



2013 Annual Report to Our Communities



Unlike the British Empire, the sun does set on Meridian. However, we do have offices in 10 counties, serving people from all over North Central Florida and beyond. Our volunteer Boards include representatives from across our entire service area; we know our local communities.

Our beautiful Virgie Cone Center in Jasper (Hamilton County) is second

Executive Management

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Chief Executive Officer*

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*Executive Vice President/
Chief Operating Officer*

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Senior Vice President, New Business & Specialty Programs

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Chief Financial Officer*

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Senior Vice President, Advancement

Jackie Knabel, MHRM, SPHR
Senior Vice President, Human Resources

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*Senior Vice President, Information Technology/
Chief Information Officer*

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Larry Turner
Alachua County



On July 30, 2012, Meridian was awarded a Three-Year Accreditation by CARF (the Commission on Accreditation of Rehabilitation Facilities)

International. This highest degree of accreditation signifies Meridian's commitment to continuously improving services, encouraging feedback, and serving the community.

Last year **we served 13,623 people** through direct care. Our staff managed multiple levels of care with **326,431 treatment visits**, both at our CARF accredited facilities and at locations in the community.



The pathway to wellness
starts in your community...

only to the North Central Florida sunrise. Call us for a tour: 352-374-5600 x8187.

Board of Associates

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Gainesville*

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*Gray Construction Services
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*B'nai Israel Community
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Omi Risco
Omi's Elegant Catering

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*David F. Miller Center for
Retailing Education and
Research, University of
Florida*

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AstraZeneca

Erica Castano
A Personal Elf

Barbara & Phil Emmer
Emmer Development

Sam Guess
Dex Imaging

Stacy & Matt Lang
Lang Jewelers

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PNC Bank

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*Bradford County
Supervisor of Elections*

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Columbia Bank

Rachael Channing
*GTN - Gainesville
Television Network*

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Santa Fe College

Cathy & Jim Ipser
Community Volunteers

Barzella Papa
*Community Foundation of
North Central Florida*

Melanie Shore
M & S Bank

Tonya Meyer Walsh
Community Volunteer

Sinoma Brown
*Liaison to Meridian's
Board of Directors*

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*Alachua County Sheriff's
Office*

Mark Fitzgerald
The Coffee News

Jodi Irving
*College of Nursing,
University of Florida*

Eric Parker
Willis of Florida

Brad Smith
*Bradford County Sheriff's
Office*

Mantha Young
Lake City Advertiser

Our Mission:

To promote the health, recovery, and well-being of those affected by mental illness and substance use disorders through prevention, coordinated treatment, and supportive services.

Our Vision:

Hope, Recovery, and Wellness are within everyone's reach.

Our Values:

- Collaboration
- Efficiency & Effectiveness
- Initiative
- Innovation & Growth
- Integrity
- Accountability

On August 30, 2012, our Telehealth equipment live tested for an all staff town hall meeting. Live feeds were connected from our Gainesville, Lake City, Starke and Trenton offices. This technology will help to increase connections between our clients and staff and decrease travel costs associated with our large, rural service area.

Our Community Room in Gainesville stays busy, but is available as meeting



Pathways to Wellness

We're paving the pathway to wellness, but we need your help. In the last two decades, effective and well researched treatment approaches for addressing mental illnesses and substance use disorders have emerged. These treatments are available at all levels of care: prevention, disease management, medication, support, residential and outpatient counseling. There are evidence-based treatments available throughout the nation and within Florida's community mental health system; many of them in place right here at Meridian. The outcome data shows that 90% of individuals with a severe mental illness who receive treatment in community settings improved or maintained their functioning; 43% experienced "significant" functional improvement. However, one out of two children and two out of every five adults who need treatment, and meet federal poverty guidelines, do not receive it. We have the ability to put people on the pathway to wellness, but we need our community's support.

The pathway to wellness needs an educated community. What is the mental illness and substance abuse literacy of the community? How are people with these disorders treated in our community? Few diseases carry the stigma that mental illnesses and substance use disorders do - no cluster of diseases has to defend its status as "true" illness in the public or in the healthcare industry, except brain disorders. We have an excellent resource to address this issue, Mental Health First Aid. Call us to learn more.

The pathway to wellness takes integrated care. Treatment for brain disorders needs to be integrated into our healthcare system. Remember that song, "Your toe bone connected to your foot bone. Your foot bone connected to your ankle bone..." and so on? I don't remember getting to your head and saying that's not part of your body. When the primary illness is a brain disorder, the community mental health system is a logical medical home. Policy must change to allow more readily for integration. Visit us online to learn how you can help advocate for these changes.

The pathway to wellness must be accessible. Treatment ability is lost without the capacity. The public system is funded for only about 50-60% of the need, with no change in sight. Based on the rates of illness (approximately 25%) 125,000 people in our service area would likely be affected. At least 20,000 of those would need public support, but there is a significant funding gap. Funding and service delivery policy must be improved.

