



## Our Mission

To assist persons with mental illness and related barriers lead productive and fulfilling lives.

## Our Vision

To continually develop leading edge practices and treatments to assist clients with their recovery.

To be a leader and share our expertise through cost-effective, outcome-driven mental health and human services.

To expand the scope and geographic reach of our services through mutually beneficial relationships.

## Our Values

We treat all clients with dignity and respect.

We value the uniqueness of every individual.

We instill dignity, responsibility and self-respect in all clients.

We understand and meet the needs of clients and their families.

We take pride in what we do.

We believe that our staff and their families are the source of our success.

We support and help our community and neighbors.

We respect and embrace the diverse cultural backgrounds, values and perspectives of our staff, clients and people with whom we come in contact.

We value collaborative relationships in delivering quality services.

We provide comprehensive, innovative and flexible services.

We provide outcome-oriented and cost-effective services.

We strive for quality and excellence in everything we do.

## Accreditations

National Accreditation through CARE. Licensed and Certified by Ohio Department of Mental Health. Funded by Hamilton County Mental Health and Recovery Services Board, Ohio Rehabilitation Services Commission, Hamilton County Department of Job and Family Services, City of Cincinnati, United Way, Ohio Department of Rehabilitation & Correction, and Hamilton County Board of Mental Retardation & Developmental Disabilities.



Greater Cincinnati  
Behavioral Health Services  
Our Work is Life Changing

### WE HAVE 10 LOCATIONS THROUGHOUT GREATER CINCINNATI

The three non-residential  
office/program locations include:

#### East Walnut Hills

1322 East McMillan Street  
Cincinnati, OH 45206  
513-354-7000

1501 Madison Road  
Cincinnati, OH 45206  
513-354-5200

#### Roselawn

7162 Reading Road, Ste. 1200  
Cincinnati, OH 45237  
513-354-7200

For more information,  
please visit our website at  
[www.gcbhs.com](http://www.gcbhs.com)

GREATER CINCINNATI  
BEHAVIORAL HEALTH SERVICES

1322 East McMillan Street  
Cincinnati, OH 45206

NON-PROFIT ORGANIZATION  
U.S. POSTAGE PAID  
CINCINNATI, OHIO  
PERMIT NO. 5396



Greater Cincinnati  
Behavioral Health Services  
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### A MESSAGE FROM OUR CHIEF EXECUTIVE OFFICER

#### A GREAT YEAR FOR GCB

After 37 years of delivering quality services to persons with the most severe forms of mental illness, I can definitely say that GCB continues to get better. Through grants from the Health Foundation of Greater Cincinnati, GCB enhanced the Transitional Youth project with a "best practice" form of therapy call Dialectical Behavioral Therapy (DBT). The Health Foundation also provided a planning grant to implement a social enterprise in the vocational program and another grant to expand the Integrated Dual Disorder Treatment (IDDT) model throughout the agency.

The quality of services GCB delivers really shined through in FY 08 with a highly successful national accreditation review by CARF, including "exemplary" status for our electronic staff training program, the wide array of services for our client population and our discharge planning process.

GCB continues to impact the mental health field in Ohio and throughout the country. More than 25 presentations were made by our staff to many local classes and at state and national conferences. GCB has also committed to collaborate with universities to conduct mental health research on a national scale.

There were many other accomplishments for FY 08. You can read about them on our website at [www.gcbhs.com](http://www.gcbhs.com).

*Anthony Dattilo*

# Mindful Matters

SUMMER 2008

## GCB Plans Capital Campaign "A Changing Landscape – A Better Fit For Our Future"



GCB is taking steps toward a Capital Campaign to raise \$2 million needed to complete the \$3.75 million purchase and renovation of a five-story building at 1501 Madison Road in East Walnut Hills. After a feasibility study was conducted, and the results were in favor of the "case for support," GCB's Board of Directors approved the plan to embark on a \$2 million Capital Campaign.

The new site will become the agency's headquarters and primary clinic site. "The primary reason for the move," says Tony Dattilo, CEO, "is that the new location is larger and will be a better fit for how services are delivered in today's healthcare environment. With the relocation and consolidation of services to the Madison facility, GCB will be able to have clinicians, treatment areas, and the medical staff all at one site, thus greatly enhancing service delivery to our clients." As Tony recently communicated to the Board of Directors, "We have identified what it will take to maintain our leadership role in the City and now it is up to our supporters to help us fund the answers."

