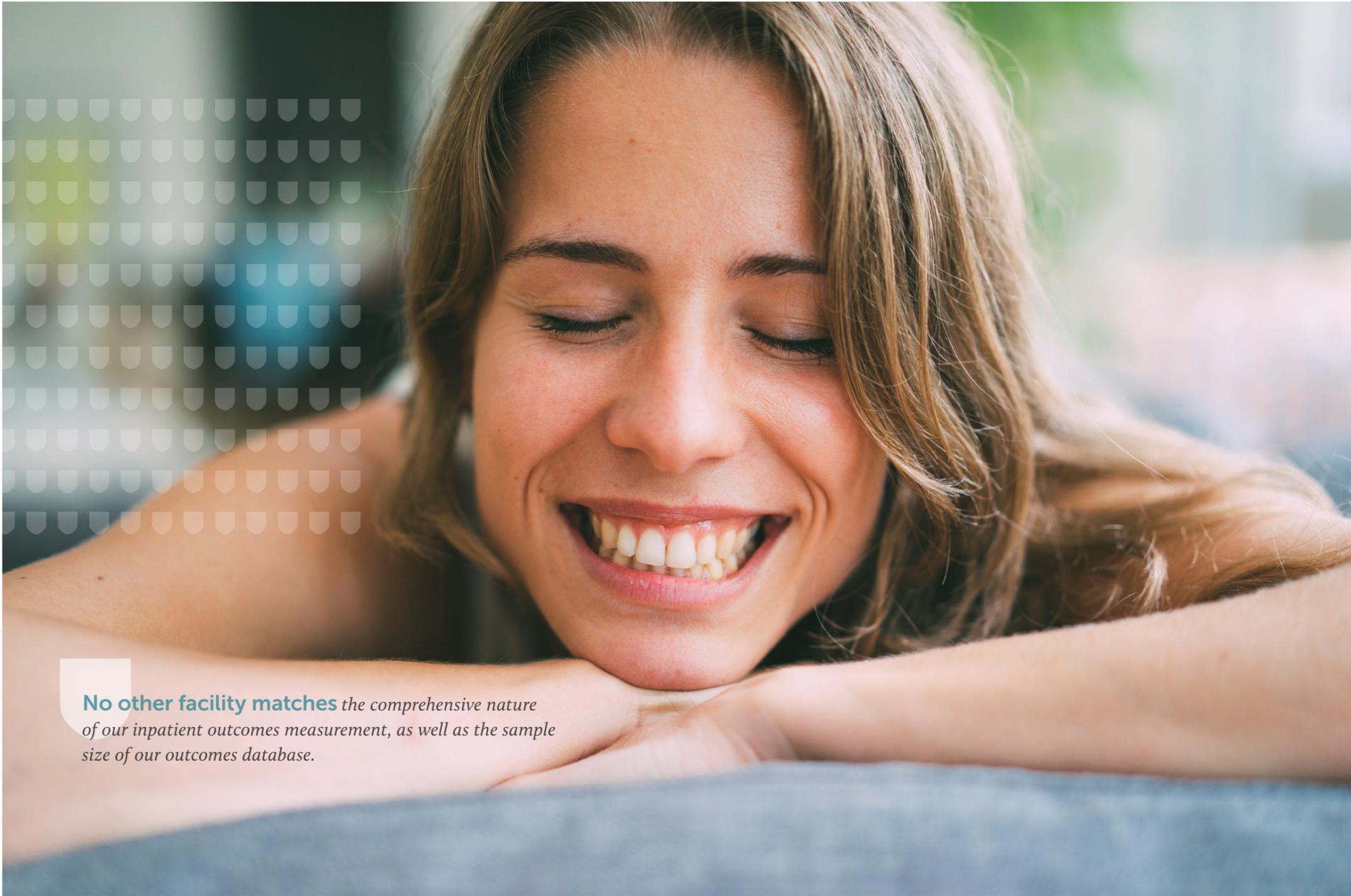


UNPARALLELED TREATMENT. PROVEN OUTCOMES.





