



MODERN PSYCHIATRY AND WELLNESS, LLC.

DR. QUINTON E. MOSS, MD

Mental Health disorders treated at Modern Psychiatry & Wellness include depression, anxiety, attention deficit, sleep, trauma, psychosis, bipolar and others.

MPW is a Dual Disorder treatment Center which means that we offer a wide range of MH services in addition to our comprehensive SUD services. MH treatment is provided at all our outpatient treatment Centers. The purpose of our service provision is to empower individuals to achieve holistic wellness and growth in the emotional, environmental, financial, intellectual, occupational, physical, social, and spiritual realms by providing compassionate care, improved outreach, and increased advocacy.

Mental Health Services Offered Include:

Screening/Intake: A health screening is conducted for the purposes of helping to determine if a person needs our services. Screening identifies people who are at high risk of having the problems we treat who can benefit from the services we offer. Screening identifies the possible presence of undiagnosed signs and symptoms based upon reported history.

Diagnostic Assessments: Just like physical illness, mental illness is very common medical problem. Mental illness is nothing to be ashamed about. Trained, licensed clinicians are available to meet with and interview people to help determine if a mental illness is present. The clinician will also identify and name the specific type of illness that a person may have. The diagnostic assessment process helps the clinician gather information to help establish or rule out the presence or absence of other disorders that may complicate treatment. This process helps determine how to develop an individualized treatment plan that can be most beneficial to everyone. The assessment process also helps determine the person's readiness to change, the seriousness of symptoms, identifies strengths or problem areas that may affect the progress of treatment and recovery and engages the client in the development of an appropriate treatment relationship that will be most beneficial.

- To receive a Diagnostic Assessment simply walk-in to our Hamilton or West Chester location, Monday through Friday from 8 am until 3 pm.

Pharmacological Management (Medication): The goal of Pharmacological services is to increase the functional level and ability of adults with mental health diagnosis while reducing the need for hospitalization or acute care. Psychiatrists and nurse practitioners meet with clients to gather historical data about the development of current symptoms, family history of those symptoms, frequency of symptoms and the duration of the current problem to determine the best treatment options. Medication is prescribed and used to treat identified symptoms. Prescribers seek to identify comprehensive treatment along with motivational and empathetic understanding of each person's individual experience with mental illness. It is hoped that Medication will offer relief from acute symptoms and assist in the recovery process. Clients and family members are encouraged to play an important role in the monitoring of pharmacological treatment. Nursing staff (RN's & LPN's) provide medication management services. Nurses can help clients manage medication, prepare med boxes, and provide education about the diagnosis, benefits, and side-effects of prescribed medication.

Pharmacogenomic Testing: Pharmacogenomic testing is a clinically focused technology that measures and analyzes important genomic variants affecting metabolism and response to behavioral health medications in advance of making a medical decision. The results help in understanding which medications a client will metabolize and respond to best. This exclusive testing is quick, easy, and accurate.

CPST/Case Management: The underlying premise of case management is to help an individual reach their optimum level of wellness and functional capability, everyone will benefit including the client and their support systems. Case management is the coordination of community-based services by a professional or team to customize care according to the individual's persistent challenges to aid them in their recovery. Case management seeks to reduce hospitalizations, homelessness and time spent in the criminal justice system through a holistic approach that considers each person's overall biopsychosocial needs without extensive economic costs to the client. Care coordination may include assistance with primary healthcare, housing, transportation, employment, social relationships, and community participation. Case management is the link between the person and an entire system of care coordination.

Treatment Planning: Clinicians work directly with each client to develop a comprehensive set of staged, integrated treatment programs and interventions that address the identified disorders and strengths of each client. The individualized plans consider individual needs, readiness, preferences, and personal goals.

Individual, Couples, Family and Group Counseling: Counseling services focus on providing clients with assistance and guidance in resolving personal, social, or psychological problems and difficulties. Counselors focus on developing an environment in which clients will be comfortable and able to talk about their emotions, trauma histories, current stressors, and problematic relationships. Counselors strive to teach clients new ways of coping with the signs and symptoms of mental illness and/or addiction to improve quality of life and relationships with family members and other acquaintances.

• **Current Mental Health Group Services Offered Include:**

- **Parenting Group** – parenting is challenging. Learn essential skills to manage stress and build resilience for you and your family. Strategies to promote positive relationships, education about how to support healthy childhood development, and how to respond to trauma induced behavior.
- **Dialectical Behavior Therapy Group** – if you find yourself struggling to get through distressing or upsetting situations, having a hard time keeping your emotions in check, living in the past or future and having trouble in relationships, you will find out that you are not alone by attending this group.
- **Seeking Safety Group** – aimed at helping men and women who have experienced trauma in their life. You will learn to implement self-care strategies, heal from painful anger, set healthy boundaries, and feel safe in relationships.
- **Grief Group** – This is a place to meet others who are feeling a sense of loss. It is a place to share experience and learn new coping strategies.
- **LGBTQ+ Group** – Safety, education, support, and love for people struggling with questions or concerns about their sexuality and how they may be perceived by others

Treatment Locations:

6942 Tylersville Road
West Chester, OH 45069
Phone: 513.868.005
Fax: 513.297.7577

1910 Fairgrove Ave.
Hamilton, OH 45011
Phone: 513.299.4053
Fax: 513.737.4603

Hours of Operation:

Monday - Friday 8:00 a.m. to 5:00 p.m.
Some Evening Groups



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mpwhealth.com • 513.440.5117 • Mon-Fri 8am to 5pm