Stepping up to the plate for the Capital Campaign are Rick Wagner, Campaign Chairman and member of the GCB Board of Directors, and Tracey Skale, MD, Honorary Chairperson and Chief Medical Director of GCB.

Rick Wagner, a life-long City resident and resident of East Walnut Hills for 18 years said, "I was particularly pleased when it became apparent to those of us on the GCB Board of Directors that remaining in our immediate East Walnut Hills neighborhood was not only viable, but a desirable option. The DeSales Crossings area is a great story in economic development and I am excited that GCB's new home will become yet another anchor employer."

Donald E. Hoffman, President and CEO of The Health Foundation of Greater Cincinnati, said in his endorsement of the Capital Campaign, "Thanks to GCB, people in Greater Cincinnati are healthier and are living better lives. GCB has been and continues to be an important partner in helping us improve the health of the people of Greater Cincinnati and addresses unmet needs in our community."

"The Campaign is in its initial silent phase, but we are encouraged by the early responses," said Rusty Sheehan, GCB's Development Director.

HELPING PEOPLE LIVE PRODUCTIVELY





## GCB Welcomes New Board Chairperson Patricia Sweeney

GCB is pleased to announce that Patricia "Pat" Sweeney has been selected to serve as the Chairperson/President of GCB's Board of Directors. Pat will serve for a two-year term from July 2008 – July 2010. Pat is no stranger to GCB. She has a long involvement with the agency as the mother of a client. Pat's involvement started when her son, Kevin, became a client at age 18. He is now 37 years old. Pat states "GCB has been a great help to me and my family, teaching us how to deal with Kevin's illness, his housing issues, his treatment, and case management."

Pat has served on the Board of Directors for the past 3 years as Chair of the Development Committee. As the incoming Chairperson of the Board, Pat hopes to focus on several goals for the agency. When asked about her vision for GCB's future, she says "I hope to make GCB better known in our community. With the Capital Campaign for the purchase of the Madison Road building, we will be more visible in the community and able to do so much more for our clients. I will also work to increase the donor base and strengthen the support for our organization."

Pat is a retired attorney. After practicing law for 10 years, she worked for Thomson West, a Legal Publishing Company, in account management. She is the mother of 5 children and 7 grandchildren. Pat is "a recent transplant" to Mt. Adams where she loves living and is happy to be close to GCB.

## GCB Staff Member Launches Website about Community Resources



GCB staffer, Dawne Bretnitz, was asked by her mother if she had any ideas on how to get some help with her prescription medication costs. Dawne really had no idea, but wanted to find some help for her mother. So she did like most of us would do with access to a computer, looking for information; she turned to the internet to find local resources. "As I searched the internet, I was

surprised at the challenge I had to find assistance with prescription costs," Dawne reports. "I began to think that I could not be the only person in this situation."

Dawne found what she was looking for and decided to place it on a blog. Within one month's time, the blog grew to more than 100 posts and 125 quick links to websites for assistance. After realizing that the blog needed to be more user friendly, Dawne says, "I started teaching myself how to build and maintain a website. It took several months to learn and place almost everything from the blog to the Website." Thus, [www.cincybenefitsinfo.com](http://www.cincybenefitsinfo.com) was born. In June this year, the website went into full use and receives an average of 500 hits per week, all from people searching for benefits and resources.

The website, [www.cincybenefitsinfo.com](http://www.cincybenefitsinfo.com), contains information on a wide range of resources. There are tips on prescription medication rebates, housing ownership assistance, a food program called Angel Food Ministries, and emergency assistance with rent. There is even information on how to get a discount coupon for a Direct TV Converter Box.

Dawne is receiving extremely positive feedback from users. Users are so thankful to have a resource that is specific to the Cincinnati area. Some users' comments are, "The concept of one-stop-shopping is wonderful." "Why didn't someone think of this before?" "I hope this never goes away, as it is invaluable to the community."

## Volunteer Opportunities Await!

GCB is here to help people with mental illness live productive and fulfilling lives. Would you like to be a part of our work? We have many opportunities available for you whether you volunteer for an hour or so, or make a commitment over several months. There are a variety of ways to get involved, and any needed training will be provided. We'll help you find the right fit to put your special talents to work for the good of others in our community.

Direct service opportunities are immediately available at Kemper House, our co-ed residential facility.

- Host a monthly birthday party for residents
- Help with social activities such as games or arts and crafts
- Lead group discussions on current events, news, sports, celebrities, etc.
- Host a lunch or dinner and involve residents in the preparation
- Clean-up projects
- Seasonal gardening projects
- Clothing drive and supplies drive – always needed

Other opportunities are available in special event planning for fundraising and in our arts program to identify venues to exhibit and sell clients' artwork.

