



Menninger Connections

The leading source for information and educational training for mental health professionals

Affiliation with Baylor College of Medicine enhances patient care and expands research at Menninger

At Menninger, we don't just take care of patients' mental health needs. As a primary teaching psychiatric hospital for Baylor College of Medicine (BCM), one of the country's leading medical schools, we can provide access to top-quality medical care whenever it's needed.

"The care of our patients is enhanced by our relationship with Baylor in innumerable ways," said John M. Oldham, MD, MS, senior vice president and chief of staff, The Menninger Clinic. "We stay on the leading edge of psychiatry in large part because of our affiliation, and being on that leading edge can only benefit the patients we treat."



Stuart C. Yudofsky: Chair of the Department for almost 20 years, Dr. Yudofsky is an expert in neuropsychiatry. He is editor of the Journal of Neuropsychiatry and Clinical Neurosciences and co-editor of the standard textbook in psychiatry.



Tom Kosten: Dr. Kosten, vice chairman, BCM research, is a leader in addiction psychiatry research; his latest achievement is the recent development of a cocaine vaccine.



Glen Gabbard: Internationally heralded for his expertise in psychotherapy, Dr. Gabbard is the author of the textbook, Psychodynamic Psychotherapy in Clinical Practice, among many other books.



John M. Oldham: Editor of the Journal of Psychiatric Practice, president-elect of the American College of Psychiatrists and a nominee for president-elect of the American Psychiatric Association, Dr. Oldham is the senior editor of the standard textbook on personality disorders.

Continued on page 2

New insurance contracts help patients, families

Menninger now accepts the following in-network insurance benefits for local families with adolescents needing day program or inpatient treatment or other loved ones who need stabilization and assessment services:

- Compsych
- Magellan
- Humana LifeSynch
- Managed Health Network

Menninger expects full implementation of contracts by January 2010.

"Our aim is to provide greater flexibility for more families so that they can take advantage of in-network insurance benefits for Menninger services," said Shawna Morris, senior vice president and chief operating officer. "We are pleased that these companies recognized the quality of care we can provide for teens in our Adolescent Assessment and Treatment Programs and for adults needing our comprehensive assessment or inpatient stabilization and symptom reduction services."

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Benefits of affiliation

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Medical needs

Access to renowned medical subspecialists is a key advantage of affiliation, especially since many patients arrive at Menninger with medical conditions that must be treated along with their mental illness.

During patient assessments, previously undiscovered medical issues are often diagnosed, frequently in consultation with BCM specialists, such as endocrinologists and neurologists. Adolescent patients often benefit from pediatric developmental consultations, which sometimes allows treatment teams to make a definitive diagnosis of autism.

Often other medical tests are needed as well. Many patients suffer from insomnia, a condition that exacerbates depression and is a warning sign for suicide, and some are referred for sleep studies. Other patients need MRIs, while some require PET or functional MRI scans, which are done in Baylor's Brown Foundation Human Neuroimaging Lab. All test results help Menninger's clinicians complete a full diagnostic workup and develop the most appropriate treatment plan.

"As an affiliate of Baylor, Menninger can assure its patients access to high-quality medical care, and it allows us the chance to offer patients the latest research and treatment advances," Dr. Oldham said.

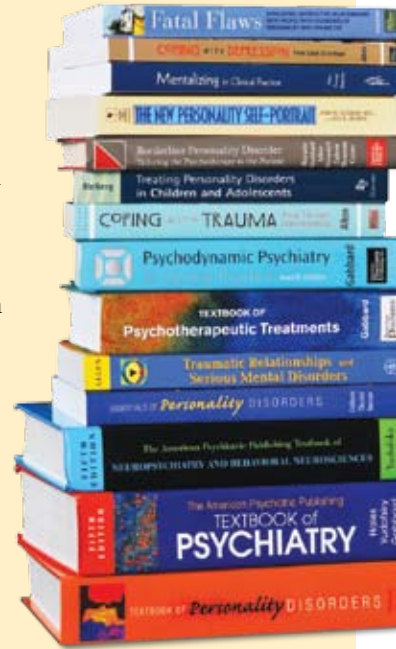
Faculty members

All Menninger psychiatrists and psychologists enjoy faculty appointments at Baylor's Menninger Department of Psychiatry & Behavioral Sciences, giving them access to abundant continuing educational opportunities, including weekly Grand Rounds, along with the Texas Medical Center Library, whose collections include more than 9,100 electronic journals, 170 databases, 5,150 electronic books and 220,450 journals. In addition, members of the department are active in research, often collaborating with other Baylor departments.