**No other facility matches** the comprehensive nature of our inpatient outcomes measurement, as well as the sample size of our outcomes database.

Throughout treatment and up to one year after discharge, Menninger patients show significant improvements in:

- depression
- anxiety
- emotion regulation
- disability
- overall well-being

## Championing Patient Outcomes.

Patients at Menninger receive personalized care with results that prove effective for at least up to a year after discharge. The pioneering outcomes for behavioral health treatment confirm what thousands of Menninger patients have consistently described as life changing.

Looking beyond mere patient satisfaction data, Menninger leads the way by using research-based, gold-standard measures.

Every adult and adolescent patient completes weekly questionnaires administered on a tablet during their stay.

Treatment teams receive the data in real time, alerting the clinicians to high-risk patients requiring immediate attention. Teams also review the reports with patients, providing concrete evidence of improvements the patient may not otherwise self-identify, as well as highlighting areas to continue to target in treatment.

For more than a decade, Menninger has systematically tracked clinical outcomes and applied what we learn to future patients. In turn, Menninger is continually revolutionizing our approach to mental health.



## Gold Standards

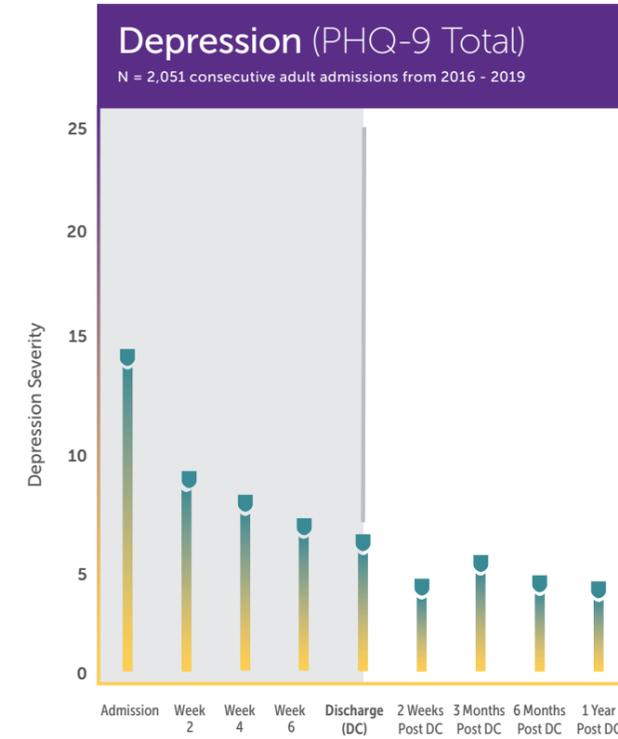
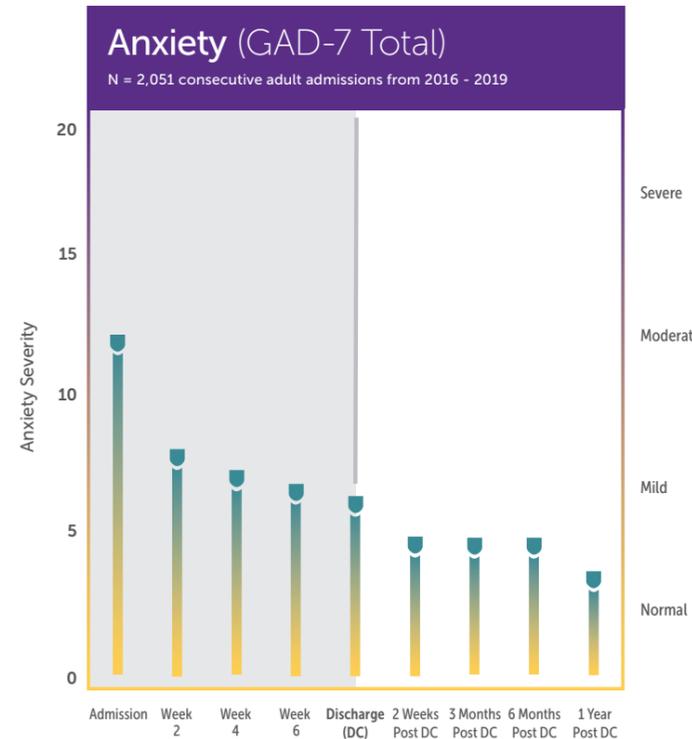
“We have a unique patient population, and finding ways to continually build on and improve how we measure our patients’ progress is of highest priority. It’s ideal for learning and separates us from the rest.”

