



wellness within everyone's reach

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“The MIST program provides our clients with HOPE - the hope that they can live a healthy, sober life alongside motherhood. We provide them the tools they will need on a daily basis to be able to withstand the trials of the world. The program gives clients the support they need as they work on accomplishing their goals towards recovery and wellness.”

Michelle Esau
Counselor III, MIST program
Gainesville, Fla.



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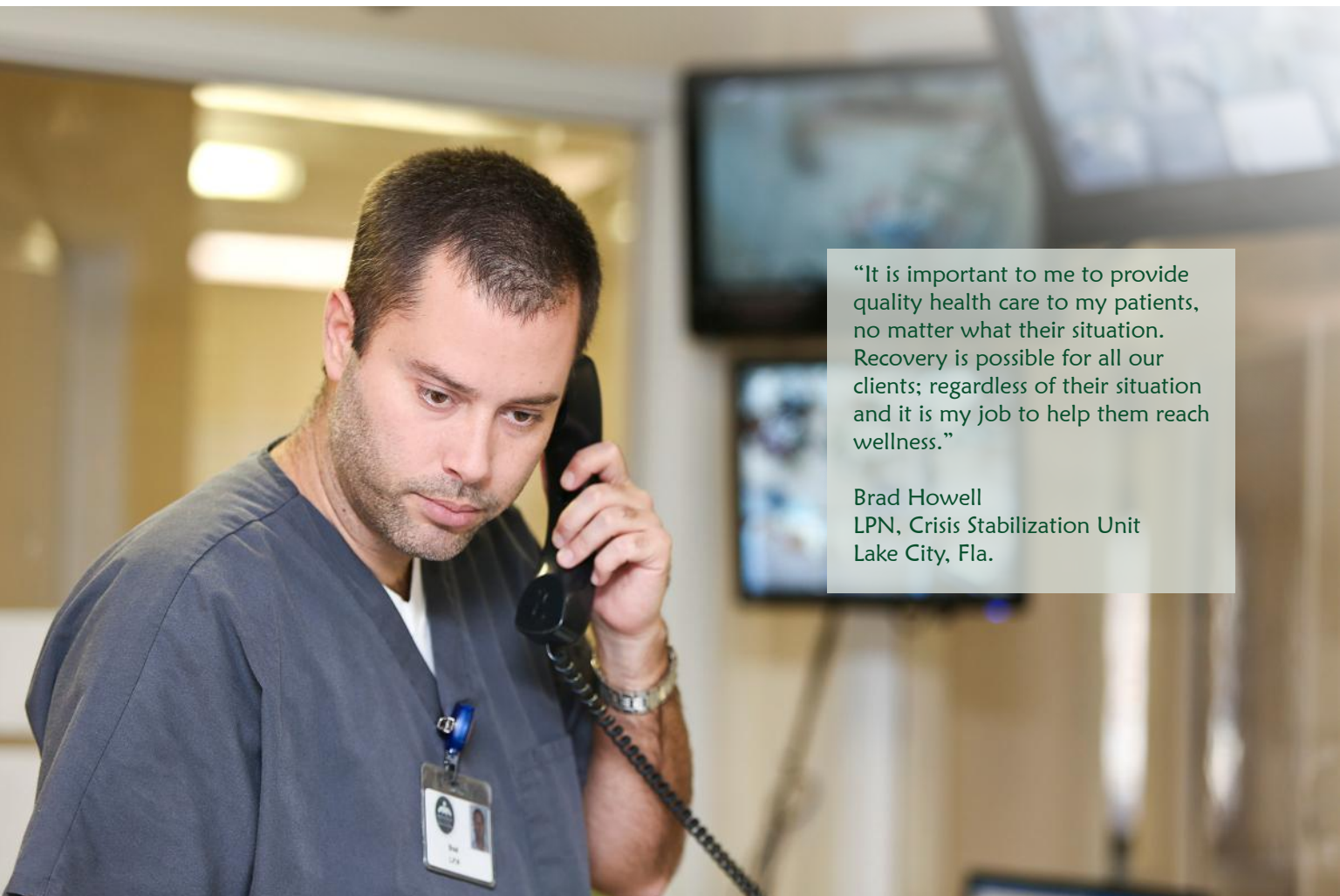
On July 30, 2012, Meridian was awarded a three-year accreditation by CARF (the Commission on Accreditation of Rehabilitation Facilities) International. This highest degree of accreditation signifies Meridian's commitment to continuously improving services, encouraging feedback, and serving the community.