The pathway to wellness isn't always clear, or in a straight line. Sometimes it takes courage, and sometimes we need help while on the pathway to wellness. Not everyone is ready to get on the pathway to wellness, but **we're working as hard as we can to make sure that the pathway to wellness is in everyone's reach**, starting right in our own communities.

space for outside organizations. Call us for more information: 352-374-5600 x8187.

Healthy Regards,
Maggie Labarta, Ph.D.
President/CEO



The pathway to wellness
has experts to help along the way...

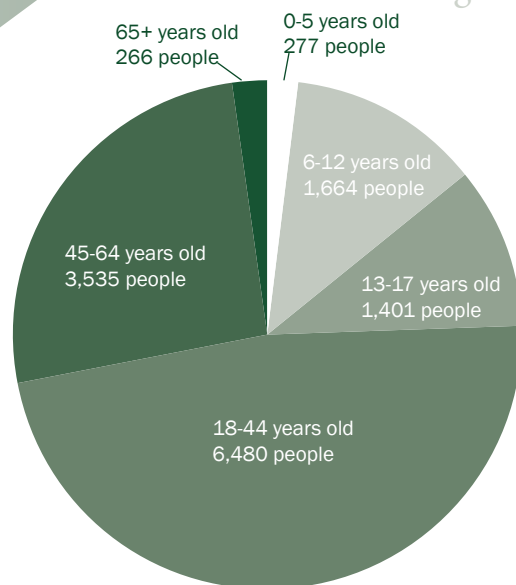


To meet community demand, in March of 2013, we increased the number of certified Mental Health First Aid trainers on our staff to six. In addition to the Adult course, we have implemented a training focused on helping youth. Mental Health First Aid is designed to give members of the public key skills to help someone who is developing a mental health problem or experiencing a mental health crisis.

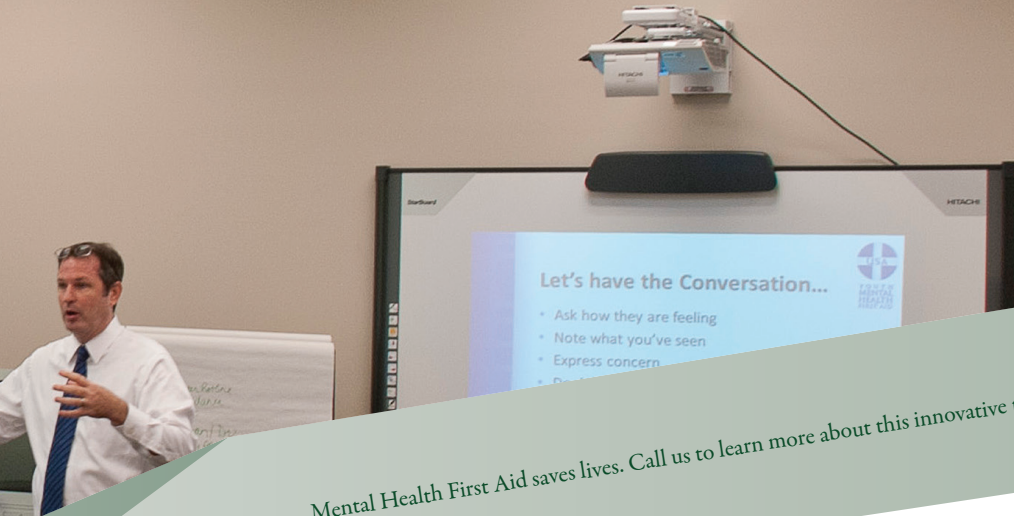


Programs are sponsored in part by the State of Florida, Department of Children and Families

Clients by Age

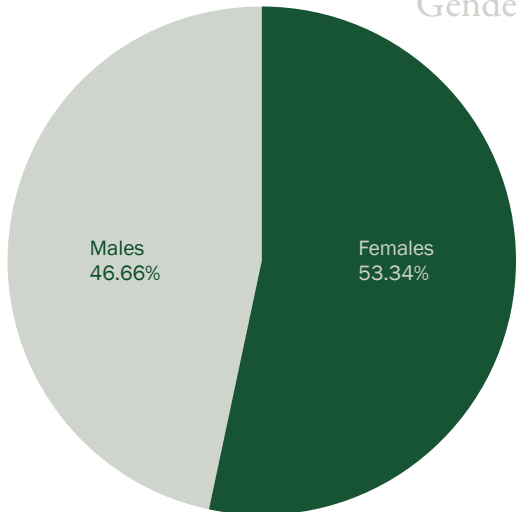


The pathway to wellness needs an educated community...



Mental Health First Aid saves lives. Call us to learn more about this innovative training. 352-374-5600 x8187.

