



Alternative Therapy Improves Symptoms of Depression

Licking Memorial Outpatient Psychiatric Services offers a number of alternative therapies to improve symptoms of depression including repetitive transcranial magnetic stimulation (TMS), a noninvasive procedure that uses magnetic fields to stimulate nerve cells in the brain to improve symptoms of depression. The treatment involves delivering repetitive magnetic pulses. Many adult patients who have failed to achieve satisfactory improvement from antidepressant medication find TMS offers a viable alternative. The therapy also has shown benefits for patients experiencing postpartum depression.

During a TMS session, a small electromagnetic coil is placed against the scalp, near the forehead, above the targeted area of the brain, called the prefrontal cortex. This region of the brain is involved with mood regulation and depression. The electromagnet painlessly delivers a magnetic pulse that stimulates nerve cells in the brain. The therapy generates a highly concentrated, magnetic field to activate the region that has decreased activity due to depression.

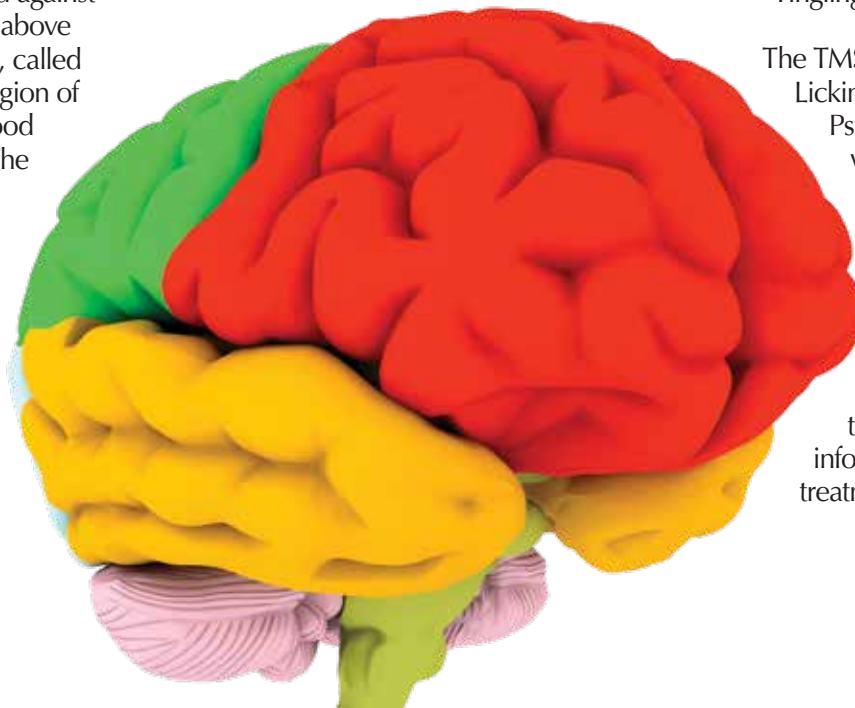
TMS magnetic fields do not affect the whole brain, but

only reach about two to three centimeters into the brain directly beneath the treatment coil. As TMS magnetic fields move into the brain, very small electrical currents are produced. This magnetic field is the same type and strength as that produced by a magnetic resonance imaging machine. The electrical currents activate neurons within the brain which are thought to release neurotransmitters, such as serotonin, norepinephrine and dopamine, that ease depression symptoms and improve mood. These are the same neurotransmitters that are provided artificially through antidepressant medications; however, TMS provides these directly.

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 typically feel a tapping sensation under the treatment coil. 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 about an hour with the entire treatment course consisting of five treatments per week over a six-week period. Adverse effects are uncommon, but common side effects can include:

- Headache
- Lightheadedness
- Temporary hearing problems
- Tingling in the face, jaw or scalp

The TMS procedure is available at Licking Memorial Outpatient Psychiatric Services along with a number of other neuromodulation services, medication management and therapy 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 – Tracy

Substance abuse was present in Tracy's upbringing, which she believes had a significant impact on her life. "I grew up with addict parents, had an older brother and sister and began drinking around age 14. I felt like I was just following their lead," Tracy shared. She began doing cocaine at age 16 or 17 and managed high school well until her senior year when she began drinking excessively. At 18, Tracy moved to her own apartment in Mount Vernon. She was partying heavily almost every night and received an underage consumption charge later that year.

During this time, she was working as a dancer at an adult club and became pregnant. Tracy gave birth to twin boys by Caesarean section (c-section) at the age of 19. As part of her recovery from the c-section, she was prescribed opioids. The father of her children was addicted to opioids and introduced her to snorting. "I used every day for about 5 years," she said. "I tried, unsuccessfully, to quit many times. I would stop using one drug, only to use another. I bounced between cocaine, marijuana, acid, uppers and downers. I considered myself clean, but I never really was," she admitted. Around the same time, she became aware of Alcoholics Anonymous (AA) through a friend who attended.

When Tracy was 26, she became pregnant with her daughter. She was still using drugs. "For the first month of my pregnancy, I could not stop. I knew I needed to for the health of my baby, and would try, then relapse," said Tracy. "I remember my roommate at the time asked me one day, 'How long are you going to keep doing this to yourself?' something finally clicked, and I began to look for help."