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** within everyone's reach.



“It is important to me to provide quality health care to my patients, no matter what their situation. Recovery is possible for all our clients; regardless of their situation and it is my job to help them reach wellness.”

Brad Howell
LPN, Crisis Stabilization Unit
Lake City, Fla.



Reaching Wellness

Our focus at Meridian continues to be expanding wellness, for our clients and patients, our staff, and our entire community. Wellness has as many definitions as there are people; it can be specific to a person or a community. Some describe it as a state of being – one in which mind, body, and spirit are in harmony. Others describe it as an active process through which we strive to achieve balance by making healthy lifestyle choices. At the community level, wellness depends on the degree to which residents can pursue wellness and whether there are the resources needed to facilitate wellness. This includes recreation, enrichment, healthcare, poverty reduction, and much more.

While Meridian's core focus is on individuals, we are also focused on what we can do to improve the pathways to wellness in the communities we serve. Our staff work with clients and patients on a daily basis, helping them manage their illness, change their behavior, and take positive steps to go beyond relief of suffering to promoting a sense of hope and well-being – that sense is what allows us to connect to others and contribute to our community in meaningful and satisfying ways. This focus has meant increasing involvement with the rest of the healthcare system, ensuring that our patients' care at Meridian is coordinated with that of other providers. We are integrated into the area's first health information exchange, *My Health Story*®.

In this report, our staff share some of those things they find most meaningful as they help others achieve a sense of wellness. We encourage our staff to pursue wellness through fitness challenges, opportunities to engage with other staff in healthy activities, networking and participation in community events, and celebrations of Meridian's work and co-worker achievements. Our Wellness Fairs help staff identify risks to their own health and wellness and connect them with resources. As a tobacco-free campus, we encourage staff and clients to seek help with smoking cessation and provide an environment that excludes exposure.

Our communities matter, too. Meridian is working across our counties in partnerships with local agencies and county government. Through those partnerships we provide housing assistance, counseling services at a variety of non-Meridian sites, and criminal justice diversion services that allow individuals to transition into a stable life situation. Treatment is not the only avenue to wellness, and often treatment alone is not enough. Through treatment and supportive services, Meridian facilitates recovery. By helping people live fully in their community we facilitate wellness and a healthier community for everyone.

Join us in our vision: hope, recovery, and wellness within everyone's reach.

Maggie Labarta, Ph.D.
President/CEO



“The success of the Forensic Team is observing clients using the tools they have learned in the program and providing them wellness in their everyday lives. To many this may be having a place to live, benefits, friends and basic needs. Community support is critical for jail diversion efforts. Public safety and the wellness of the community are increased when we divert persons with mental illnesses out of the criminal justice system. This will also decrease homelessness, crisis situations, and public risk.”