Clients by
Gender



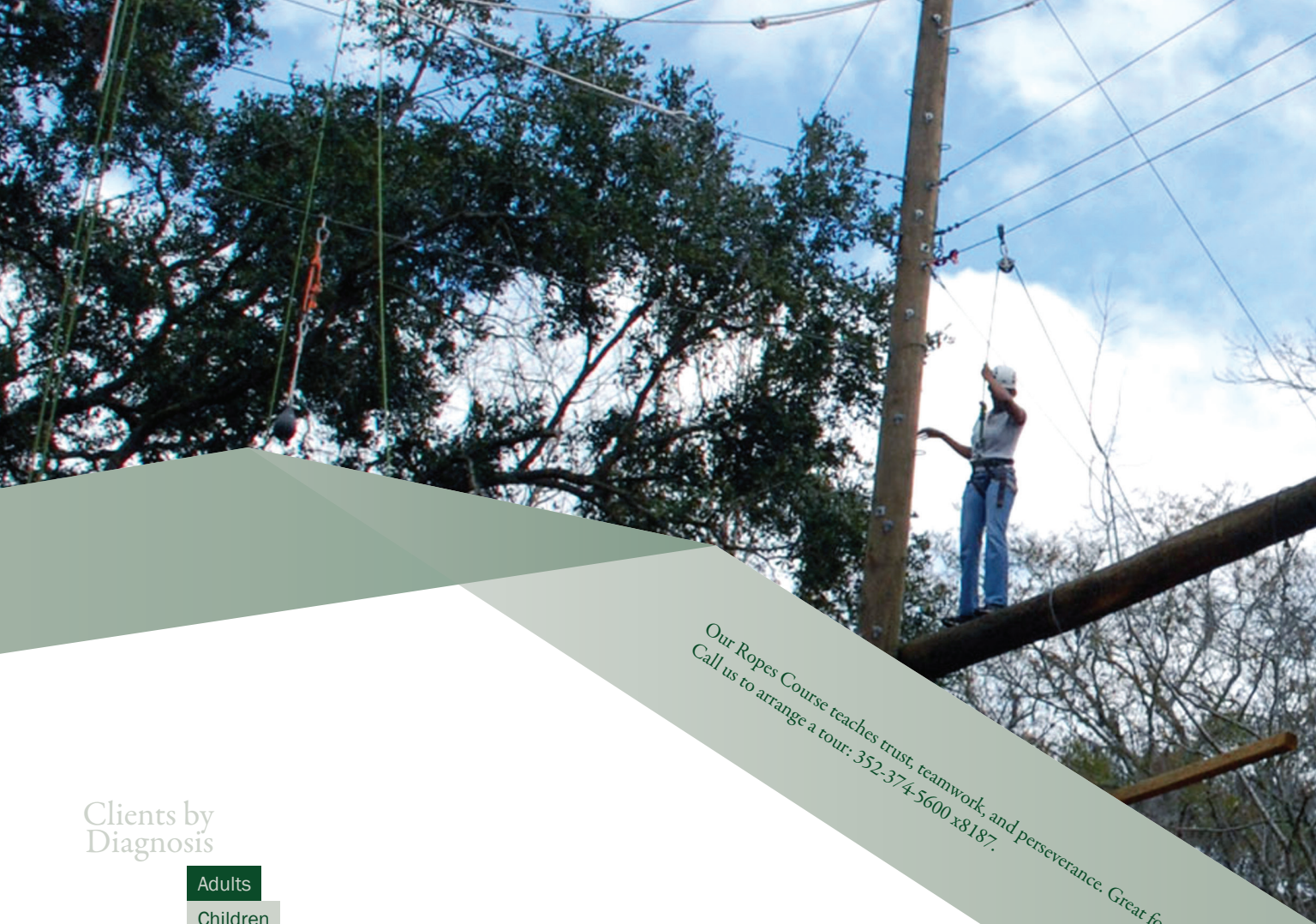
\$1,059,221 in
uncompensated care

Last year **we touched 20,796 lives**, 13,623 through direct care and 7,173 through Intervention and Prevention.

Healthcare Utilization

	Children	Adults
Case Management	8.09%	9.62%
Crisis Screening & Evaluation	12.46%	18.75%
Crisis Stabilization Units	13.81%	20.21%
Forensic Diversion	0.03%	4.22%
Detox Unit	0.51%	5.96%
Residential Treatment	1.62%	4.57%
Psychiatric Services	47.45%	57.64%
Outpatient Services	66.51%	35.79%
Psychosocial Rehabilitation & Supported Employment	1.59%	3.19%
Day Treatment/Partial Hospital	0.21%	2.05%
Opioid Treatment Programs	n/a	8.66%
Specialized Family Welfare Services	6.59%	3.77%
Supported Housing	n/a	0.22%