When you're ready to get involved, please contact **Rusty Sheehan**, *Development Director*, for more information: **513-354-7005** or [rsheehan@gcbhs.com](mailto:rsheehan@gcbhs.com)

## GCB Key Facts

### GREATER CINCINNATI BEHAVIORAL HEALTH SERVICES

- More than 300 caring professionals at 12 locations
- The premier, largest, and most comprehensive community based mental health provider in Hamilton County for adults with a severe mental illness
- Serves 4000 or 60% of the severely mentally ill in Hamilton County
- The largest contract provider of the Hamilton County Mental Health Board
- Funded by United Way since 1979
- Targets adults with the most severe forms of schizophrenia, bipolar disorder, and major depression
- Serves the underserved in our community, the indigent, poor and unemployed with mental illness

### AWARDS AND RECOGNITION

- Recipient of the 2006 Eli Lilly Re-integration Award for our Forensic and Homeless Services
- Recipient of the 2007 Clinical Excellence Award from the Ohio Department of Mental Health
- Nationally Accredited by the Commission on Accreditation of Rehabilitation Facilities (CARF) since GCB's inception. The 2008 survey resulted in Exemplary Status for our comprehensive staff training (e-learning) program; our innovative special population teams, including Deaf Team, Integrated Dual Disorder Team, Assertive Community Treatment Teams, and Forensic Teams.

### OUR INNOVATIVE "BEST PRACTICE" PROGRAMS

- **Path/Homeless project** – GCB is the largest local outreach provider to the homeless. Through the PATH/HOMELESS project, 72 clients per year are linked into service
- **Forensic Assertive Treatment Team** – Persons with mental illness from State prisons are reintegrated into the community through this program
- **Mental Health Court Project** – A court monitored diversion program that transitions 153 persons each year from the criminal justice system into treatment
- **Deaf-Mentally Ill Treatment Team** – GCB has a unique and innovative program that focuses on this special population
- **Transitional Youth Team** – Focuses on "at risk youth" who are aging out of the children's system
- **Vocational Services** – Help clients gain and maintain employment using "supported employment", a best practice
- **Recovery Center** – Features former clients as peer support workers

All GCB services utilize nationally recognized "best practice" interventions including: Integrated Dual Disorder Treatment for persons with both mental illness and substance abuse issues; and the Wellness Management and Recovery Model for the total person, mind, body and lifestyle.

### MEASURABLE OUTCOMES

- 20% of GCB clients are working, which is one-third more than the national average
- Over 71% of GCB clients improved in symptom distress and/or quality of life over the last two years
- Over 77% of GCB clients live independently or with family and friends, rather than in group homes or long-term institutions
- On a 5-point scale, GCB clients rate GCB 3.3 in addressing medication concerns, which is significantly above the statewide average