Leah Vail
Forensic Program Director
All Meridian locations

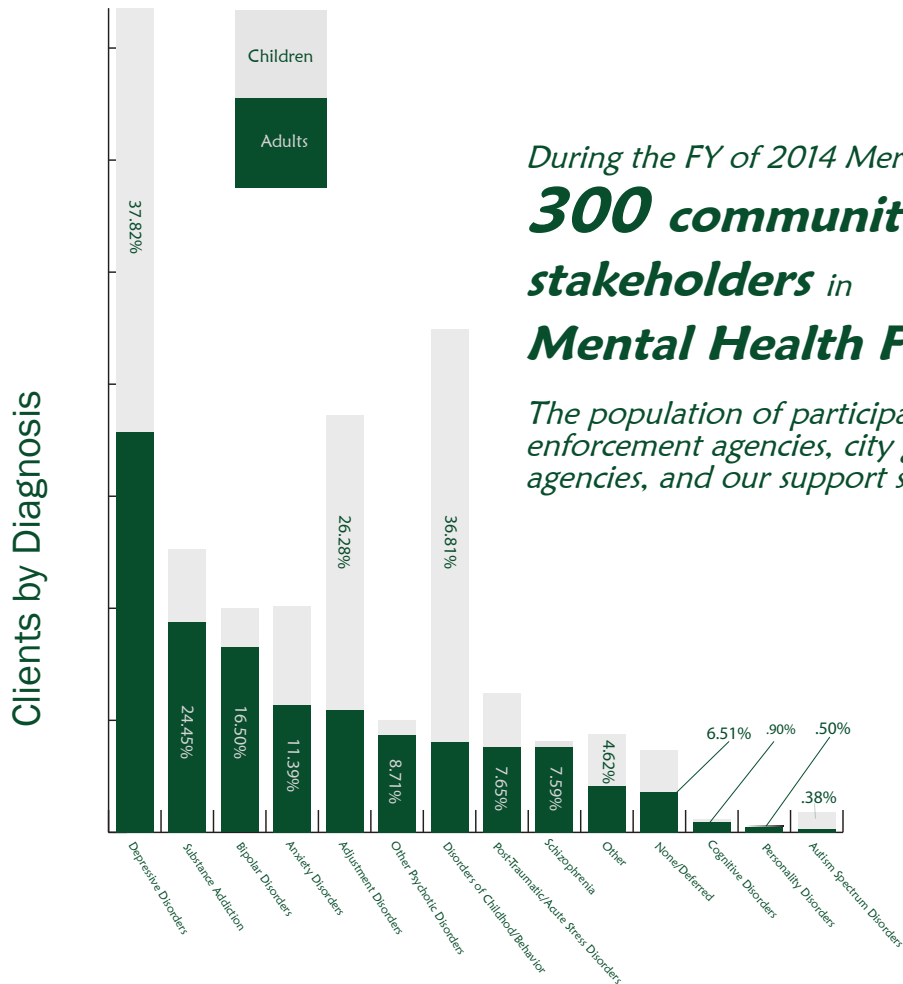
Meridian’s Forensics program has continued to achieve significant reductions in criminal behaviors, arrests and jail time among those we served.

*During FY 13/14 over **85% of program participants remained in the community** and over **75% successfully completed** the Jail Diversion program resulting in the **diversion of 51 individuals** from the State Hospital.*

Healthcare Utilization

	Children	Adults
Counseling Services	2870	5264
Psychiatric Services	1557	6154
Rehab Services	n/a	214
Medication Assisted Treatment Services	n/a	859
Family Services	180	395
Care Coordination Services	204	382
Forensic Diversion Services	n/a	949
Detox	4	593
Crisis Stabilization Units	548	1905
Bridge House	n/a	335
MIST	n/a	32
Recovery	57	n/a
Supported Housing	n/a	17

*Numbers were formed in November of 2014 and do not reflect any changes past that date.



During the FY of 2014 Meridian trained **over 300 community members and stakeholders** in **Mental Health First Aid.**

The population of participants ranged from local law enforcement agencies, city government, non-profit agencies, and our support staff internally at Meridian.