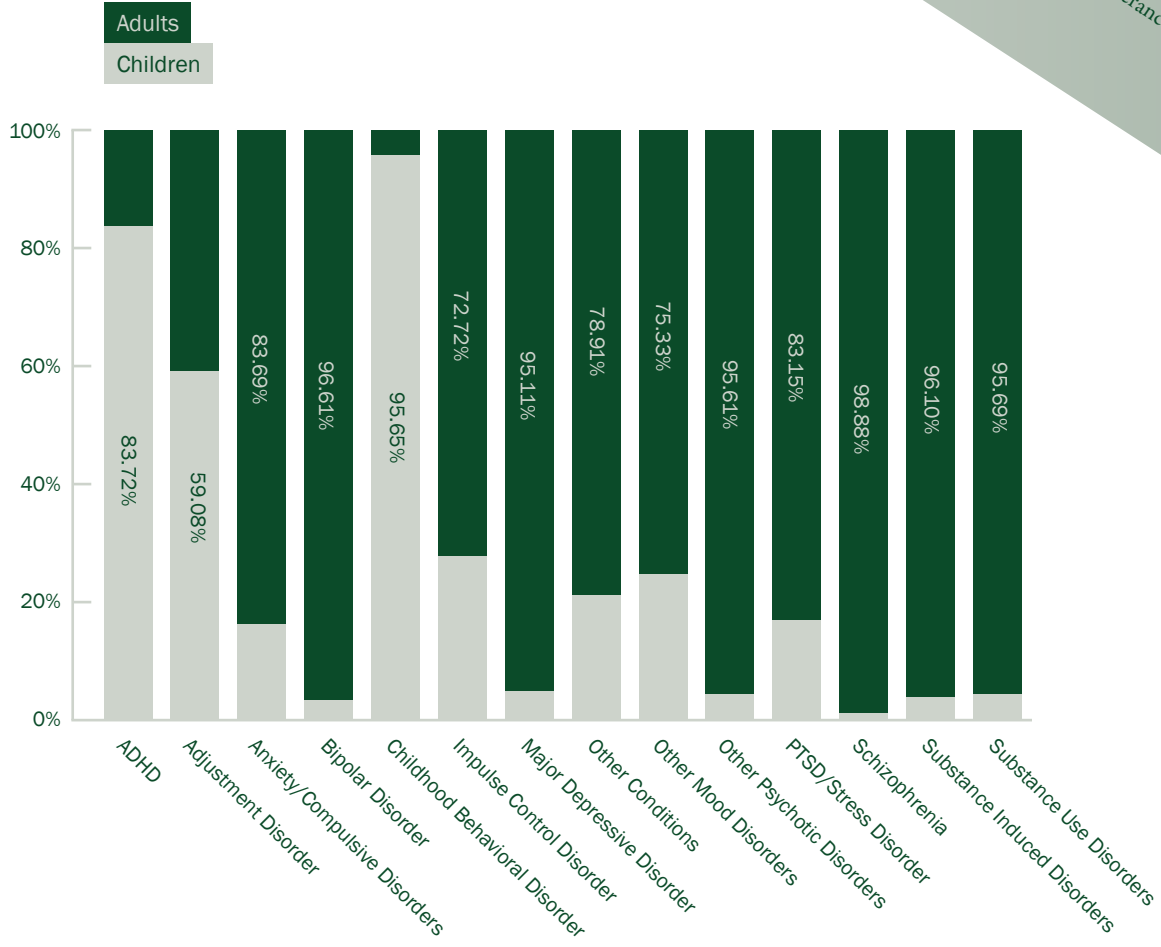
3,342 Children
Last year **we served 13,623 people** through
direct care at **326,431 treatment visits**.
10,821 Adults



Our Ropes Course teaches trust, teamwork, and perseverance. Great for counseling and perfect for building self-esteem.

Call us to arrange a tour: 352-374-5600 x8187.

Clients by
Diagnosis



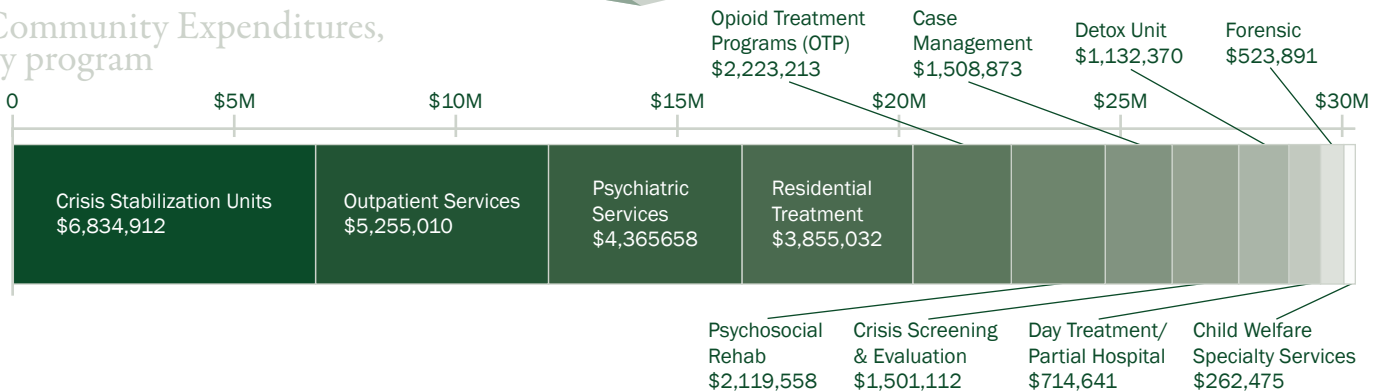


The pathway to wellness
may take courage...

for corporate team building.

Last year, through generous grants from Publix Supermarket Charities and the Willis Foundation, our Ropes Course was relocated and expanded. This year, people are stepping out of their comfort zones on the pathway to wellness.