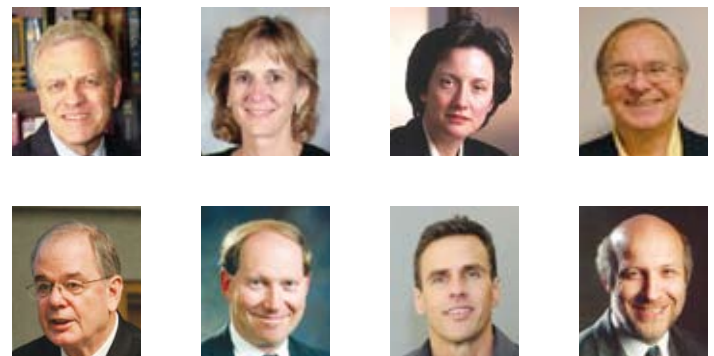
Menninger's treatment teams consult with other BCM faculty about especially challenging cases. These faculty members include renowned physician-scientists and researchers Stuart Yudofsky, MD, chair, Menninger Department of Psychiatry & Behavioral Sciences, Glen Gabbard, MD, Jim Lomax, MD, Melinda Stanley, PhD, Laura Marsh, MD, Tom Horvath, MD, John Oldham, MD, MS, Jon Allen, PhD, Tom Kosten, MD, Efrain Bleiberg, MD, P. Read Montague, MD, PhD, and Peter Fonagy, PhD.

Get to know key points about Baylor College of Medicine

- Ranked 2 in the nation by the National Science Foundation in federal funding for research and development in the biological sciences at universities and colleges
- Ranked 13 among U.S. medical schools for research funding from the National Institutes of Health
- Ranked 17 overall among the nation's top medical schools for research and for primary care in *U.S. News & World Report's* America's Best Graduate Schools 2010
- Has 25 departments and more than 90 research and patient-care centers



Each has made significant contributions to the field of mental health, having edited or authored numerous books, chapters and papers, while teaching the next generation of psychiatrists and other clinicians worldwide. They have also presented their work at conferences around the world, sharing knowledge that helps all mental health professionals better meet the needs of their patients.



Left to right, top row: Jim Lomax, Melinda Stanley, Laura Marsh and Tom Horvath
Bottom: Jon Allen, Efrain Bleiberg, P. Read Montague and Peter Fonagy

Free issues of special journal available

Menninger and Guilford Press are publishing a special issue of *The Bulletin of The Menninger Clinic* in December. The issue will feature a progress report on research under way and in development as The Clinic implements a long-range strategic plan.

This peer-reviewed journal is being offered to the first 500 clinicians who request it via the online form at: MenningerClinic.com, For Clinical Professionals, Question for Connections. In the "Ask your question" box, request the "Special Bulletin of Menninger Clinic" and include your full name and mailing address.

Susan Hardesty, MD, joins Menninger as medical director and vice president to lead hospital psychiatry

For Susan Hardesty, MD, it was a long and winding road to her new position as Clinic medical director and vice president. After graduating from Winthrop College, she worked for 17 years in the chemical and textile industries in various occupational health and safety roles. From there, pursuing a medical degree was the next logical step, one she expected would lead to a corporate medical director position in one of those industries.

Then she fell in love.

“When I was in medical school at the University of North Carolina at Chapel Hill, I did part of my psychiatry rotation at one of the North Carolina State hospitals, where I fell in love with psychiatry,” Dr. Hardesty said. “Every day was exciting, and I couldn’t wait to get to the hospital. After 23 years in psychiatry, I still feel the same way.”