## GCB ANNOUNCES 2009 BOARD OF DIRECTORS

**Patricia Sweeney**, Chairperson/President  
*Retired Attorney*

**Bill Baechtold, Esq.**, Immediate Past President  
*Graydon, Head & Ritchey*

**Kenneth Parker, Esq.**, Secretary  
*U.S. Attorney's Office*

**Rick Brown**, Treasurer  
*Clark, Schaefer, Hackett & Co.*

**Donna Abbatiello**  
*The Children's Place*

**Mark Boudreaux**  
*Retired*

**Thomas Braun**  
*National City Bank*

**Lt. Christine Briede**  
*Cincinnati Police Academy*

**Lt. Tony Carter**  
*Cincinnati Police Department*

**Sue Dillon-Catron**  
*Retired*

**Angela Dodd**  
*Fifth Third Bank*

**Nick Hahn**  
*Retired Kroger Company Executive*

**Kevin Kloentrup**  
*PNC Advisors*

**Kenneth Myles**  
*Proctor & Gamble*

**Karen O'Callaghan**  
*Self-employed Legal Nurse Consultant*

**Tom Sundermann**  
*Wachovia Securities*

**Julie Tarvin, Esq.**  
*Taft, Stettinius & Hollister*

**James Thomas, MD**  
*Cincinnati Center for Psychoanalysis*

**Rick Wagner**  
*Retired Insurance Executive*

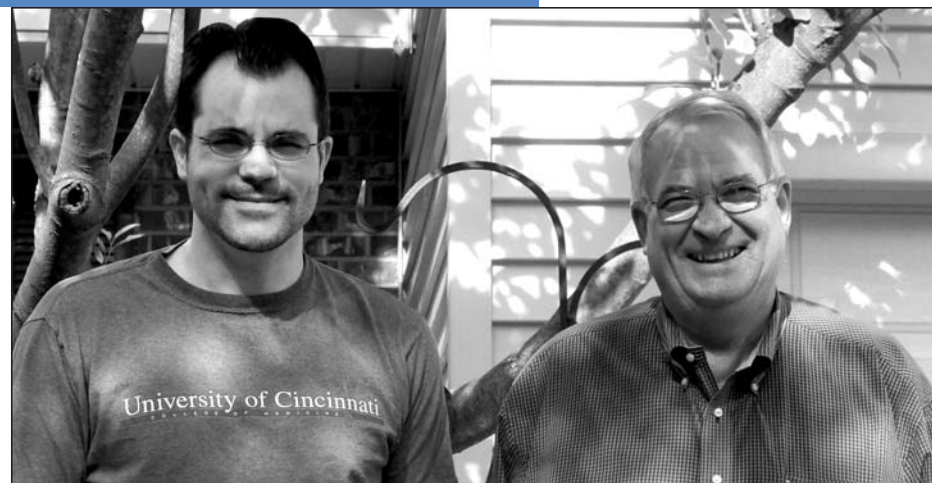
**Gloria Walker**  
*GW Consulting and Education*

**Victor A. Walton, Jr., Esq.**  
*Vorjys, Sater, Seymour & Pease*

**David Warren, Esq.**  
*Cincinnati Children's Hospital Medical Center*

## Staff Profile

### Meet Joe Johnston



Joe Johnston, Retired Army Colonel and Chief of Business Operations for GCB, wears many hats: Father, Grandfather, Husband, Son, Distinguished War Veteran, and most recently State Commander of the Ohio Disabled American Veterans. Joe Johnston was recently installed as the top official of the 87,000-member Ohio DAV. Joe became active in the DAV as soon as he retired from the U.S. Army. Joe served for 28 years in the Army as a Paratrooper and Ranger. He served for 18 years in Rapid Deployment Forces. As a result of his combat injuries and from jumping out of airplanes for so many years, he has multiple injuries, including injuries to his knees, ankles and hips and hearing. “This is why I got involved with the DAV,” Joe explains.

*“I believe in what we do. We are not always motivated by the dollar, but by what we can do for the clients we serve. We will always err on the side of the client, when it comes to a question of good health care versus fiscal resources. I think this is rare these days, that we have the opportunity and the will to do just that.”*

As the State Commander, Joe works to carry out the mission of the Disabled American Veterans, that is “to make sure that all war-time disabled veterans, their widows, and orphans are properly cared for.” In this role, Joe serves as an advocate on the state and federal levels of government to enact legislation in favor of disabled American veterans. He serves as one of five members of the National DAV Legislative Committee. Joe also works to ensure that disabled veterans’ claims are processed correctly and timely by the Veterans Administration and that disabled veterans receive proper medical care in the VA facilities throughout Ohio.

When he retired from the military, Joe went to work in healthcare fiscal management. Joe currently serves as GCB’s Chief of Business Operations, with 11 years of experience. When asked why he works for GCB, Joe said, “I believe in what we do. We are not always motivated by the dollar, but by what we can do for the clients we serve. We will always err

on the side of the client, when it comes to a question of good health care versus fiscal resources. I think this is rare these days, that we have the opportunity and the will to do just that.”

Pictured with Joe is his son, Dr. Jeremy Michael Johnston, a recent graduate of the University of Cincinnati School of Medicine, and now a Family Practitioner at Bethesda North Hospital. Joe and Vicki, his wife of 38 years, live in Clermont County and are the parents of 5 children and 5 grandchildren.

GCBH is now accepting donations online.  
Please visit [www.gcbhs.com](http://www.gcbhs.com)

**MYTH** Once people develop mental illness, they will never recover.

**FACT** Studies show that most people with mental illnesses get better and many recover completely. Recovery refers to the process in which people are able to live, work, learn and participate fully in their communities. For some, recovery is the ability to live a fulfilling and productive life. For others, recovery implies the reduction or complete remission of symptoms. Science has shown that having hope plays an integral role in a person’s recovery.