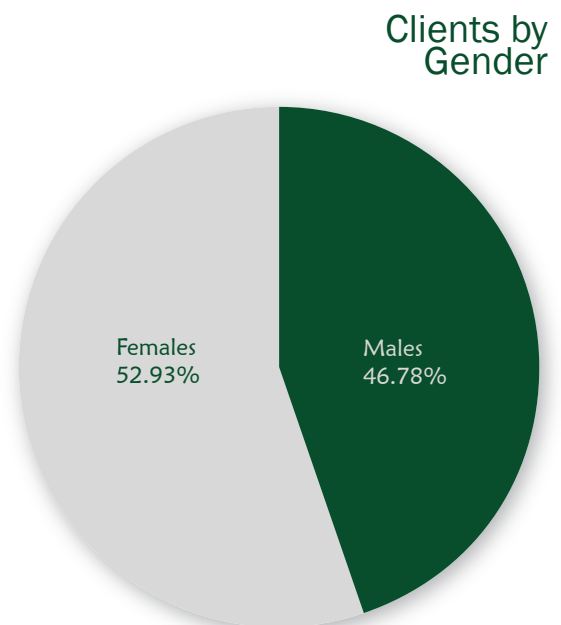
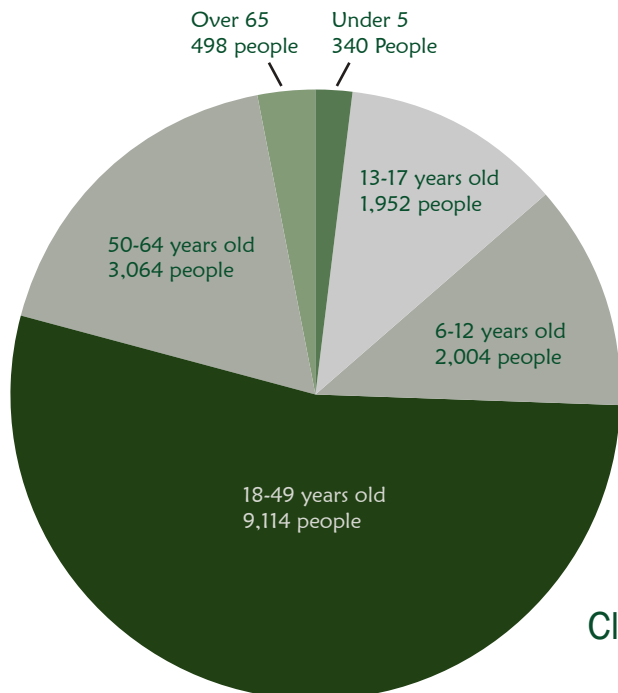
“Clients come to us in an attempt to prevent crisis or deal with a crisis that is currently overwhelming them. We are here to help them get care and maintain their lives in the community. I believe to our clients wellness means feeling good, having good relationships, stable finances and being a respected part of their communities.”

James R. Porter, Ph.D., LMHC
Program Manager, Outpatient Mental Health
Lake City, Fla.





Meridian's **first specialty ADHD clinic** was developed and implemented at the Gainesville campus. The clinic will provide both children and their parents with best practices and services for children diagnosed with ADHD.