Expertise

After graduation, she completed residency training at the Medical University of South Carolina (MUSC) in Charleston. She stayed on at MUSC as an inpatient psychiatrist and hospitalist, developing clinical expertise in and a research focus on acute treatment of bipolar and the psychotic illnesses, along with forensic psychiatry. She also co-authored papers on medication management, outcomes and service delivery.

Throughout her tenure at MUSC, Dr. Hardesty gravitated toward positions that combined administrative and clinical roles. In recent years there, she served as medical director of the Institute of Psychiatry and vice chair of Clinical Services for the Department of Psychiatry.

It is this collective experience that has prepared her for her new role at Menninger.

Time to heal

“One of the things I love about Menninger is how patient focused The Clinic is,” she said. “Treatment teams here stress agency and teach people the skills they need to become agents of their own recovery. It’s this philosophy in action that’s invaluable to the severely ill patients we treat.”

Dr. Hardesty noted it takes time for some patients to become acclimated to a hospital experience. Unlike acute-stay hospitals, Menninger offers critical time following admission to adjust to the environment, sleep, reduce symptoms and begin developing trust with caregivers.

“Especially for individuals who have experienced many hospitalizations, another admission can be traumatic, which only adds to their distress,” Dr. Hardesty explained. “With Menninger’s longer length of stay in the specialty programs, these patients can decompress before starting groups and therapy. This gives them a real chance to be ready to accept treatment and to learn new skills, making future admissions less likely.”

Mentalizing

According to Dr. Hardesty, another compelling feature of Menninger is its focus on mentalizing and the application of mentalizing in therapy. She sees this as a practical tool that helps patients better understand themselves and their relationships with others.

“Very few hospitals have staff skilled in this type of work,” she said. “I think of mentalizing as the intellectual glue of The Clinic, or as Psychology Director Dr. Jon Allen puts it, ‘our focus on mentalizing sustains the psychotherapeutic culture,’ which is an anchor to components that make us unique.”

Whatever therapy is recommended to a patient, Dr. Hardesty is committed to advancing The Clinic’s reputation for excellence in patient care, education and research and to ensuring patients and their referring clinicians have a positive experience.

“I’m always available to talk to referring professionals to facilitate the care of their patients,” she said.

Stabilization unit reduces symptoms, increases treatment readiness

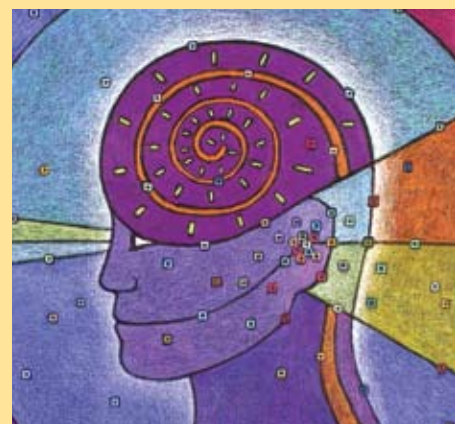
The new inpatient stabilization service for adults aims to reduce symptoms and enhance readiness for further treatment. Stays are seven to 10 days.

The unit provides streamlined admission on the same day if needed and serves as an alternative to typical acute programs. Medical detoxification is routinely handled by the treatment team when needed.

Stabilization unit patients participate in biopsychosocial assessments as well as therapeutic and treatment readiness groups.

These components are often absent from many inpatient acute psychiatric settings.

Some patients consider the short stay more palatable than a longer inpatient stay. As with adults who admit for a comprehensive assessment, the social worker, patient and family collaborate on follow-up treatment plans, which may include transferring to one of Menninger’s specialty inpatient programs or discharging to an appropriate level of care in their home community.





New hospital design finalized

Menninger is completing its capital campaign with the goal of starting construction in the first half of 2010. The new hospital will be constructed on a campus about 10 minutes from the Texas Medical Center, the world's largest medical complex.

Left: Treatment-living buildings will be built to provide patients with a home away from home.

Clinicians invited to join conference calls focusing on inpatient treatment approach and collaborative suicidality treatment

Meet four of The Clinic's leaders and pick up information you can use without leaving your office.

