiveness.

	LMH 2022	LMH 2023	LMH 2024	Goal
Aftercare appointment scheduled within 2 weeks of treatment	99.6%	93%	96%	100%

Data Footnotes:

(1) Comparative data from the Midas Comparative Database.

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



Practicing Good Sleep Hygiene

Sleep is essential for physical health and emotional well-being. Sleep hygiene refers to practices that promote good quality sleep. Focusing on sleep hygiene is an excellent way to establish healthy sleep habits. Below are tips to start practicing good sleep hygiene:

Establish a consistent sleep schedule – going to bed and waking up at the same time every day helps to regulate the body's sleep cycle. The recommended goal is seven to nine hours of sleep each night.

Create a relaxing bedtime routine – taking a warm bath, reading, meditation, yoga, and stretching can promote relaxation.

Avoid phones, tablets, and computers at least one hour before bed.

Optimize sleep environment – make sure the bedroom is dark, quiet, and cool, ideally between 60 and 70 degrees Fahrenheit. Using blackout curtains or a sleep mask can block out light. Earplugs, white noise, a fan, or music can mask external noise.

Be mindful of dietary habits – avoid caffeine and alcohol in the evening, and do not consume heavy meals close to bedtime.

Avoid exercise before bed – while physical activity helps to improve sleep by regulating circadian rhythms and reducing stress and anxiety, exercising an hour or two before bedtime can trigger insomnia.

Associate the bed with sleep – the bed should only be used for sleep and intimacy. Activities such as watching television or using mobile devices should be enjoyed in another room.



**Licking Memorial
Health Systems**
1320 West Main Street
Newark, Ohio 43055

Visit us at [LMHealth.org](https://www.LMHealth.org).

Please take a few minutes to read this month's report on **Behavioral Health Care**. You will soon discover why Licking Memorial Health Systems is measurably different ... for your health!

The Quality Report Card is a publication of the LMHS Public Relations Department. Please contact the Public Relations Department at (220) 564-1572 to receive future mailings.

The articles contained in this publication should not be considered specific medical advice as each individual circumstance is different. Should you need medical advice, consult your physician. Entire publication copyrighted 2025 Licking Memorial Health Systems. All rights reserved.