

2009 Annual Report To Our Communities

Choice (chois) **n.** 1 an act or instance of choosing; selection, power, or opportunity to choose; option 3 the person or thing eligible to be chosen 4 an alternative 5 an abundance or variety choose 6 something that is preferred or preferable to others something 7 a carefully selected supply **-adj.** 1 worthy of being excellent; superior 2 carefully selected

Hope (hōp) **n.** 1 the feeling that what is wanted can be turned out for the best 2 a particular instance of this feeling feeling in a particular instance 4 a person or thing in which centered 5 something that is hoped for **-vt.** 1 to look for reasonable confidence 2 to believe, desire, or trust **-vi.** desired may happen 3 [Archaic] to place trust; rely

Recovery (ri-kə-və-rē) **n.** 1 an act of recovering possibility of regaining something lost or taken away health from sickness 4 restoration or return to any condition 5 time required for recovering 6 something 7 an improvement in the economy making 9 the regaining of substances in usable products



MERIDIAN

Behavioral Healthcare, Inc.
CHOICE • HOPE • RECOVERY

*Defining
Choice, Hope & Recovery*

Com-mu-nity Con-tri-bu-tions

People Served: **30,213**

Charity Care Provided: **\$2,100,360**

Miles Travelled to Deliver Care: **870,998**

Salaries & Benefits to Local Economies: **\$21,138,639**

Additional Benefits to Local Economies: **\$4,391,938**

Total Operating Revenues: **\$31,352,530**



Mission

To promote recovery and offer solutions to those facing mental illnesses, addictions, and other social challenges

Vision

Choice, Hope, and Recovery are within everyone's reach

Values

- *Partnering* with individuals, businesses, and communities, balancing *efficiency* and *effectiveness* in all we do
- *Diversity* and the right to be respected, self-governing, and accountable
- The right to *choice* in services, housing, and work
- The power of *hope*
- Setting long-term and bold goals, including *recovery*

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Accreditation

In June 2009, Meridian received a 3-year re-accreditation from CARF, Commission on Accreditation of Rehabilitation Facilities, assuring the highest quality services possible. CARF Standards are International, rigorous and demonstrate that Meridian has the highest accountability in all areas of operations. This accreditation is evidence that Meridian strives to continually improve efficiency, fiscal health, and service delivery - creating a strong foundation for consumer satisfaction.



- "consumer oriented and proactive in the analysis of professional, environmental and organizational issues to facilitate care for persons served"
- "precise and proactive fiscal management"
- "responsive to input from consumers, employees, regulatory agencies and referral sources"
- "excellent relationship with the local community, substance abuse treatment community, and professional social service organizations"
- "has worked diligently to obtain resources to improve the quality of treatment for the persons served"
- "provides a safe haven for the persons served that allows them to address their problems in a professional, open and comfortable manner"
- "demonstrates exemplary [practice] with their weekly radio show, titled 'Meridian Community Affairs Show with Karen Rice'"

De-fin·ing Choice, Hope & Re·cov·ery

Choice, Hope, and Recovery... simple words? For Meridian, they are a powerful statement of our values, aspirations, and commitment to the community. Mental illnesses and addictions are chronic illnesses, requiring treatment and life changes for sustained recovery.

Choice is empowered by providing information, and encouraging self-discovery. Consumers receive information about their illness, the treatments available and their potential benefits, and the responsibility they need to assume. Staff help consumers understand their illness, choose the best treatment for them, and decide on the changes that will help facilitate recovery. By mobilizing the support of the community, Meridian expands treatment options and improves quality of life for everyone.

Meridian nourishes the hope needed to pursue recovery, offering encouragement, respect, and dignity. Many first come to us at a time of crisis, despairing of hope for a better life. Hope is the catalyst for change and the energy needed to tackle illness and reach for recovery. Hope is instilled through compassion, a smile, and the assurance that skilled help is available.