Michelle Patriquin, PhD, ABPP, Director of Research

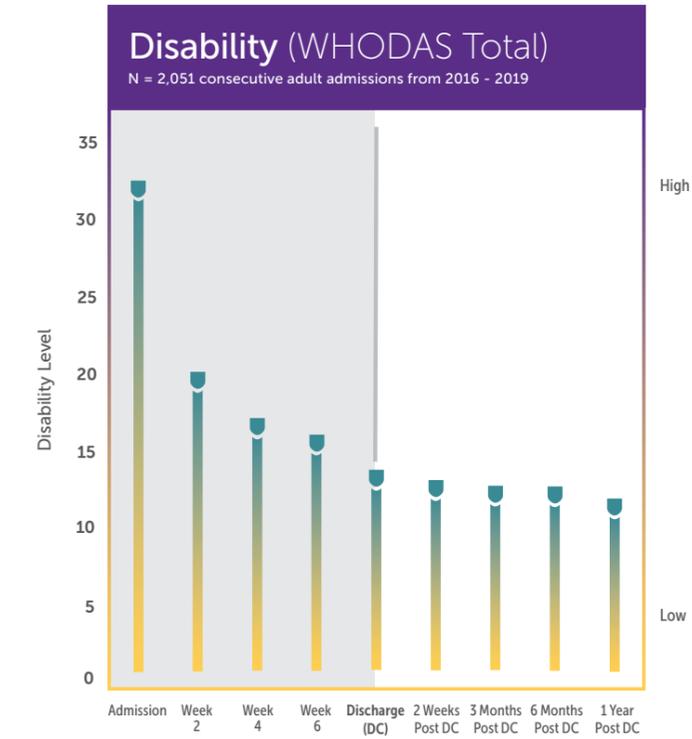
### Wellness That Endures.

The use of objective, research-based, gold-standard assessments proves how effective Menninger’s treatment really is. And the results are clear. Menninger patients feel better and improve their functioning across treatment. Furthermore, patients sustain these outcomes long after they leave Menninger.

No other treatment providers have data that extend for one year after discharge to demonstrate that patients sustain their wellness or improve over time.



Kilbourne et al. (World Psychiatry, 2018)



On average, Menninger patients’ depression levels begin in the moderately severe range and drop to the mild range at discharge.

Quality measurement is the single most important tool in improving the quality of mental health care.

### Peer-Reviewed Publications From Our Outcomes Data

- Gazor, A., Mathew, S.J., & Patriquin, M.A. (2020). Q-15 checks and 1:1 observations: Exacerbating a problem we are trying to solve? *Journal of Affective Disorders*, 263, 552-554. doi: 10.1016/j.jad.2019.11.018
- Gosnell, S., Oh, T., Schmidt, J., Oldham, J.M., Fowler, C., Patriquin, M.A., Ressler, D., & Salas, R. (2020). Right temporal pole volume reduction in PTSD, 100, 109890. *Progress in Neuropsychopharmacology & Biological Psychiatry*.
- Hartwig, E.M., Rufino, K.A., Palmer, C.A., Shepard, C., Alfano, C.A., Schanzer, B., Mathew, S.J., & Patriquin, M.A. (2019). Trajectories of self-reported sleep disturbance across inpatient psychiatric treatment predicts clinical outcome in comorbid major depressive disorder and generalized anxiety disorder. *Journal of Affective Disorders*, 251, 248-255. doi: 10.1016/j.jad.2019.03.069
- Nielsen, D.A., Deng, H., Patriquin, M.A., Harding, M.J., Oldham, J.M., Salas, R., Fowler, J.C., & Frueh, B.C. (2019). Association of TPH1 and serotonin transporter genotypes with treatment response for suicidal ideation: A preliminary study. *European Archives of Psychiatry and Clinical Neuroscience*. doi: 10.1007/s00406-019-01009-w
- Gosnell, S., Curtis, K.N., Velasquez, K., Fowler, J.C., Madan, A., Goodman, W., & Salas, R. (2019). Habenular connectivity may predict treatment response in depressed psychiatric inpatients. *Journal of Affective Disorders*, 242, 211-219. doi: 10.1016/j.jad.2018.08.026