Community Expenditures, by program





In response to several tragedies across our nation, we hosted Community Conversations in Lake City and Gainesville on February 11 and 28, 2013. These forums were held to bring community leaders together to increase awareness for mental illness and addictions, and treatment needs in our communities.

Accomplishments

• **August 2012 - Same or next day access to appointments in all outpatient clinics was implemented through Unified Scheduling**, which allows our Access Center, Administrative Support, and clinical staff full access to all clinicians' schedules.

- **October 2012** - As part of our efforts to improve patient care through rapid access to records and communication and coordination of care internally and with other providers, **we began the implementation of our new Electronic Medical Record (EMR)**. The new EMR meets all standards for documenting care, and effective communication with other healthcare providers.
- **October 14, 2012 - We provided temporary shelter when an area Assisted Living Facility (ALF) in Cross City experienced a catastrophic fire**. The ALF's facilities were a total loss, but all 25 of the residents and staff were safe. We were able to shelter these people in need because funding reductions had, sadly, forced the closing of Williams Manor, our long-standing group home for adults with mental illnesses who needed assisted living.
- **November 2012 - Dr. Sarah Frazier, formerly Meridian's Chief of Child Psychiatry, accepted the position of Medical Director**. Additionally, two primary care physicians, Drs. Abernathy and Abraham, were added to our staff; both are boarded in Addictions Medicine.
- **November 2012 - In collaboration with the Rural Health Partnership and Community HealthIT, planning and training began for implementation of MyHealthStory, a Health Information Exchange**. MyHealthStory is a browser-based Patient Portal, allowing clients the ability to collect and review their health records, schedule appointments, and communicate directly with their healthcare providers on a secure website, powered by RelayHealth.* Launch of Meridian's MyHealthStory is planned for December 2013.
- **December 4, 2012 - At Meridian's Annual Meeting of our Board of Directors, our communities gathered to celebrate achievements and recognize excellence. Awards included: Employee of the Year (Administrative) - Mary Ellrodt, Employee of the Year (Clinical) - Cynthia Collins, Leadership Award - Dr. Joe Munson, Innovation Award - Mike Evans, Choice-Hope-Recovery Community Award - B'nai Israel Community Day School.**



The pathway to wellness takes collaboration...

Learn how to become an advocate, supporting Meridian and those in need of treatment, by visiting www.mbhci.org or calling 352-374-5600 x8187.

- **December 5, 2012** - We hosted the **19th Annual World AIDS Day Community Luncheon**, a recognition and education event held at the Bridge House each December.
- **January 1, 2013** - With a focus on overall health, **Meridian became a tobacco-free organization.**
- **January 1, 2013** - **22 teams, with approximately four staff per team, participated in the 100 Days of Fitness Challenge.** This initiative encouraged healthy behaviors among staff, through positive support and reinforcement.
- **February 2013** - Meridian was selected by the Substance Abuse and Mental Health Services Administration's (SAMHSA) GAIN Center for Behavioral Health and Justice Transformation, to receive a "How Being Trauma-informed Improves Criminal Justice System Responses" **train-the-trainer program.** This was one of six offered nationwide, and the only one in Florida. Trauma training was provided to 20 stakeholders of the criminal justice system.
- **April 11, 2013** - We welcomed our community at **Food For Thought: A Progressive Dinner Tour of Meridian**, our first fundraiser in Columbia County. First Federal Bank of Florida helped make the event a success as the title sponsor.
- **April 30, 2013** - The Women's Giving Circle selected Meridian's Supported Employment Program to receive a grant of \$50,000 to provide immediate and direct support to 140 women clients who have demonstrated the job skills and training necessary to assume transitional and supported jobs in the community, and to provide direct wages for eligible participants.
- **May 2, 2013** - Meridian received a **Legacy Award from the Community Foundation of North Central Florida**, in partnership with the North Central Florida Estate Planning Council, in recognition for excellence in planned giving.
- **May 2, 2013** - A pre-tournament reception for the CPCU Society of North Central Florida's annual golf tournament was held at Santa Fe College Fine Arts Hall. A key note address on high-performance teams was delivered by business thought leader, John Spence. **Meridian was honored as the beneficiary of the CPCU Society's annual golf tournament.**
- **June 17, 2012** - We opened the children's wing at our **Crisis Stabilization Unit (CSU) in Lake City.** This increased our capacity by 10 beds and streamlined care for children and adults, who are now served primarily through our CSU in Gainesville.

The pathway to wellness is lit by our generous donors...

We celebrated
National Philanthropy
Day, November 15, 2012, at
our first annual Associate's Club
Reception. Over 100 of Meridian's
donors gathered at the Thomas
Center in Gainesville for an elegant
evening with key note message on
giving from entrepreneur and
philanthropist, Eric Godet.