Bringing recovery within everyone's reach is our vision. Recovery from mental illness or addiction involves healing the body and mind, restoring the ability to make decisions, manage emotion, and cope with adversity. It requires safety and shelter, meaningful work, and loving ties; access to state-of-the art treatment and social supports until stability is regained. Meridian offers accredited treatment programs, housing, vocational, and social services that facilitate safety, work, and inclusion in the life of our communities. Recovery also requires a committed community, that understands that these illnesses affect us all, don't discriminate, and require community support to overcome.

Bringing a range of quality treatment options to the community at a time when funding is shrinking is our challenge. A continuum, offers seamless transitions between levels of care, between mental health and substance abuse, is the most effective approach, and is the most efficient use of public dollars.

We thank all of our consumers, staff, and dedicated community partners for supporting our efforts to ensure Choice, Hope and Recovery are within everyone's reach... powerful words that affect thousands everyday in our communities.



DeWayne Yates
Chair, Board of Directors

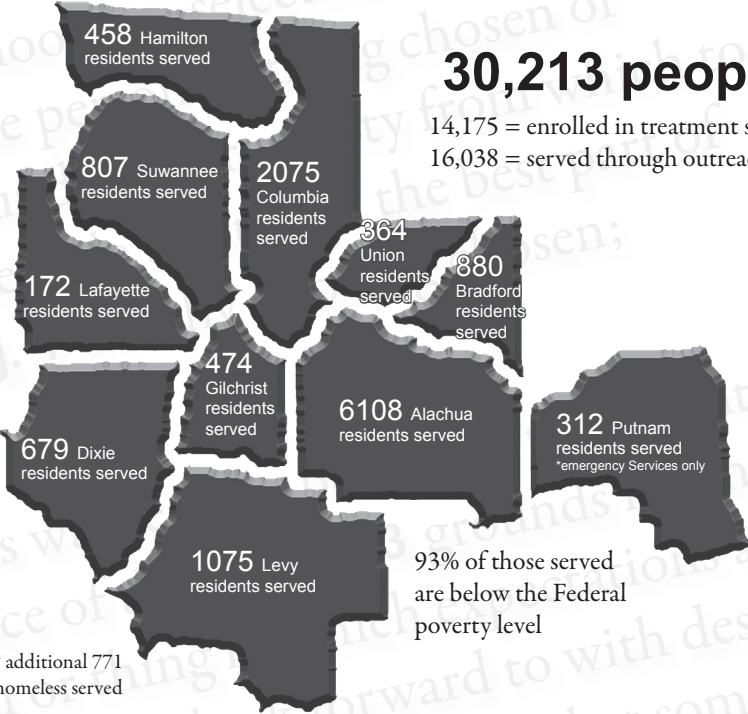
A stylized, handwritten signature of DeWayne Yates in black ink.



Margarita Labarta, Ph.D.
President/CEO

A stylized, handwritten signature of Margarita Labarta in black ink.

Com-mu-nity Based



30,213 people served

14,175 = enrolled in treatment services
16,038 = served through outreach & prevention services

93% of those served
are below the Federal
poverty level

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Board of Directors

DeWayne Yates
Chairperson
Gilchrist County

Nancy Bell
Levy County

Sharon Gay
Hamilton County

Bob Milner
Bradford County

Larry Turner
Alachua County

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Vice Chairperson
Columbia County

Sinoma Brown
Dixie County

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Bradford County

Barbara Naylor
Dixie County

Pam Ward
Lafayette County

Roslyn Slater
Secretary
Alachua County

Lillian Cason
Columbia County

Sharon Longworth
Alachua County

Irma Phillips-Maxwell
Alachua County

Linda Weseman
Alachua County

Executive Management

- Margarita Labarta, Ph.D.** - President/Chief Executive Officer
- James Winters, LCSW** - Executive Vice President/Chief Operating Officer
- Kim Golden, MBA, MHA, CHE** - Senior Vice President, Administrative Services/Chief Financial Officer
- Richard Anderson, MHS., CAP** - Senior Vice President, New Business and Specialty Programs
- Jackie Knabel, MHRM, SPHR** - Senior Vice President, Human Resources
- Karen Rice** - Senior Vice President, Advancement

Personal Journey

Diana is like many of us, her life has not been easy. Diana's story is one of choosing to find help, finding strength and hope and living in recovery.

