

2016 ANNUAL REPORT OUR COMMUNITIES



OUR MISSION

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

OUR VISION

Hope, recovery, and wellness within everyone's reach.



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LOOKING TO THE FUTURE

Meridian will mark the beginning of a new planning cycle in the coming year. As we do so, we look back and evaluate the progress made on our mission to promote the health, recovery, and wellbeing of those affected by mental illnesses and substance use disorders. As you will see in the pages that follow, we are serving more people than ever and engaging more of our community than ever before.

Meridian's commitment to the health and wellbeing of our communities, has led to expanded outreach, prevention, and education about mental illnesses and substance use disorders, resulting in better understanding, embracing and supporting those affected. Mental Health First Aid courses have created hundreds of "First Aiders," ready to effectively reach out to those who may need help.

We are also responding to the need to expand access to a broad array of services, making treatment effective for individuals whose needs are always unique. Meridian's staff puts the patients and participants at the center of our treatment planning, crafting individualized strategies that employ evidence based treatments. In 2016 Meridian began providing primary care, responding to the significant number of our patients who were not able to get general medical services. Our goal is to become an accredited Health Home, where services are fully integrated and services for general and mental health or substance use are seamlessly interwoven.

Healthcare systems are also recognizing the impact of the social determinants that affect treatment effectiveness – poverty, employment, housing, food insecurity, and access to social services. At Meridian, we have expanded services through collaborations, grants, and fundraising. We hope to



complete renovations at our Lodge at Meridian in 2017; The Lodge provides safe housing to individuals in outpatient treatment programs that are a step-down from residential or inpatient treatment. Meridian is addressing the housing needs of Veterans and their families, through a VA Grant. We also provide housing to people with psychiatric disabilities through four HUD Projects. Meridian is actively involved at Grace Marketplace and will seek opportunities to expand services that address this key issue.

Meridian has received numerous grants to break the cycle of incarceration related to mental illness and substance use expanding into the communities in which we offer these services.



In 2017 we will be able to increase our services to high risk families with the addition of a Children's Action Treatment ("CAT") Team. This team joins our Family Intensive Treatment Team in providing wrap-around services to families whose needs go well beyond treatment.

2017 will bring numerous opportunities and challenges as Meridian's staff continues to work toward our vision of bringing health, recovery, and wellness within everyone's reach. We know that to do this we will need the ongoing involvement, support and collaboration of our community's healthcare system, local government, and citizens. This will be an exciting time in that, together, we can even more fully address the growing needs of our community.