We invite you to participate in two upcoming conference calls to learn more about how we view goals for intensive inpatient treatment and how you can develop a collaborative approach to assess and treat patients' suicidality.

December 9

John M. Oldham, MD, MS, chief of staff, and Jon G. Allen, PhD, director of Psychology, will share how The Clinic fulfills its opportunity to provide intensive inpatient treatment over the course of several weeks. They have identified four tiers that are fundamental to each patient's treatment:

1. A safe environment
2. Psychopharmacological treatment
3. Therapeutic community
4. Psychotherapeutic work, including individual and group psychotherapy representing a number of theoretical perspectives ranging from cognitive-behavioral to interpersonal and psychodynamic.

"Given several weeks to work with patients intensively," Dr. Allen said, "we are able to do considerably more than provide safety. We have an opportunity to understand not only the illness but also the person who is ill. We collaborate with the patients on the vulnerabilities that render them susceptible to crises."

January 27, 2010

Pam Greene, PhD, RN, chief nursing officer, and Tom Ellis, PsyD, associate director of Psychology, will present:

1. The value of warning signs of suicidality vs. risk factors, including the IS PATH WARM model

2. The importance of a collaborative relationship with a patient who has a history of suicide attempt(s) or who is actively suicidal
3. A collaborative assessment approach and tool
4. What research shows about the efficacy of Collaborative Assessment and Management of Suicidality (CAMS) in outpatient settings
5. Other resources from the American Association of Suicidology and the Suicide Prevention Resource Center

Dr. Greene travels throughout the country as a trainer in the assessment and management of suicide for the American Association of Suicidology and the Suicide Prevention Resource Center. Dr. Ellis is the co-author of the books, *Suicide Risk: Assessment and Response Guideline* and *Choosing to Live: How to Defeat Suicide Through Cognitive Therapy*.

Plan ahead

Register in advance for one or both of the toll-free, interactive conference calls. The speakers make their presentation and then take questions for discussion. Each call lasts about 50 minutes; you may dial into or exit the call at any time during the presentation.

For your calendar, note the time in your city.

- Pacific Time 10 to 10:50 am
- Mountain Time 11 to 11:50 am
- Central Time Noon to 12:50 pm
- Eastern Time 1 to 1:50 pm

Conference lines are reserved in advance to meet the demand from clinicians. To sign up, contact Bree Carmichael, marketing coordinator:

- bcarmichael@menninger.edu
- 713-275-5060 or 800-351-9058, ext. 5060

News and notes

Menninger launches anti-stigma blog at SayNoToStigma.com

To help combat the stigma that still surrounds mental illness, preventing millions from getting the treatment they need, Menninger is taking to the blogosphere and launching www.SayNoToStigma.com.

With blog posts written by clinicians and guest bloggers, including Walt Menninger, MD, former CEO of The Clinic, Menninger hopes to inform and inspire, educate and challenge consumers and professionals alike. So add your voice to the conversation about stigma—go online today and let us know what you think.

Say No To Stigma.com
a blog of The Menninger Clinic

Clinic holds first patient alumni event

Former patients from across the country traveled to Houston to attend the Nov. 6-7 patient alumni event, the first such event in Menninger's history. Patient alumni were able to share their post-Menninger successes and struggles with one another and further strengthen their support network.

Held at the Council on Alcohol and Drugs-Houston, the event featured presentations by Clinic staff members, including Ian Aitken, chief executive officer, The Menninger Clinic; Jon G. Allen, PhD, director, Psychology; Thomas E. Ellis, PsyD, ABBP, associate director, Psychology; Edythe Harvey, MD, medical director, Hope; and Martha McCrory, MT-BC, director, Rehabilitation Services.

"The feedback we received about the event was very positive. We are looking forward to hosting a bigger event next year," said Stephanie Cunningham, director, Business Development.

Follow the leader

We've introduced new ways to keep up with Menninger: You can now find us on Facebook, one of the world's most popular social networking sites,

and on Twitter. Become a fan on Facebook and a follower on Twitter to get updates about The Clinic news and valuable information about mental health. If you're not yet a member of either, join the social media revolution today—just sign up and then follow us.