GREATER CINCINNATI  
BEHAVIORAL HEALTH SERVICES

## GCB MANAGEMENT TEAM

**Anthony Dattilo**, *Chief Executive Officer*

**Amy Flesher**, *Quality Assurance Director*

**Debbie Dutton-Lambert**,  
*Chief Vocational Officer*

**Diane Wright**, *Quality Improvement Director*

**Jeff Kirschner**, *Chief Program Officer*

**Jeff O'Neal**, *CSS Director*

**Joe Johnston**, *Chief Operations Officer*

**Katrina Profitt**, *Clinical Services &  
Utilization Mgmt. Director*

**Kim Carrier**, *CEO Assistant/  
Administrative Coordinator*

**Peggy Kistner**, *Human Resources Director*

**Regina "Rusty" Sheehan**,  
*Development Director*

**Roy Hardison**, *Finance Director*

**Tracey Skale, MD**, *Chief Medical Officer*

## SUCCESS STORY: ANDY

Andy began working with Touchstone Employment Network in 2006 after being unemployed for about 5 years due to the symptoms of his mental illness. He assigned his Ticket-To-Work to Touchstone with the hopes of finding full-time employment. In June of 2007, Andy was hired to work the front desk of a local hotel. Andy has been successfully working in this position for over a year now. Also, he recently was hired at another local hotel for an additional part-time position. Andy has spoken many times of how working has helped him to remain healthy in his journey through recovery from his mental illness.

Following are a few thoughts that Andy would like to share with other individuals suffering from a mental illness and working towards recovery. This is his message:

"I HAVE LEARNED THAT WE ARE ALL ON A JOURNEY OF SOME KIND. IT IS NOT SO MUCH THE DESTINATION, BUT THE DOING THAT MAKES A JOURNEY A SUCCESS. YOU NEED A SUPPORT STRUCTURE BECAUSE A JOURNEY DOES NOT DISTINGUISH BETWEEN GENDERS, SOCIAL OR ECONOMIC CLASSES. JOURNEYS ARE DIFFERENT FOR EACH INDIVIDUAL; THEREFORE, THERE IS NO ROOM FOR JUDGMENT.

MY GCB PSYCHIATRIST AND THE TOUCHSTONE STAFF HAVE BEEN INSTRUMENTAL WITH MY PROGRESS. IT IS IMPORTANT TO CONNECT WITH A FACULTY MEMBER AND TO MEET WITH THEM ON A REGULAR BASIS. KEEP YOUR APPOINTMENTS. FURTHERMORE, A STRONG FAMILY UNIT IS VERY IMPORTANT FOR ESSENTIAL HEALING. IT CAN BE YOUR BIOLOGICAL FAMILY, A CHURCH FAMILY, OR A NETWORK OF FRIENDS.

IN CLOSING, I AM AWARE THAT A JOURNEY CONSISTS OF THE UNKNOWN, BUT WE ENCOUNTER UNREALIZED STRENGTH AND COURAGE BECAUSE OF IT."

Andy hopes that his success in recovery will inspire others to continue working towards their own recovery, which may be through finding a job or through some other means.

## GCBee's Support NAMI Walk

GCB staff, clients, friends and family members gathered in May to participate in Cincinnati's annual NAMI Walk for the Mind of America. It was Cincinnati's fifth annual event raising funds for the National Alliance on Mental Illness. More than 40 team members, aka "The GCBee's", walked in support of NAMI in downtown Cincinnati.



**MYTH** Therapy and self-help are wastes of time. Why bother when you can just take one of those pills you hear about on TV?

**FACT** Treatment varies depending upon the individual. Many people work with therapists, counselors, peers, psychologists, psychiatrists, nurses and social workers during their recovery process. They also use self-help strategies and take advantage of community supports. These methods are often combined with medications.



### Are you ready to help?

Please contact **Rusty Sheehan** at **513-354-7005** to learn more about our rewarding volunteer opportunities.

#### HELP US CHANGE LIFE STORIES INTO SUCCESS STORIES

I would like to:

- Make a contribution.**  
*Please make check payable to  
Greater Cincinnati Behavioral Health Services*  
**Your tax deductible gift will  
directly support the clients of GCB.**
- Receive more information about GCB  
and the work we do.**
- Learn more about Planned Giving  
and lasting legacy opportunities.**
- Learn more about volunteer  
opportunities with GCB.**
- Add a friend to GCB's mailing list.**

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone: \_\_\_\_\_

Email: \_\_\_\_\_

MAIL TO:  
Rusty Sheehan  
Greater Cincinnati Behavioral Health  
1322 East McMillan  
Cincinnati, OH 45206

Or if seeking further information, send an e-mail to [rsheehan@gcbhs.com](mailto:rsheehan@gcbhs.com).