



## BOARD OF DIRECTORS

Sinoma Brown  
Chairperson  
*Dixie*

Deborah Gordon  
Vice Chairperson  
*Union*

Susan Summers  
Secretary  
*Columbia*

Jeff Feller  
*Alachua*

Jodi Irving  
*Alachua*

Irma Phillips-Maxwell  
*Alachua*

Sharon Longworth  
*Alachua*

Bryan da Frota  
*At Large*

Paul Metts  
*At Large*

Christina Seifert  
*Columbia*

Roslyn Slater  
*Emeritus*

Patricia Yates  
*Gilchrist*

Sharon Gay  
*Hamilton*

Becky Sharpe  
*Lafayette*

Natasha Allen  
*Levy*

John Martz  
*Suwannee*

Dear Future Resident,

We, the staff of the Mother's Intensive Supportive Treatment (MIST) program at Meridian Behavioral Healthcare would like to extend a warm welcome to you. We are honored to be assisting you on your path towards recovery from substance abuse. As a part of your recovery treatment, we will focus on providing several unique healing techniques such as relapse prevention, parenting skills, and personalized care. Our role is to guide you on your personal journey to health, recovery, and wellness.

The MIST treatment team includes clinical staff from a variety of backgrounds, all specializing in the treatment of addiction disorders and co-occurring mental health concerns. The MIST team includes licensed clinicians, master level counselors, recovery counselors, recovery specialists, nurses, and physicians. Our staff is dedicated, compassionate, and passionate about your recovery and well-being. Our goal is to create a safe and inclusive family environment that allows room for stability and connection while you are healing. The foundation of the MIST program is rooted in the belief that the family connection is necessary for healing to truly begin and to be as effective as possible. We strive to enhance the ability for life-long recovery, the reunification of families, and for more babies to be born drug free.

Attached you will find information that will be helpful in preparing for your admission to the MIST program

With open arms and open hearts we welcome you to the MIST program at Meridian Behavioral Healthcare. We are deeply honored to assist you in your healing and look forward to walking the road of recovery with you.

Sincerely,

Rhonda McEntire, LMHC  
Program Manger of MIST



Main Office: 4300 SW 13<sup>th</sup> Street, Gainesville, FL 32608  
352.374.5600 • 800.330.5615  
TTY Area 800.955.8771 • TTY Local 800.955.8771  
mbhci.org

AN AFFILIATE OF  
**PROGRESS**  
HEALTH SYSTEM



## Admission to the MIST Program Packet

Thank you for your interest in **Mother's Intensive Supportive Treatment** program with Meridian Behavioral Healthcare. The following packet contains everything you need to apply for admission into the MIST program. Please read this packet carefully and complete all parts before returning it to your MIST Admission's Counselor.

Please use the following check list to guild your process

- Review the attached documents about MIST** to insure the program will fit your needs.
- Call Meridian's Access Center** at 352-374-5600 option 2 between 8am-6pm Monday-Friday to be screened and assigned a counselor.
  - My counselor is \_\_\_\_\_
  - Extension: \_\_\_\_\_ or x5155
  - Email address: AccessCenter@MBHCI.org
  - Fax number: (352) 244-0308
- Complete a phone interview with MIST's director.** Your admission's counselor will coordinate this interview.
- Submit a recent (less than 30 days old):**
  - Physical
  - Tuberculosis Test
  - Proof of Pregnancy

If you have a Primary Doctor or OB/GYN, they can fax these records to (352) 244-0308. If you don't have Primary Doctor or OB/GYN, let your counselor know and they will give you a referral to our primary care clinic.

- Submit List of current medications** (prescription or over the counter)
- If you are bringing a dependent child,** submit their shot records.

- **Submit a letter** explaining why you're interested in MIST; please include information on your substance use (substances used, age when you started using, frequency, amount and date you last used). The goal of this letter is to explain to the doctor and our treatment team why you're a good fit for the program.
- **Fill out Release of Information** (attached). If you would like us to speak to *anyone* (medical facilities, family members, PSF, DCF, legal representatives, or any other individual or organization that is not you) regarding your treatment and admission, we must have a Release of Information (ROI) form on file. You must fill out a separate ROI for each individual or organization.
- **Complete financial counseling.** This step will happen after the above paperwork has been submitted and approved by MIST's MD. *If you do not receive a phone call from a Financial Counselor within 3 business days of submitting your completed paperwork, contact your counselor.*
- **Keep updated phone number on file and make contact every 30 days.** At this point, you will be added to MIST's waitlist. We will contact you as soon as a bed becomes available. Your counselor has no control over bed placement. You will be responsible for keeping an updated phone number on file with us. You will be removed from the waitlist if we cannot contact you.

## Brief MIST Program Orientation

The following is a brief overview and is not intended to be a complete orientation to the program or review of all the rules/procedures of the program. A complete orientation is completed during your 1<sup>st</sup> week of treatment.

1. There is no tobacco use allowed at MIST. We are a tobacco free program. There are no smoke breaks and use of tobacco and e-cigarettes are not allowed at any time.
2. You will be sharing a room. Room will be switched as needed throughout your residential stay.
3. The time frame for treatment is 7-12 months. Your treatment time will depend on your legal status and behavior. Example, if probation requires you to be in the MIST program for 12 months we will not change the time frame.
4. You are required to attend 20 hours of treatment weekly.
5. As a mother, you are expected to parent, monitor, and nurture your child and not another mother's child. You are not allowed to hold or discipline another mother's child. You are not allowed to spank, hit, scream, or curse at your child.
6. You are expected to submit to one or more urine screens weekly.
7. You are not allowed to have cell phones, laptops or tablets.
8. You may have a MP-3 player with headphone for use during approved times.
9. You are required to apply for food stamps as an individual and these stamps are for Meridian use as allowed under law to offset food costs. **If you currently have an open case as a family, they have to reapply separately.**

## Things to Bring & Not Bring to MIST

Staff will search all property including suitcases, purse and clothing. Do not bring any food or drinks. You will be sharing space with other clients.

- **Hygiene Items** (non-alcohol items will go in your room. All alcohol items will stay in staff office. *No scented items-we are a fragrance free facility.*)
  - Basket for hygiene products
  - Shampoo/conditioner/oil
  - Deodorant
  - Make-up in a small case (8.5x5.5x2)
  - Unscented lotion
  - Soap/Shower gel
  - Toothpaste
  - Toothbrush
  - Alcohol free mouthwash
  - Brush/comb
  - Hair dryer & 1 styling tool
  - Facial cleanser/moisturizer
  - Hygiene products for your infant admission counselor
- **Bedding**
  - Twin comforter or top cover (Program will provide blanket)
  - Twin sheets if desired (Program will also provide)
  - Pillow (Program will provide pillow case)
- **Children's Items**
  - Hygiene products
  - Infant fever and cold medication
  - Thermometer
  - Child's cloths
  - Stroller
  - Car seat
  - Baby tub
- **Prescribed Medication** (Refills if possible)
- **Clothes**
  - Comfortable and causal
  - A few nice outfits for special occasions.
  - Make sure that clothes are at least fingertip long and two inches across the shoulders (no revealing clothes).
  - Sweater
  - Walking shoes

- **Additional items**
  - Paper, pen and journal
  - Alarm Clock
  - Clothes detergent and bleach no strong scent (Program provide detergent)
  - Camera (optional)
  - Phone card for long distance calls
  - Money for shopping, additional snacks and outings
- **No TVs, MP3 players, laptops, tablets, cell phones or expensive items.**