- Ambrosi, E., Arciniegas, D.B., Curtis, K.N., Patriquin, M.A., Spalletta, G., Sani, G., Frueh, B.C., Fowler, J.C., Madan, A., & Salas, R. (2019). Resting-state functional connectivity of the habenula in mood disorder patients with and without suicide-related behaviors. *The Journal of Neuropsychiatry and Clinical Neurosciences*. doi: 10.1176/appi.neuropsych
- Rufino, K.A., Viswanath, W., Wagner, R., & Patriquin, M.A. (2018). Body dissatisfaction and suicidal ideation among psychiatry inpatients with eating disorders. *Comprehensive Psychiatry*, 84, 22-25. doi: 10.1016/j.comppsy.2018.03.013
- Rufino, K.A., Marcus, D.K., Ellis, T.E., & Boccaccini, M.T. (2018). Further evidence that suicide risk is categorical: A taxometric analysis of data from an inpatient sample. *Psychological Assessment*, 30(11), 1541-1547. doi: 10.1037/pas0000613
- Venta, A., Sharp, C., Patriquin, M.A., Salas, R., Newlin, E., Curtis, K., Baldwin, P., Fowler, C., & Frueh, C. (2018). Amygdala-frontal connectivity predicts internalizing symptom recovery among inpatient adolescents. *Journal of Affective Disorders*, 225, 453- 459. doi: 10.1016/j.jad.2017.08.064

## National Institutes of Health (NIH) Toolbox®

Menninger utilizes the NIH Toolbox®, a comprehensive set of neurobehavioral measurements that quickly assess cognitive, emotional, sensory and motor functions from the convenience of an iPad. This tool is developed and validated with state-of-the-art science that has established its psychometric properties. An important difference is that the NIH Toolbox® provides an objective measure of patient functioning.

Menninger currently has a large sample of NIH Toolbox® cognition data measuring pre- and post-treatment executive functioning improvements in an inpatient psychiatric sample of adolescents and adults. Our average improvement across pre- and post-treatment is exceptional – almost a full standard deviation.



## Recent Improvements to Menninger Measurement Data

- Using iPads to easily deliver measures
- Post-discharge patients easily complete outcomes assessments using their smart device
- Integration of outcomes groups in patient schedules allows for dedicated time for patients to complete outcomes measures
- Using color-coded reports to enhance interpretation by treatment teams, patients and families
- Increasing assessments from biweekly to weekly
- Access to reports within 24 hours in order to immediately impact patient care
- The ability to track outcomes data seamlessly for patients who transfer from one program to another
- Increased consistency of measures used across all programs



## Our Patients & The Menninger Difference

### Setting New Standards in Mental Health Care

As a leader in psychiatric care, Menninger continues to innovate the prevention and treatment of mental illness, substance use and behavioral addiction. Menninger doesn't just set industry standards; it's committed to surpassing them.

Menninger's care is evidence based, and the outcomes data demonstrate its effectiveness. When combined within an optimal healing environment and the efforts of a custom-fit treatment team of experts, our patients succeed in attaining their goals and dreams.

### Inpatients at Menninger

- Have at least three psychiatric disorders
- Often include both substance-use issues or behavior addictions
- Have averaged three prior hospitalizations
- Have been treated by an average of three prescribing psychiatrists previously
- Have been in psychotherapy with the same or different therapists an average of four times previously

“Thousands of our patients have participated in our clinical outcomes project. They have maintained life-changing results that last.”