Maggie Labarta, Ph.D.
President/CEO

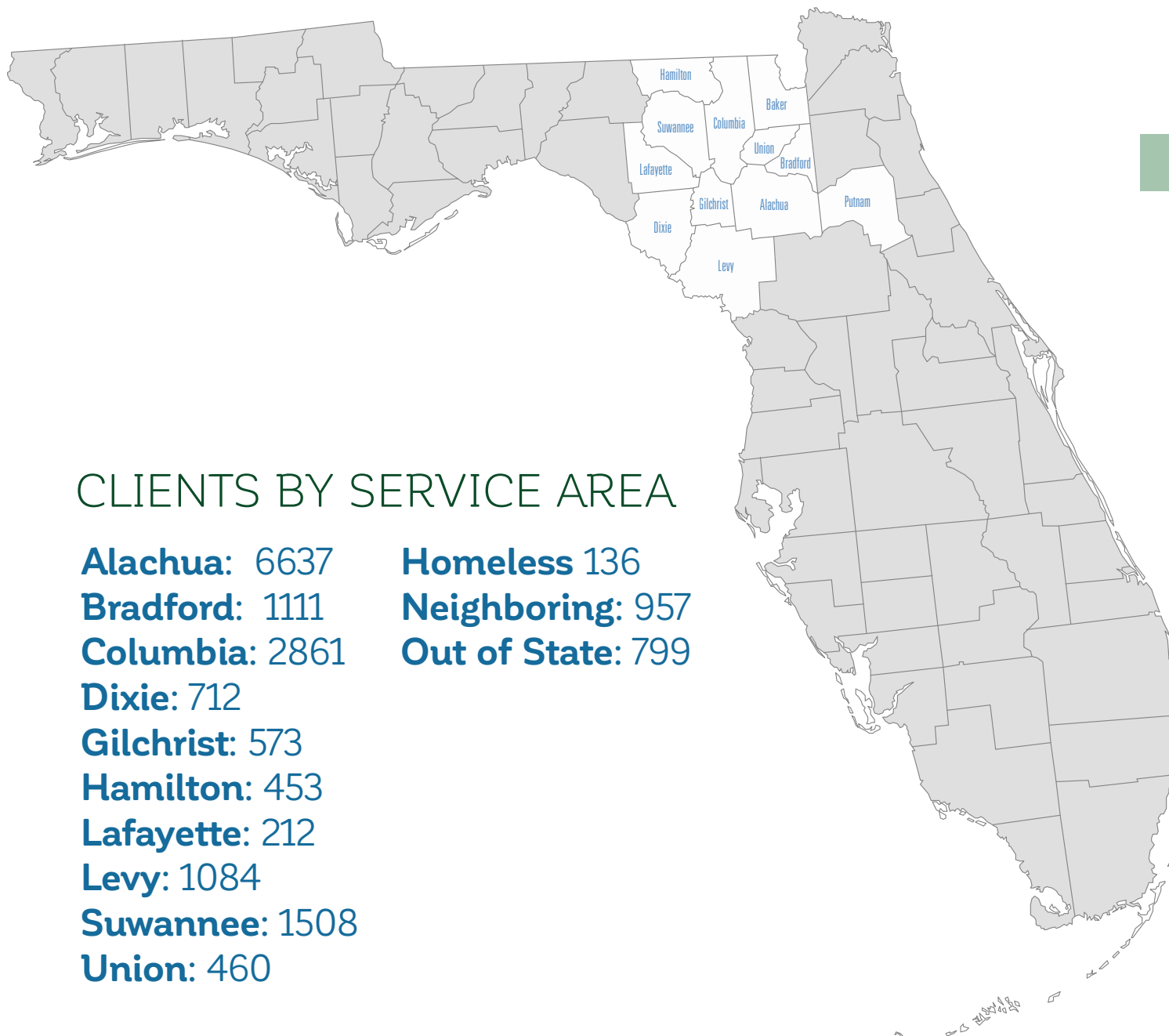
A handwritten signature in black ink, appearing to read "Maggie Labarta".

LAST YEAR MERIDIAN
TOUCHED **36,273**
LIVES, WITH **18,164**
Clients in TREATMENT
and **18,109** RECEIVING
PREVENTION AND OUTREACH
SERVICES. RESULTING
IN **430,081**
SERVICE VISITS.

HEALTH CARE UTILIZATION

Levels of Care	Children*	Adults*
Counseling	3157	6833
Psychiatric	1884	7128
Psychosocial Rehab	31	211
Medication Assistance	12	1285
Family Services	226	672
Care Coordination	269	1049
Forensic Diversion	14	650
Detox	27	669
Crisis Stabilization Units	1547	5547
Bridge House	n/a	257
MIST	n/a	27
Recovery	29	n/a
Day Treatment	5	178
Primary Care	n/a	144
Supported Housing	n/a	706