Calendar of events

For more information about these events, visit: www.MenningerClinic.com, Calendar

December

December 9

Presentation and discussion via toll-free conference call: "How Menninger fulfills a unique niche in hospital psychiatry"

- Menninger speakers: John M. Oldham, MD, MS, and Jon G. Allen, PhD
- For additional information and to register for the call, e-mail: Bree Carmichael, bcarmichael@menninger.edu

January 2010

January 13-16

Second Annual Mississippi Addiction Conference: Toward an Informed Professional Community

- Hilton of Jackson, Jackson, Miss.
- Visit Susan Nelson at the Menninger exhibit.
- For registration information, e-mail: kmathis@stdom.com

January 15

Albuquerque Networking Lunch for Clinicians

- Albuquerque, N.M.
- For more information, contact Alan Altman, 866-706-6744.

January 22

San Antonio Networking Lunch for Clinicians

- San Antonio, Texas
- For more information, contact Susan Nelson, 800-297-8507.

January 27-28

Florida Networking Lunches for Clinicians

- Jacksonville and Pensacola, Fla.
- For registration information, contact Sally Zahner, 866-881-5498.

January 28-30

National Association of Therapeutic Schools and Programs Conference

- Hilton La Jolla, Torrey Pines, La Jolla, Calif.
- Visit Alan Altman at the Menninger exhibit.
- For registration information, visit: www.natsap.org/conference.asp

January 29-30

Tenth Annual Clinical Applications of the Principles in Treatment of Addictions and Substance Abuse Conference

- Embassy Suites, Lexington, Ky.
- Visit Susan Nelson at the Menninger exhibit.
- For registration information, visit: <http://www.captasa.org>

February

February 5

Houston Networking Lunch for Clinicians

- Houston, Texas
- For additional information, contact Susan Nelson, 800-297-8507.

February 26

Farley Lecture for area professionals: Engaging the Troublesome Teen: A Mentalization-Focused Approach

- The Farley Center, Williamsburg, Va.
- Menninger speaker: Efrain Bleiberg, MD
- For additional information, contact Sally Zahner, 866-881-5498.

Day treatment program takes direct admissions

Teens requiring more structure and intensive work than traditional outpatient treatment may admit directly to the Menninger Adolescent Day Treatment Program or step down to the program after inpatient assessment or treatment.

Opened in April 2009, the day program is also a cost-effective treatment option: \$2,000 per week for all programming and lunch.

On weekdays, adolescents participate in:

- Three to four psychoeducational, skill-building and process-oriented groups daily
- Weekly individual and family therapy
- Addiction groups and therapy for substance abuse, self-harm and eating issues
- Twice weekly team meetings
- Weekly sessions with the child and adolescent psychiatrist
- Three hours of daily academic tutorials in small groups or individual work with a certified teacher

The treatment team recommends a minimum six-week stay. On Sundays, parents are involved in educational programs to support the family's communication, relationships and coping with any addictive behaviors.

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Receive *Menninger Connections* in your e-mail inbox

If you would prefer a greener version of our *Menninger Connections* newsletter in your e-mail inbox, we would be happy to make that happen. This has been a popular option for many clinicians and friends of Menninger. The newsletter publishes three to four times a year so it won't overload your inbox.

To sign up, simply send us your request and complete the Question for Connections form on our Web site at: MenningerClinic.com, For Clinical Professionals, Question for Connections. If you prefer to receive a hard copy, no action is needed.

■ *Menninger Connections*

The Menninger Clinic publishes this free newsletter for mental health professionals, mental health treatment centers and consumer organizations.

To subscribe or submit an address change, e-mail Nancy Trowbridge, editor, ntrowbridge@menninger.edu. Please provide your full name, degrees, mailing address and daytime phone number with the request.

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For more information

- 800-351-9058
- The Menninger Clinic
2801 Gessner Dr.
Houston, TX 77080



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2801 Gessner Dr.
Houston, TX 77080

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