Tracy learned about Shepherd Hill and was accepted into the Intensive Outpatient Program (IOP). She began a

medication-assisted treatment plan for opioid addiction and was prescribed Subutex®, a form of buprenorphine, used in mitigating opiate withdrawal symptoms and reducing cravings. "I liked Shepherd Hill so much! I had monthly appointments with my physician and attended group sessions 3 times weekly. There were about 10 people in our group, even another mother-to-be, and we all became incredibly close," Tracy explained.

She spent about two months in the IOP program and is now in the two-year aftercare program, which consists of weekly support group meetings. Aftercare sessions are moderated by a counselor who offers insight and feedback throughout the discussion among attendees. "The Shepherd Hill environment was incredible. I was comforted and supported," Tracy said. "The program saved my life. I am doing better than I could have ever imagined."

Tracy is now 1 year and 5 months in recovery. She follows up with her physician every three months. "I continue to take Suboxone®, attend three AA or Narcotics Anonymous meetings a week in Newark or Heath. I speak at many of the meetings too. Sharing my own story has proven very therapeutic for me," she said. Tracy also attends a weekly home group in Heath at which sobriety is celebrated, has a sponsor whom she talks to daily and is on Step 3 of the 12-step Program. Tracy stresses the importance of a strong support system for a successful recovery. "I am extremely grateful to my boyfriend, who is my daughter's father, and my mother, for their encouragement throughout my journey."

Tracy and her family recently celebrated her daughter's first birthday. Born with some minor unrelated breathing issues, she did not experience any withdrawal

symptoms from Tracy's medication and is very healthy. Her twin sons, now 7, also are doing well and are active in karate. Tracy also has an 8-year-old stepson. She works as a home healthcare professional.

If you believe you may be suffering from drug or alcohol addiction, Shepherd Hill is a nationally accredited treatment center, providing substance abuse treatment. Care is individualized and effective through a process that matches treatment programs with the severity of illness.

At Shepherd Hill, treatment is mental, physical and spiritual. Patients partake in individual and group therapy, therapeutic activities, daily lectures and continued care planning. With this structure, each and every individual who comes to Shepherd Hill for treatment is given the tools to help form a solid foundation for a life of recovery. Call (800) 223-6410, or visit www.ShepherdHill.net for immediate assistance.

Shepherd Hill offers the following services:

- Withdrawal management (detoxification)
- Traditional care
- Extended care
- Intensive outpatient care (partial hospitalization program)
- Aftercare
- Treatment for healthcare professionals
- Caduceus (aftercare for healthcare professionals)
- Psychiatric services
- Educational services and programs

**Tracy is not the patient's real name.*

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.

- 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 its Shepherd Hill facility. One goal is to transition patients into outpatient settings where they can continue treatment, decreasing the need for readmission.

	LMH 2016	LMH 2017	LMH 2018	Goal
Psychiatric readmissions within 31 days	0.0%	0.26%	0.0%	less than 5.6%

- Outcome studies are conducted to monitor and measure the treatment success of addictive disease. Our data show 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 2016	LMH 2017	LMH 2018	Goal
Patients remaining abstinent	91%	88%	97%	greater than 85%
Improvement in quality of relationships	92%	87%	95%	greater than 85%
Improvement in overall physical and mental health	92%	87%	97%	greater than 85%
Improvement in overall quality of life	95%	87%	98%	greater than 85%

- Withdrawal management – the safe, 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 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 2016	LMH 2017	LMH 2018	Goal
Average length of stay – alcohol treatment	2.9 days	2.8 days	2.9 days	less than 3 days
Average length of stay – opiate treatment	2.6 days	2.9 days	2.5 days	less than 4 days
Average length of stay – tranquilizer (benzodiazepines) treatment	3.2 days	3.1 days	2.6 days	less than 5 days

- Education is considered an essential component of providing complete behavioral health care. 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 2016	LMH 2017	LMH 2018	Goal
Diagnosis/disease education provided for patients and/or family	99%	100%	100%	greater than 97%
Medication education provided for patients and/or family	99.28%	100%	100%	greater than 97%

- Family participation is an important component in patients’ recovery. For continuity of care, a licensed professional clinical counselor or 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 2016	LMH 2017	LMH 2018	Goal
Social work/family meeting during patient stay	86%	91%	98%	greater than 95%

- 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 2016	LMHP 2017	LMHP 2018	Goal
Appropriate testing complete for patients taking lithium (such as Lithobid)	96%	91%	95%	greater than 90%
Appropriate testing complete for patients taking valproic acid (such as Depakote)	100%	94%	93%	greater than 90%



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

Health Tips – Ask the Doc

Substance-use disorders affect people from all walks of life and all age groups. Due to differences in body chemistry, certain people are unable to successfully metabolize mood-altering substances and begin to have health issues or problems in their personal lives. Reaching a level that can be formally diagnosed often depends on a reduction in a person's ability to function as a result of the disorder. Each individual suffering from substance-use disorder affects the lives of the people around them including family members. While facing the reality that a loved one is addicted can be heart-wrenching, it is easier to confront that reality with the support of professionals and experts who understand the disease of addiction.

In order to help the community better understand the chronic, progressive nature of the disease of addiction, Shepherd Hill offers Ask the Doc sessions twice a month. The sessions are held the second and fourth Saturday of each month at 9:00 a.m., in the Shepherd Hill Auditorium.

Patients, families and others may ask questions of a physician knowledgeable in the field of addictive disease. Sessions are free and open to the public. Registration is not required. For more information, call (220) 564-4878.



**Licking Memorial
Health Systems**

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

Visit us at www.LMHealth.org.

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