Armando Colombo, President and CEO, Menninger



## Recognized for Good Reason



**Recognized in the Top 10 nationally for 30 consecutive years**  
(1990 - 2019)

**Ranked #5**  
on U.S. News & World Report's Best Hospitals list for psychiatry



### Named Top Workplace in Houston

Recognized eight of the past 10 years, based on employee surveys

## Treating Patients With Mental Illness Since 1925



### Affiliated with Baylor College of Medicine – one of the nation's top medical schools

Our psychiatrists and psychologists are faculty members.

Researchers and senior clinicians from the BCM Department of Psychiatry and Behavioral Sciences frequently collaborate with Menninger and provide consultation on challenging clinical cases.



### Awarded the Pathway to Excellence® designation

The first and only independent psychiatric hospital in the U.S. to be awarded the Pathway to Excellence™ designation by the American Nurses Credentialing Center since 2007.

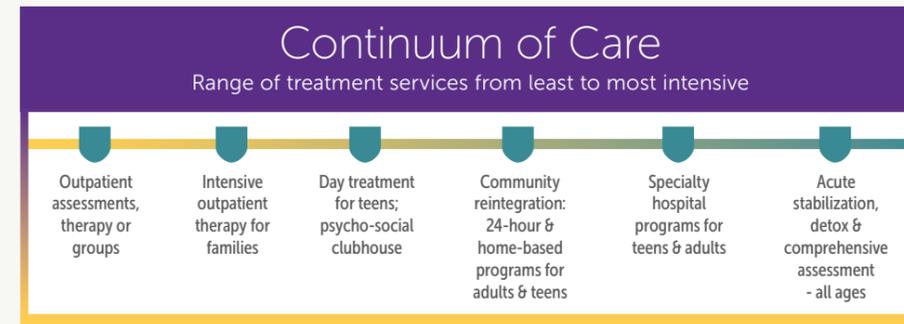


## Excellence In Care

### Right Treatment at the Right Time.

Inpatient specialty treatment at Menninger is intensive and longer in term, allowing patients to get a definitive diagnosis, regain healthy regimens and become confident in applying the tools needed for long-term wellness. The inpatient treatment period ranges from three to eight weeks.

Whenever additional step-down care is needed prior to returning to an outpatient clinician, the continuity of a psychiatrist, psychologist, addictions counselor or individual therapist can strengthen the individual's preparation for independent living. Menninger offers a growing spectrum of treatment options.



## Excellence In Expertise

- Mood disorders, including bipolar disorder
- Anxiety disorders, including obsessive-compulsive disorder (OCD)
- Suicidal thoughts and self-harm
- Trauma
- Relationship problems
- Substance use detoxification
- Addictive behavior, such as social media, internet and gaming overuse, gambling and overspending
- Personality disorders
- Family conflict
- Anger, impulsivity and disruptive behavior
- Grief and loss
- Women's mental health
- Problems sleeping
- LGBTQ issues
- Transitions during stages of life
- Challenging career issues

Accredited by The Joint Commission



### All addictions counselors have their master's degrees

Nurses all have a bachelor's degree, and the majority hold board certification in one or more specialties.

Nearly all mental health associates and resident advisors are bachelor's degree prepared.

## Layers of Therapies for Personalized Care

Goals for treatment, symptoms and core issues requiring immediate attention all contribute to the personalized treatment approach at Menninger.

