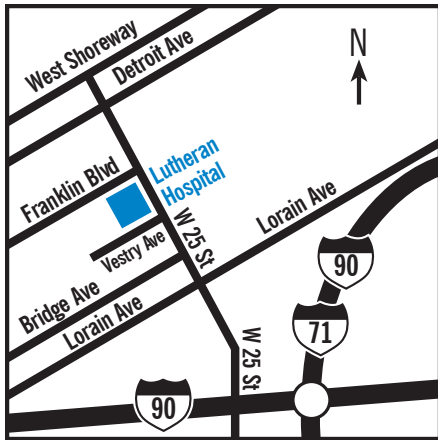


Center for Mood Disorders  
Treatment and Research  
at Lutheran Hospital



**Cleveland Clinic**  
**Behavioral Health Services**  
**at Lutheran Hospital**  
1730 West 25th Street  
Cleveland, Ohio 44113  
**216.363.2122**

Lutheran Hospital is located close to all major highways (Shoreway, I-90, I-71 and I-77).

Visit our website at [lutheranhospital.org](http://lutheranhospital.org)



## Mood Disorders

Millions of people suffer from particularly high or low moods, or both. Moods that continue for an extended period of time and result in significant distress at work and home, or interfere with daily activities – signal the presence of a mood disorder.

Mood disorders may appear out of nowhere, or may be triggered by a traumatic or life changing event such as the loss of a loved one, moving, the birth of a child, or a job change. While feelings of depression or high levels of excitement may seem like appropriate reactions to certain situations, continued distress that creates problems in daily living requires professional help.

## Program Overview

The Cleveland Clinic Behavioral Health team at Lutheran Hospital is dedicated to helping patients achieve healthier and more productive lives through prevention, evaluation and treatments of disturbances of thought, feeling, mood and behavior.

The Center for Mood Disorders Treatment and Research at Lutheran Hospital includes both inpatient and outpatient units intended for adults with primary mood disorders such as major depression and bipolar disorder.

It is the first program in Northeast Ohio to offer both inpatient and outpatient units dedicated to the treatment of mood disorders.

## Our Team Approach

The Center for Mood Disorders team includes Physicians, nurses, social workers, therapists and programming staff that are committed to improving and maintaining the mental health and well-being of patients in the community we serve.

## Outpatient Program

The Mood Disorders Intensive Outpatient Program is designed for adult patients who need additional support compared to just one weekly therapy session. The program includes group therapy, treatment planning and family meetings, education, goal development and discharge planning.

## Inpatient Program

The purpose of the inpatient program is to offer more intensive initial assessments while carefully managing the environment in order to maximize patient comfort and benefit. This is a short term program with an average hospital stay of 5-7 days.

Depending on the individual needs of group participants, both programs explore these topics:

- Assertiveness
- Grief and Loss
- Healthy Lifestyle Tips
- How to Develop New Coping Methods
- Problem Solving
- Self-Esteem
- Sleep Hygiene
- Stress & Anger Management

We work together with each patient to develop an individualized plan that serves as a motivator and advocate in this difficult journey. We offer a supportive, caring and structured approach which helps patients reduce mood disorder symptoms, regain lost confidence and restore them to satisfactory levels of functioning.

## ECT Services

Lutheran Hospital offers both inpatient and outpatient electroconvulsive services (ECT). ECT is an effective, safe, traditional form of neuromodulation therapy. ECT may be recommended for individuals with a diagnosis of depression, mania or schizophrenia which have not responded to other treatment. The ECT service includes a team of specially trained professionals, including psychiatrists, anesthesiologists and psychiatric nurses. Patient and family input is encouraged during the entire ECT process.

## To Make an Appointment or Referral

If you or a loved one believes our Center for Mood Disorders Treatment and Research may help you, please call **216.363.2122** to schedule an assessment. Together, you and our team will determine if the program will be helpful to you.

Commitment to cognitive and behavioral change are required and expected. Our staff will work with your employer to help facilitate your attendance. Our staff and financial counselors will help verify health insurance coverage for this program.