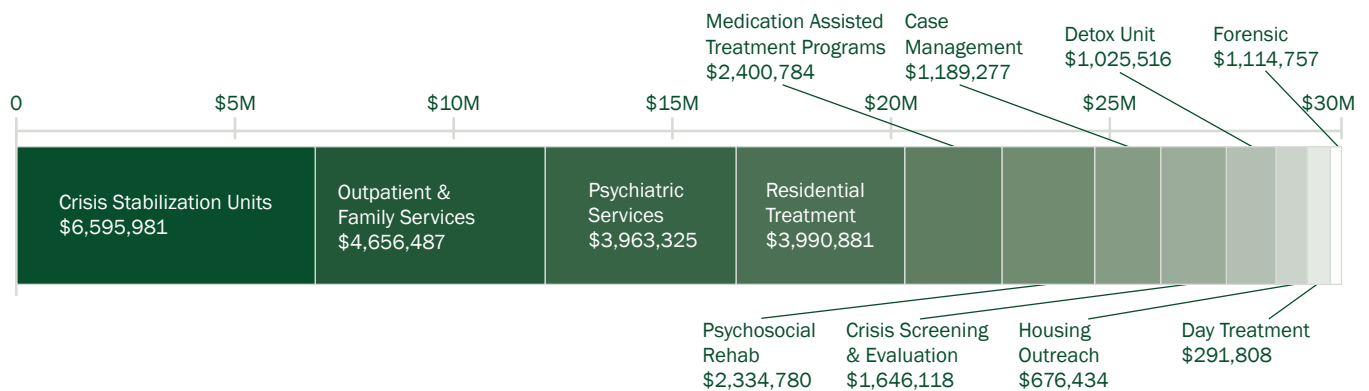


Top Left: Front porch of the Jasper (Hamilton County) location.

Lower Right: Group therapy room in Suwannee County location.

Last year we touched **18,932 lives**
with **288,379 service visits**.

Community Expenditures, by program





“The ropes course at Meridian helps participants reach wellness by giving them a chance to challenge themselves intellectually, emotionally, and physically in a supportive group setting. Success is measured by the quality of the journey, not by reaching the destination.”

Richard Niblack
Counselor IV, Ropes Course
Gainesville, Fla.

Accomplishments

- **Supportive Services for Veterans and their Families** – Received renewal of a three-year grant providing three million dollars in funding to ensure veterans who are at risk of homelessness and their families can remain housed and receive services to support that housing permanence.
- **Pre- and Postpartum Program** – Expanded the capacity to provide long-term residential treatment to women who are pregnant and/or have young children and are addicted to drugs, providing pre-natal care, parenting education, vocational and housing assistance either directly or in cooperation with partner agencies including Healthy Start, UF Health, and the Florida School of Midwifery.
- **Criminal Justice Mental Health Substance Abuse Reinvestment Grant** – Received third award in partnership with Alachua County to provide services to individuals with mental illnesses and substance use disorders to divert participants from the criminal justice system into appropriate levels of care. The program often works in conjunction with County criminal justice staff to ensure that participants are complying with their treatment needs and public safety is maintained. Program participants experience fewer arrests, spend less time in the justice system, and remain engaged in treatment, leading to a better quality of life. The program has served as a statewide model and has been acclaimed for its success.
- **Families' Intensive Treatment Team** – Provides intensive treatment to parents whose substance abuse puts their children at risk for abuse and neglect. While the initial target is the parent, services wrap around the entire family and include treatment and supportive parent mentors.

- With increased recognition that substance use disorders require effective treatment, Meridian has been able to expand its options for **Medication Assisted Treatment** for opioid and alcohol addiction. Our existing programs, focusing on Methadone and Vivitrol remain strong. Through new funding opportunities we have been able to maintain the Methadone component (now serving over 500 individuals) expand Vivitrol and add Suboxone. These offer shorter term treatment options for those who need medication assistance overcoming addiction. Medications are seen as part of a comprehensive program that includes therapy and participation in NA or AA.
- **Mental Health First Aid™ (“MHFA”)** – While Meridian has been offering MHFA for several years, Meridian now has trainers certified to teach courses specially developed for those who work with youth, law enforcement, and Veterans.
- **Services to children in schools** –Through key partnerships particularly in our Northern region, Meridian has been able to provide needed services to children in rural areas, where access to Meridian clinics can prove difficult for some families. In the Tri-County and Gainesville areas, Meridian clinicians are trained in Eye Movement Desensitization and Reprocessing (EMDR) therapy. Meridian’s first ADHD clinic was created, providing children and parents with best practice services for ADHD children.
- Implemented a new **Electronic Health Record (EHR)** that decreases staff time to record services, better tracks services and captures revenue related to those services, and helps manage an ever more complex mix of reimbursement sources.
- Meridian has coordinated services with **Grace Marketplace** and is currently providing on-site services daily in the form of outreach, prevention, screening and benefits coordination.