Dr. John Abernathy III
Ms. Crysta Ackerman
Ms. Ann Adams
Anonymous Donation in
Memory of Frances Ann Odum
Anonymous Donation
to University of Florida
Community Campaign
Dr. Lawrence Adu
Advantage Publishing, Inc.
Akerman Senterfitt
Ms. Tina Alfieri
Ms. Nancy Alfonso
Allen Enterprises of Gainesville,
Inc.
Ms. Amalia Alvarez
Mr. Daniel Anderson
Mr. Richard Anderson
Anderson Columbia Co., Inc.
A Personal Elf, LLC
A Touch of Health
Mr. Rod Bagley
Mr. Stanley and Mrs. Andrew
Bair
Mr. David Balogh
Allison Barker Photography
Mr. Matthew and Mrs. Allison
Barker
Mr. Russell Bauer
Ms. Amy Becker
Ms. Sheryl Ann Benton
Ms. Wanda Bergman
Mr. Richard and Mrs. Patricia
Berne
Ms. Keri Bias
Dr. Gabriel and Mrs. Nancy
Bitton
Ms. Mary Blackie
Dr. Beth-Anne Blue
B'Nai Israel Community Day
School
Mr. Alan and Mrs. Cindy Boggs
Mr. Aaron Bosshardt
Ms. Novena Bowie
Ms. Tatiana Boyd
Ms. Myriah Brady
Dr. Eugene & Mrs. Sue Brigham
Mrs. Josephine W. Brown
Mr. Jim and Mrs. Sinoma
Brown
Ms. Charlene Brown
Ms. Karen Marvella Brown
Mr. Victor Buehler, Jr.
Ms. Amy C. Bullard
Mr. Fredrick Wayne Burch, Jr.
Gary Calhoun Bail Bonds
Ms. Kristina Marie Campbell-
Thomas

Ms. Virginia Carnahan
Mr. Dell and Mrs. Lillian Cason
Dr. Fernando Castro
CDS Family & Behavioral
Services, Inc.
Ms. Marina Cecchini
Central Florida Electric
Cooperative, Inc.
Rev. Ross Chandler
Ms. Rachael Channing
Ms. Abbie Chasteen
Ms. Mabel Che-Tuma
Ms. Shaquana Childs
Citizens Commission on
Human Rights Florida, Inc.
Class A Entertainment Alliance
Ms. Andrea Clayton
Coffee News
Community Foundation of
North Central Florida
Ms. Andrea Cooper
Cornerstone Financial Group
Mr. Kevin and Mrs. Sarah
Coulson
Ms. Candice Cox
Cox Communications
CPCU Society of North Central
Florida
Ms. Amanda Craig
Ms. Terri Crawford
Mr. Austin Creel
Crevasse's Regency Florist
Crisper's
Ms. Ashley Curtis
Dance Alive National Ballet
Ms. Gwendolyn Daniels
Darabi & Associates
Ms. Sadie Darnell
DATIS Payroll Processing, Inc.
Ms. Shayla M. Davis
Dean, Mead & Bovay
Ms. Dana Dennis
Ms. Debra Dewein
DEX Imaging, Inc.
Mr. Peter and Mrs. Linda
Divergilio
Ms. Candice Dickerson
Mr. Michael DiSalvo
Ms. Sharonda E. Dixon
Ms. Taress Dixon
Dr. Calogero Dolce
Dominion Diagnostics, LLC
Ms. Jeanette Draughon
Ms. Tracey Duncan
Mr. John Dunlap
Ms. Sable Dye
Mr. John Edwards, Jr.
Ms. Heather Edwards