- Cognitive Behavioral Therapy (CBT)
- Collaborative Assessment and Management of Suicidality (CAMS)
- Dialectical Behavioral Therapy (DBT)
- Radically Open DBT
- Acceptance and Commitment Therapy (ACT)
- Mentalization-Based Therapy (MBT)
- Motivational Interviewing
- Program for Assertive Community Treatment (PACT)
- Mindfulness-Based Stress Reduction (MBSR)
- Psychodynamic Psychotherapy
- Medications
- Brain Stimulation, including Ketamine Therapy, Electroconvulsive Therapy (ECT) and Transcranial Magnetic Stimulation (TMS)
- Rehabilitation and Recreation Therapies
- Eye Movement Desensitization and Reprocessing (EMDR)
- Nutritional Therapy
- Psychoeducation



Our certified therapists provide empirically based Daring Way™ groups and therapy. The Daring Way™, developed by Brene' Brown, PhD, focuses on courage building, shame resilience and uncovering the power of vulnerability.



## Menninger's Greatest Asset: People

Patient care at Menninger is under the direction of a dedicated and talented group of professionals. Psychiatrists. Psychologists. Social workers. Therapists. Nurses. Addiction professionals. But our patients do not stand alone. Each becomes a part of this team.

Menninger believes that patients with similar experiences provide valuable support to one another during treatment. Our specialty inpatient programs unite young adults in the Compass Program, individuals in stressful careers in the Professionals Program, adults with trauma or relationship challenges in the Hope Program and teens in the Adolescent Program and Day Hospital. Last year, our patients came from 41 states and beyond:

- 47.8% from Texas
- 50.7% from other states
- 1.5% international

Menninger's multi-layered treatment begins with comprehensive assessment and individualized team treatment. The team is comprised of highly skilled and credentialed care professionals.

### Treatment Team Members

- Patient
- Psychiatrist
- Psychologist
- Social worker
- Psychiatric nurse
- Psychiatric rehabilitation specialist
- As warranted, a licensed chemical dependency counselor, chaplain and other specialists

### Physicians Leading Treatment

- 20 psychiatrists assigned to Menninger hold faculty positions at Baylor College of Medicine
- On-site Internal Medicine and Pharmacy Departments



Two years sober.  
Two years healthier.  
Two years thriving.  
**And counting.**

“You deserve to be happy. You can be happy. Even when it seems impossible, try. Be vulnerable and accept help. That’s how the healing begins.”

**Sandy Kupfer**, former patient



## Sandy’s Success Story

*Sandy Kupfer\* is a son, an artist, a musician and a friend. He is funny, magnetic and an inspiration to the world around him. His life has had a large share of hardships and heartbreaks, some of which sent him spiraling to dark places. Yet he found his way out by accepting help. This is his story.*

From the age of 12, being high and drunk was an everyday occurrence. “Life was rotten for a long time,” Sandy recalls.

Bipolar disorder, drug abuse, paranoia and suicidal thoughts had become a part of his young life and were taking a toll. Desperate for help, Sandy’s family sought many treatment programs – without success. Until his mom discovered Menninger. “I’m here today because my parents were always there for me. When they found Menninger, they saved my life.”

Sandy entered treatment in Menninger’s Compass Program for Young Adults and was diagnosed with schizoaffective disorder, bipolar type. His first days in treatment were difficult, but he immediately realized Menninger was not like other programs. He found himself connecting with his treatment team, making friends and really participating in the programming – even when he didn’t want to.

“Lenni, Lindsay, Torresy and my entire treatment team helped me see the light at the end of the tunnel,” says Sandy. “They helped me learn how to be vulnerable, how to deal with my underlying mental issues to start the healing process.”

He found the skills he learned for handling stress particularly useful – especially cognitive-behavioral therapy (CBT) and dialectical behavior therapy (DBT). He was also able to be active, continue his art and benefit from a more scheduled way of life. “Menninger helped me learn how to be a healthy human being,” Sandy shares. “That takes work, and I’m willing to commit to that every day.”

The Clinic’s longer stay in treatment (seven weeks for Sandy) provided him with the support and safety he needed to make lasting changes. With access to outcomes data, the team could adjust his evidence-based treatments.

\*In the interest of helping other young adults and others who have a mental health condition, Sandy Kupfer has given us permission to use his full name.



Previously prescribed medication had simply been sedating Sandy, causing side effects instead of reducing his paranoia and suicidal thoughts. With time on his side, Sandy's treatment team was able to find the right medication for him.