“Many of our clients come to us scared, nervous and unsure of what to expect. I approach them with a positive attitude, open mind and try to lead by example in order to help guide them in the direction of wellness.”

Donalle Reed
PRN CNA, Crisis Stabilization Unit
Lake City, Fla.



Thank you for helping us provide wellness within everyone's reach

The following is a compilation of all donors who made gifts during the 2014 fiscal year. Great care was taken when preparing this list. If there are errors, please bring them to our attention by contacting the Advancement Department at zoe_seale@mbhci.org or 352-374-5600x8187.

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*Denotes Gift-in-Kind



University of Florida College of Pharmacy students present Patricia Jeter with a donation check for the MIST program. The money will be used to decorate and furnish the program's nursery.

Building wellness



2014 was a big year for Meridian. We broke ground on a new building at the Gainesville campus and started the planning for creating a “health home” for our clients.

As service volume and the number of programs have grown, the need for clinical and administrative support space has expanded.

A shortage of space at Meridian has existed for several years.

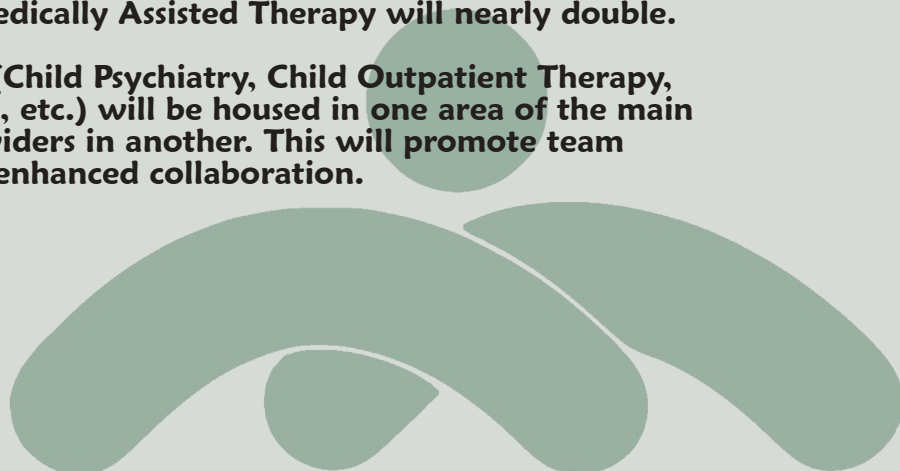
The new building will house administrative and support

services, allowing for the expansion of clinical space in our existing buildings. This will provide client care in a more comfortable and therapeutic space.

The initial phase of the new building is scheduled to be completed February 2015. The construction of the first floor will meet our current administrative/support space needs. The second floor was framed in anticipation of future growth. Installation of an elevator, a public stairway and second floor work areas will be completed as funds become available. Once the administrative departments have moved into the building, the real work starts.

Meridian’s priority will be to expand and reconfigure in order to have more clinical space. There are several projects and initiatives that will benefit from the completion of the new building and with your support Meridian can continue to provide wellness to everyone it serves.

- **Inpatient Detox unit will gain four two-bed patient rooms.**
- **Space for primary care clinic will be constructed in the main building.**
- **Clinical space for the Medically Assisted Therapy will nearly double.**
- **Child service providers (Child Psychiatry, Child Outpatient Therapy, Child Case Management, etc.) will be housed in one area of the main building, and adult providers in another. This will promote team interaction and lead to enhanced collaboration.**





In October 2014 Meridian added new sidewalks spanning from Bridge House to the Lodge at Meridian. These new sidewalks now provide clients and employees of Meridian safe passage to and from buildings.



During the fall of 2014 Meridian renovated the Crisis Stabilization Unit (CSU) in Gainesville. A generous donation by Ted and Hallie McFetridge has made it possible to add a third screening room that will be used to ensure that minors screened in our Gainesville location are kept separate from adults.