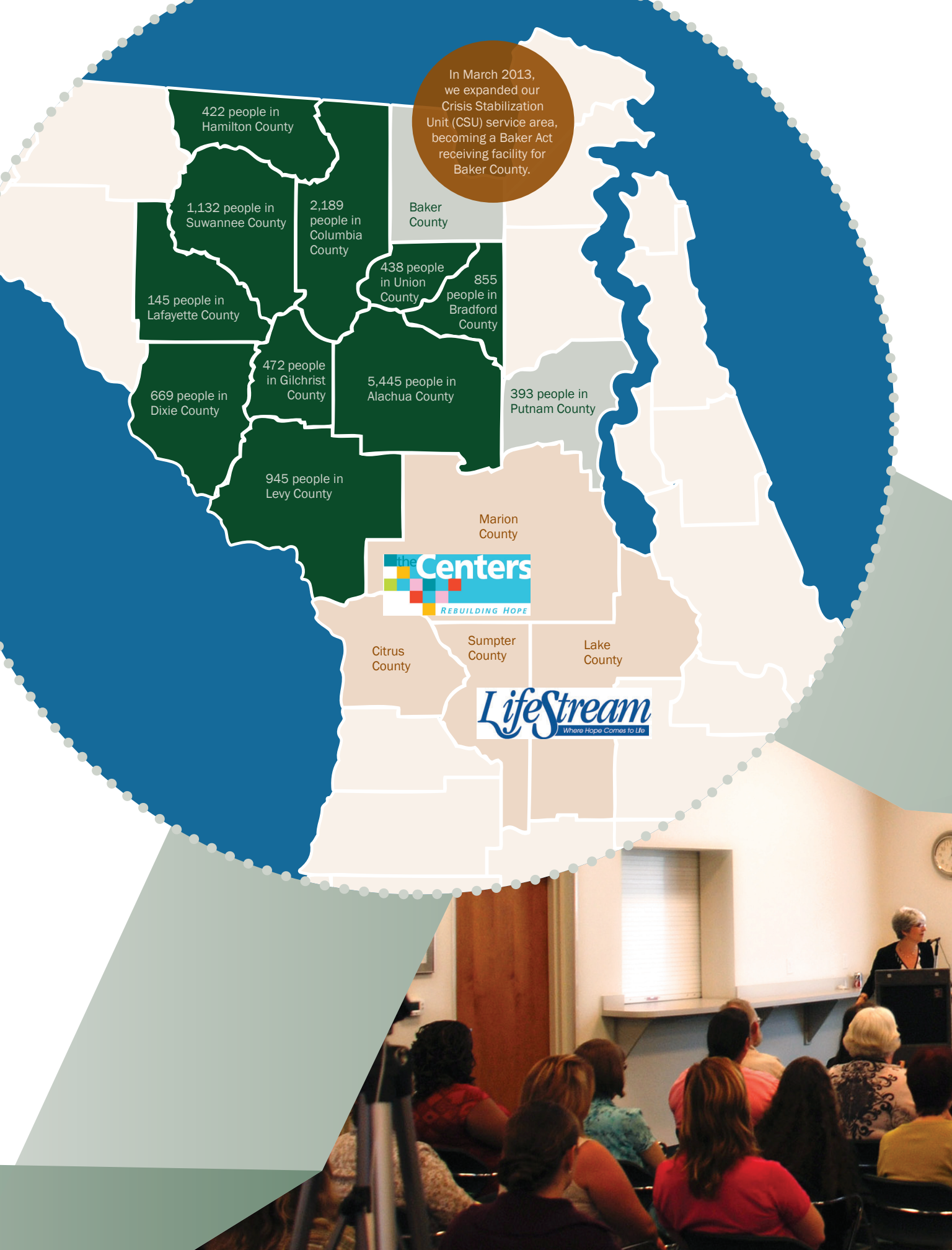
Ms. Tanya Edwards
Ms. Susan Eichner
Ms. Karyn Lockerman Elliott
Embers Prime Steaks Wood
Grill
Mr. Phillip and Mrs. Barbara
Emmer
Ms. Carolyn Evans
Ms. Lynda Evans
ExacTech
Fairfield Inn & Suites - Lake City
Family Christian Stores
Mr. Fedrick Francois
First Baptist Church of Lake
Butler
First Federal Bank of Florida
Florida Food Service
Dr. Sarah G. Frazier
Fresh Market
Friends of the Library
Ms. Paula Varnes Fussell
City of Gainesville
Gainesville Community Ministry
Gainesville Health & Fitness
Center
Gainesville Regional Utilities
Gainesville Sun
Gainesville Television Network
Mr. David Garland
Ms. Joanne Gibson
Giggle Magazine/Irving
Productions
Girl's Place, Inc.
Ms. Carrie Glebe
Mr. Jason Goble
Ms. Dedrie Godbolt
Dr. Mark Gold
Ms. Tori Ann Godwin
Ms. Rebecca Christine Goforth
Mr. Joseph Graden
Ms. Barbara Graeber
Gray Construction Services,
Inc.
Mr. Todd and Mrs. Cindy Gray
Greenberg Traurig
Ms. Marlene Greenspan
Golf & Tennis Etc. of
Gainesville
Ms. Sherrie Guthrie
Ms. Kelly Haggerty
Ms. Raellen Hale
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Ms. Damita Hartz
Ms. Dawna Marie Haswell
Haven Hospice

Ms. Bruna Herbert
Heritage Bank of the South
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Dr. Joel & Mrs. Sherry Houston
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Mr. Shaun Jacobs
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Janssen Pharmaceutical
Ms. Kathryn M. Jemmott
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Mr. Kirk and Mrs. Michelle Klein
Ms. Jackie Knabel
K-Country/WIND-FM
Dr. Maggie Labarta and Mr. Jon Cherry
Mr. Norman and Mrs. Melody LaFlam
Ms. Saundra Lager
Lake City News Advertiser
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Mr. Matthew and Mrs. Stacy Lang
Lang Jewelers, Inc.
Ms. Traci Elizabeth Lapierre
Ms. Shabreal Lasseter
Mr. Martin E. Laughlin
Ms. Kimberly Jeanne Law
Larry Turner, Peg O'Conner & Ron Kozlowski, Lawyers
Ms. Sharelle B. Lawton
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Ms. Danielle Little