Sandy also made great progress through art therapy, family therapy and physical activities. As part of the program, Sandy had the opportunity to participate in a variety of substance use recovery options. Sandy engaged in Alcoholics Anonymous, Narcotics Anonymous, Smart Recovery and Refuge Recovery, choosing to pursue the Alcoholics Anonymous pathway to sobriety.

"Sandy worked tirelessly to focus on himself and create a new identity as an artist and musician – without substances," says Torresy Smith, LPC, LCDC-I, Sandy's chemical dependency counselor. "His commitment and persistence were inspiring."

Upon completion of Compass, Sandy transitioned seamlessly to Pathfinder, Menninger's community integration program, with a supportive community and continuity of his physician, individual therapist and addictions counselor.

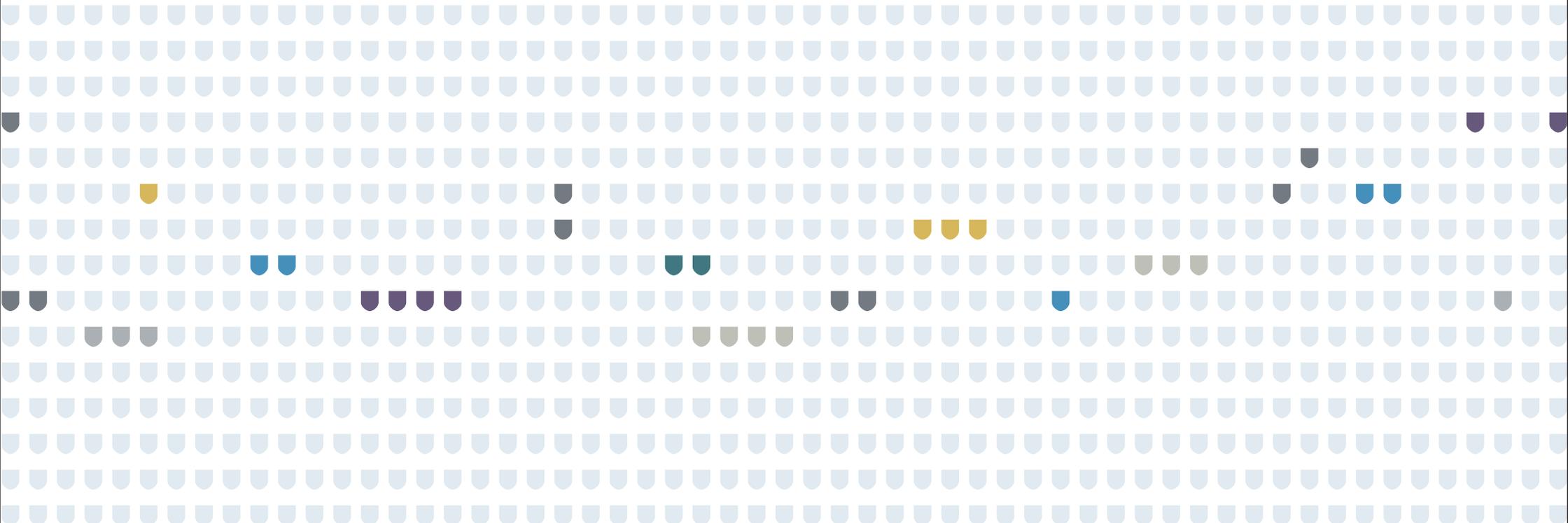
Today, you'll find Sandy skiing on the East Coast when visiting his family or surfing on the California coast where he currently attends college. "Life is good now," Sandy shares. "I'm creating my art, exercising, taking care of myself and asking for support when I need it. Even on the tough days, I now have the tools I need. I know I'm going to be successful."



*"I'm living my second life, and I plan on doing the most with it...  
It's never too late to make a change."*

**Sandy Kupfer**, former patient





Learn more about the impact Menninger's care can have on individuals struggling with mental health issues.

713-275-5400 | [MenningerClinic.org](http://MenningerClinic.org)  
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