In preparation of Meridian's renovations the main campus parking lot has been repaved to create more space and a safer environment for all who utilize the parking area.

Visit us

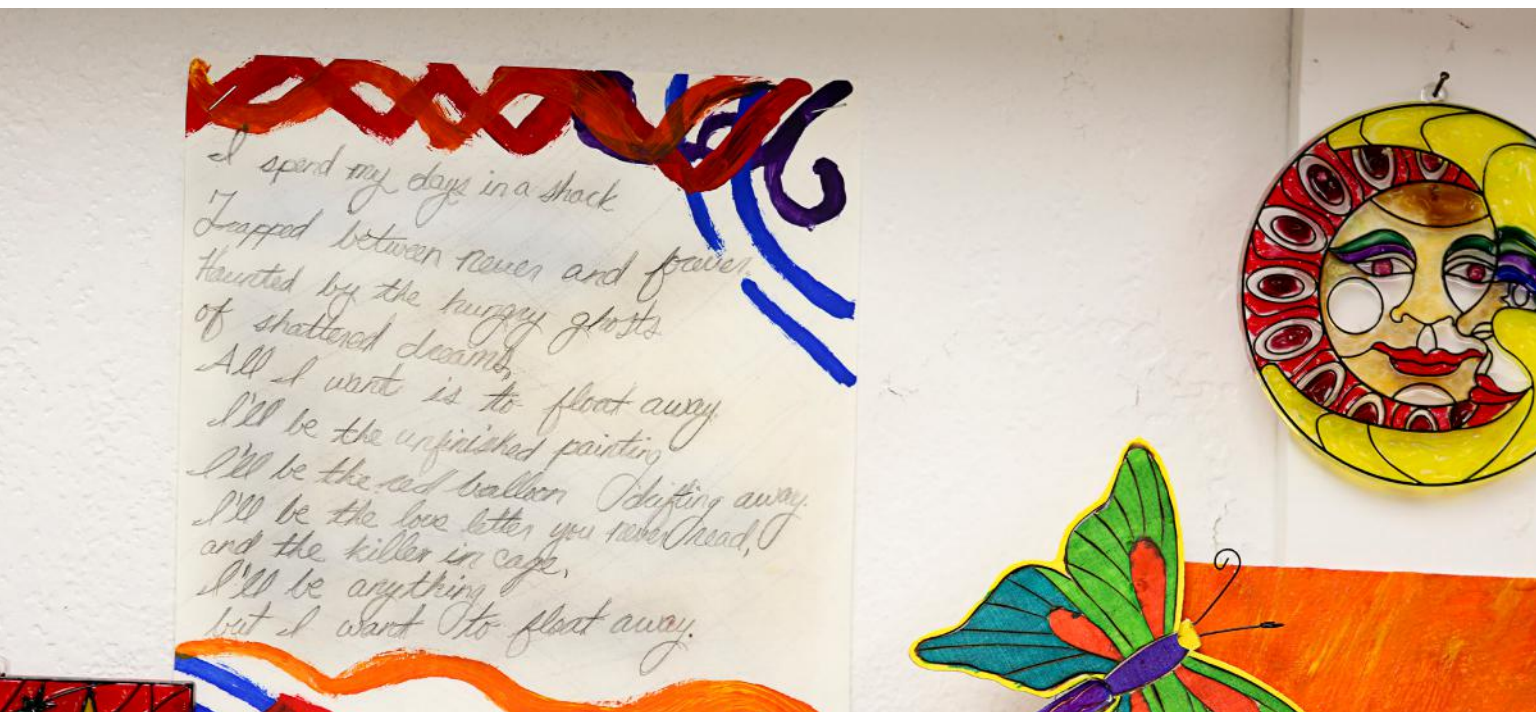
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Client artwork hanging on the wall of Meridian's Lake Butler location.



Promoting wellness to people in North Central Florida and beyond...

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