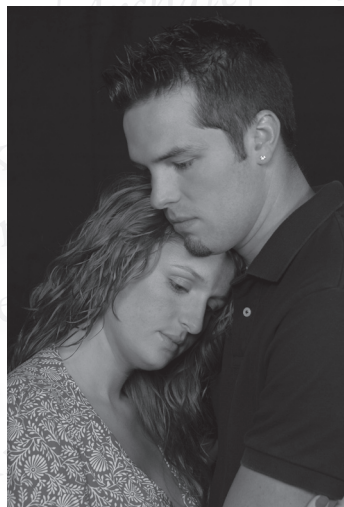
Diana can't remember a time she was not an "addict". As a young girl and into her teens, she remembers feelings of not belonging and because of severe anxiety, she attempted suicide multiple times. By the age of 13, she was using illegal drugs. Drugs quickly became something that she could not live without. Her addiction became the most important thing in her life.

"I was not a mother at all. I pretty much stayed gone. I had no relationship with any of my family members. I stole to get what I wanted. My life revolved around drugs. I didn't care who got hurt. I was killing myself. At the end, I didn't even feel human... I pretty much wanted to die."

"I knew that if someone didn't help me that I was going to have to (die). I couldn't live like that, I couldn't take it. I was so caught up in the disease, in the addiction. Deep down, I couldn't stand hurting myself, I couldn't stand hurting the people I love. I had this little girl and I just wasn't there, I couldn't be there. Even when I was in the same room with her, I wasn't really there; my mind was always somewhere else. I was always trying to escape my own self and that is how I found the escape, drugs."

"Without Meridian it would look dark and scary to me. It would look hopeless. Meridian gives us hope, maybe I can get some help, get through this. Without it there would be no support. Without it, I would not be clean; I don't know that I would even be alive. By this point, I would be dead or incarcerated."

Using the tools she learned at Meridian and accepting the support from those closest to her, she has drastically changed her life in the last couple of years. She has found strength that she didn't know existed. With that strength is a new found confidence in her ability to be a good mother and to accomplish unrealized dreams. She knows she has the power to make her day the way she wants it to be—she embraces positive thinking, and owns her decisions. Diana is in a healthy committed relationship and has a new 3 month old son. She just bought a house with her partner and has plans to marry in the near future.



Service Excellence

ACCOMPLISHMENTS

- Selected for a second Primary/Behavioral Care Integration Project: integrating primary healthcare with behavioral healthcare
- Expanded evidence-based practice initiatives in Co-occurring (mental health/substance abuse) services, breaking down silos between mental health and substance abuse and using treatment and assessment methods that are supported by research to address trauma, parenting, physical wellness, and use of medication
- Disaster Relief Team was mobilized after spring floods in a number of communities; our team provided crisis support and counseling
- Developed a new Psychosocial Drop-In Center where participants get together and plan social & community activities
- Strengthened our collaboration with community education institutions to train interns and practicum students providing training opportunities for three psychiatry fellows and 12 interns
- Provided over 50 training sessions to community partners in criminal justice, child welfare, professional associations, schools and healthcare providers
- Joined the Prevention Coalition in passing the underage drinking ordinance in the City of Gainesville
- Served on the Gubernatorial Task Force to change the language making it difficult to sell Drug Paraphernalia in Florida
- Served on the Florida Supportive Housing Coalition that creates policy recommendations for the Governor's Office
- Participated in developing the Neighborhood Resource Center in East Gainesville