Mr. Marty Liquori
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Ms. Rachel MacCallum
Marketing Mud/Liquid Creative
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Ms. Sara Mihlfeld
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Mr. Isaiah B. Minter
Moe's Restaurant
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Mr. Brooks Nelson
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Ms. Katrina M. Poleon
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Publix
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Mr. Carlos and Mrs. Omi Risco
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Ms. Connie Rollberg
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Rotary Club of Williston
Mr. David Rountree
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Ms. Carey Ryan
Dr. Michael and Mrs. Mary Ryngaert
Mr. Gerald and Mrs. Nancy Salamon
Dr. Jackson and Mrs. Layne Sasser
Mr. Donald and Mrs. Karen Savoie
Ms. Stacy A. Scott
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Mr. Christopher B. Scuderi
Ms. Loretta G. Servance
Shands Healthcare
Shands VISTA
Shey Founsaion, Inc.
Ms. Martha Shonter
Mrs. Melanie Shore
Mr. Kevin and Dr. Ann Shortelle
Ms. Larshon M. Sims
Ms. Linda Skalsky
Mrs. Roslyn C. Slater
Ms. Nicole Smigielski
Ms. Ann Smith
Mr. Jamel T. Smith
Mr. James O. Smith
Mr. Rod and Mrs. Deidre Smith
Ms. Ann Smith
Mr. Shannon Smith
Ms. Shequel Smith
Ms. Viola Smith
Smith Asset Management Company, LLC
Mr. David Snow
Solantic Walk In Urgent Care
Ms. Sequita J. Solomon
Mr. John and Mrs. Sheila Spence
Simply Skin
Spirit of Faith Christian Center of Gainesville
Mr. Christopher and Mrs. Cindy Stanton
State Attorney's Office, Circuit 8
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Ms. Cheryl A. Stephens
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Mr. Fred and Mrs. Jennifer Stull

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SunState Financial Solutions
Sylvan Learning Center
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Ms. Taungi Taylor
TD Bank
Terri's Sweet Tweets
Ms. Tamara Thomas
The Trophy Shop
Three Rivers Legal Services
Ms. Mary Ellen Todd
Tracel Fashion
Ms. Ruth Trimmer
Trinity United Methodist Church
Ms. Betsy Trobaugh
Mr. Russell and Mrs. Marlene Tuttle
United Church of Gainesville
United Way of North Central Florida
University Athletic Association
University of Florida Performing Arts Partners Program
University of Georgia
Ms. Melissa Urrutia
Ms. Leah Vail
Mr. Anthony Valentino
VALIC
Mr. Henri and Mrs. Johanna Van Rinsvelt
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Mrs. Sylvia Waldman
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Ms. Ronda Washington
Ms. Aktaveya Watkins
Ms. Heather Weitz
Ms. Eileen Westwood
Ms. Pamela Westwood
Whiddon Construction Company
Ms. Antoinette J. Wilcox
Mr. Robert and Mrs. Diane Wilford
Ms. Phillis Williams
Ms. Rosa B. Williams
Willis of Florida, Inc.
Mrs. Kelli Winkell
Mr. Aflis Wilson
Ms. Shannon Wilson
Ms. Linda Wolf
Ms. Cindy Woodruff
Ms. Patricia Yates
Ms. Regina Freeman Yates
Mr. Chengzhi Zhao



In March 2013,
we expanded our
Crisis Stabilization
Unit (CSU) service area,
becoming a Baker Act
receiving facility for
Baker County.

422 people in
Hamilton County

1,132 people in
Suwannee County

2,189
people in
Columbia
County

Baker
County

438 people
in Union
County

855
people in
Bradford
County

145 people in
Lafayette County

472 people
in Gilchrist
County

5,445 people in
Alachua County

393 people in
Putnam County

669 people in
Dixie County

945 people in
Levy County

Marion
County



Citrus
County

Sumpter
County

Lake
County



Paving the Pathway to Wellness

On Wednesday, June 26, 2013, Meridian, the Centers (Marion and Citrus Counties), and LifeStream Behavioral Center (Lake and Sumpter Counties) announced plans to form a new organization to allow the development of regional Centers of Excellence, expand capacity and skill, promote growth, and be positioned for the new healthcare market. A Letter of Intent for an affiliation was signed at a press conference, with the CEOs and Board Chairs from each organization delivering information and fielding questions from the media and other attendees.

"What we have here is a really a unique situation where there are three very successful organizations that have a reputation for excellence; a reputation for being innovative...in order to meet the healthcare needs of the people that we treat," said Maggie Labarta, Ph.D., Meridian's President/CEO, "This is an opportunity to combine strengths...Ultimately, it will benefit the people that we are all so dedicated to serving."

Consumers remain top priority. Each of the three organizations has unique clinical strengths and together service availability can be supported across the entire region; local services will be supported by a larger pool of expertise. Consumers can expect to continue to receive care from the same clinicians they have come to trust with their healthcare needs, and at the same locations.

Connect with us online

mbhci.org

facebook.com/mbhci

foursquare.com/mbhci

instagram.com/mbhci

linkedin.com/company/meridian-behavioral-healthcare-inc.

pinterest.com/mbhci

twitter.com/mbhci

youtube.com/mbhci



For full coverage of the affiliation press conference, visit www.youtube.com/mbhci.



The pathway to wellness
starts here...

Main Office:
4300 SW 13th Street
Gainesville, FL 32608

800-330-5615

352-374-5600

www.mbhci.org



Serving people in North Central Florida and beyond, with offices in
Alachua • Bradford • Columbia • Dixie • Gilchrist
Hamilton • Lafayette • Levy • Suwannee • Union