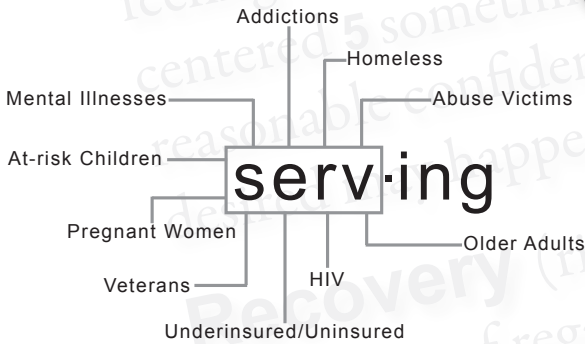
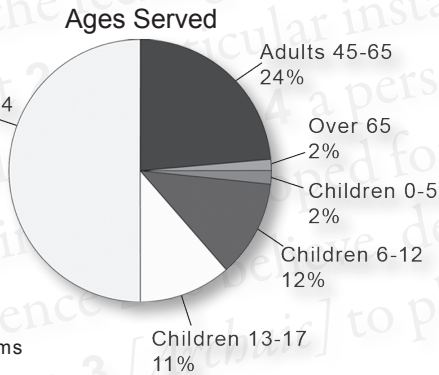
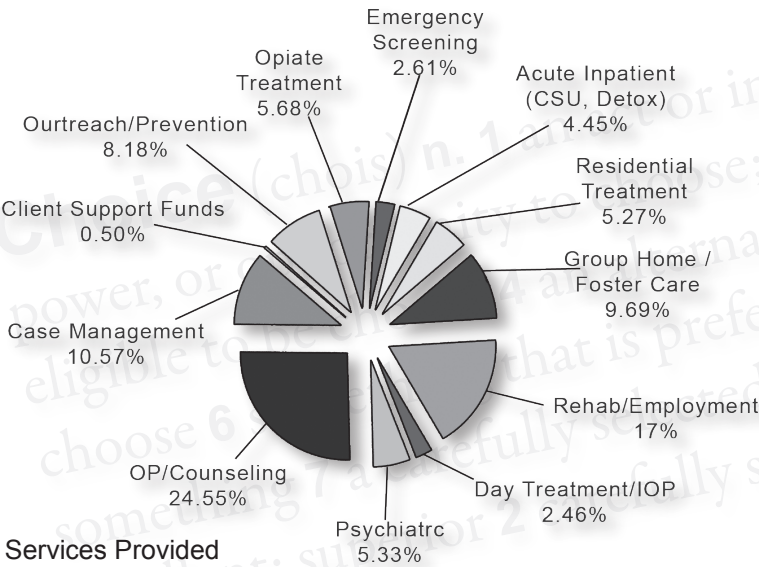
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AWARDS

- Received the Davis Productivity Award 2009: Award of Distinction for improved Jail Diversion for individuals with mental illnesses
- The Department of Children & Families SAMH office identified the Open Access Clinic Process, the Transitional Residential Program and Family Intervention Specialist Program as "Model Programs"
- Staff member Carol Miller was recognized Statewide as Addiction Professional of the Year 2008 for her work with the CARE Program



Service Continuum



Com-mu-nity En-gage-ment



Gen-er-ous Sup-port

INDIVIDUALS

Dr. Lawrence Adu
Ms. Tina Alfieri
Mr. Richard Anderson
Com. Nancy Bell
Ms. Wanda Bergman
Mr. Richard & Mrs. Pat Berne
Ms. Sara Blackford
Mr. Ross Bragdon
Mr. Jim Brand
Mr. Blas Brown
Mrs. Sinoma Brown
Ms. Donna Brownlee
Ms. Suzanne Bunting
Ms. Jennifer Carver
Ms. Marina Cecchini
Ms. Rachael Channing
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Ms. Sandra Graham
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Ms. Grace Hadeed
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Richard & Marlene Hanna

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Ms. Carla Jones
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Ms. Ruth Kovner
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Mr. Phillippe Rott
Mr. & Mrs. Clair Saah
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Mrs. Roslyn Slater
Mr. Gary Slaughter
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Ms. Martha Snider
Ms. Jody Soler
Ms. Jill Spellman
Ms. Betty Strayer
Ms. Rhonda Stroman
Fred & Jennifer Stull
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Mr. W.C. Thomas
Ms. Ester Tibbs
Mr. Murray Tillis

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 Ms. Ruth Trimmer
 Mr. & Mrs. Tom Umlauf
 Ms. Melisa Urrutia
 Ms. Helen Viola
 Mr. Chris & Ms. Sara Wall-Bollinger
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 Mrs. Mary Jane Weaver
 Ms. Linda Weseman
 Ms. Eileen Westwood
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 Mr. & Mrs. Jim Winters
 Mr. Laurence Zarobinski

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