*number of distinct clients



CLIENTS BY SERVICE AREA

Alachua: 6637

Bradford: 1111

Columbia: 2861

Dixie: 712

Gilchrist: 573

Hamilton: 453

Lafayette: 212

Levy: 1084

Suwannee: 1508

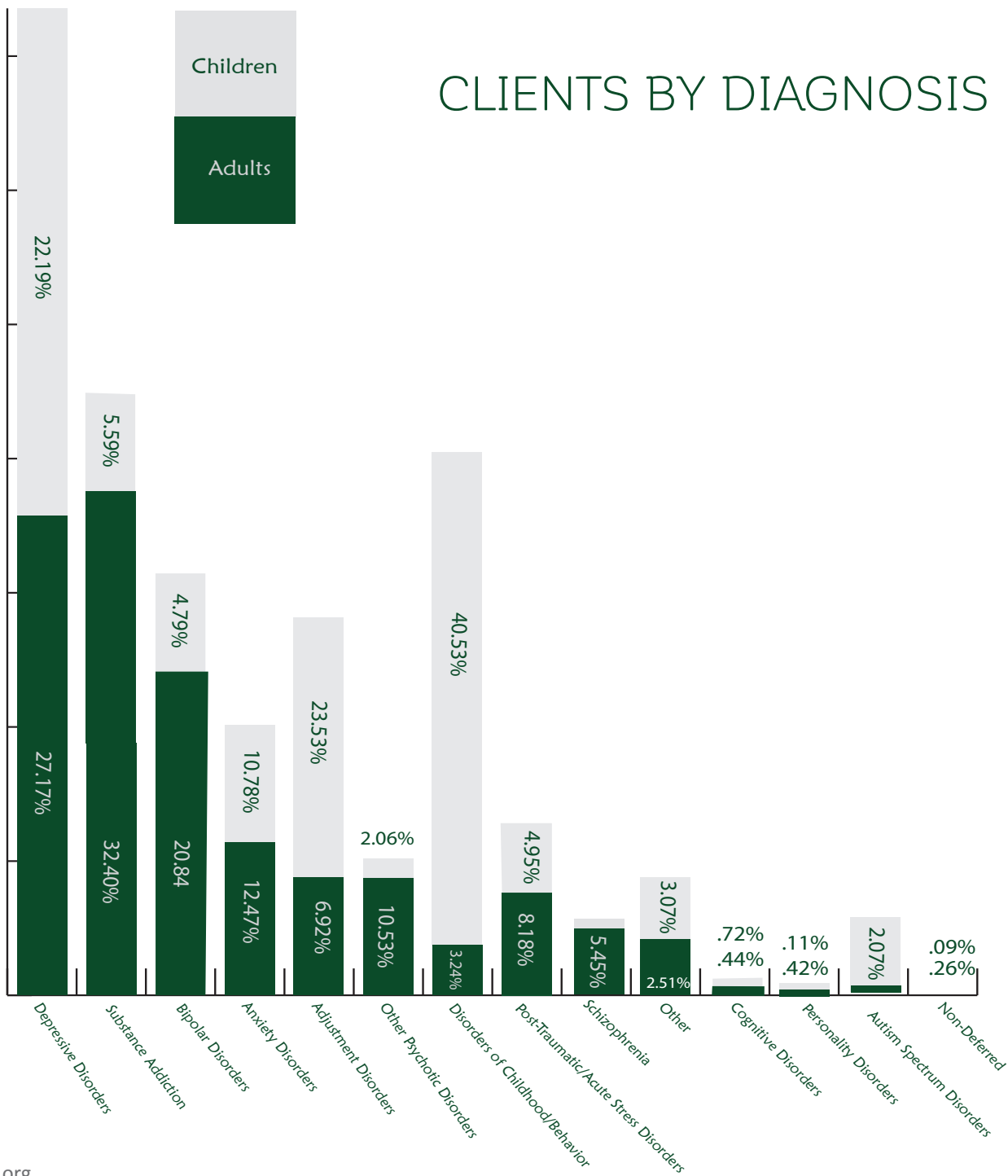
Union: 460

Homeless 136

Neighboring: 957

Out of State: 799

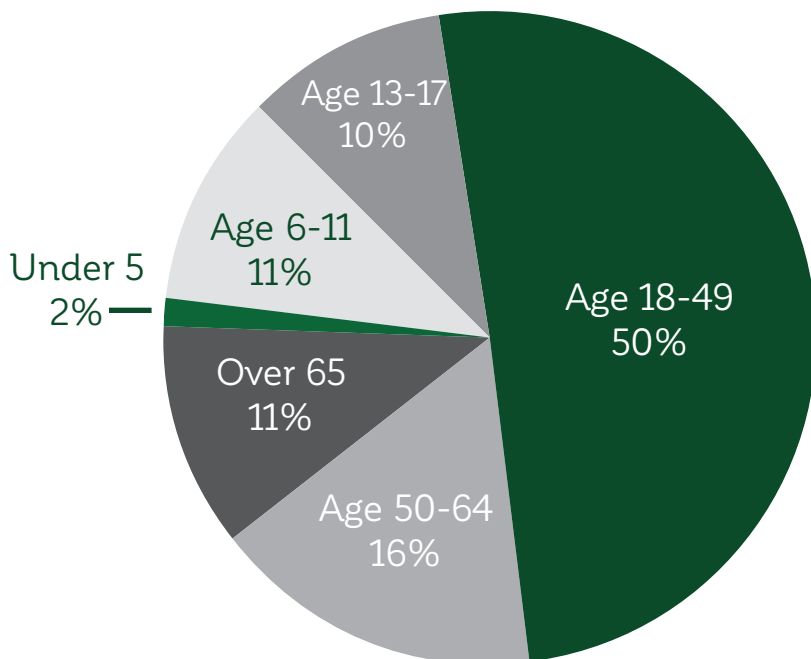
CLIENTS BY DIAGNOSIS



MERIDIAN'S 2015-16 CLIENT BASE WAS MADE UP OF

46% FEMALES
& **53%** MALES

CLIENTS BY AGE



FINANCIAL SUMMARY 2015-16

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Provided ***\$1,490,755*** in
uncompensated care
to individuals with no payer for
services

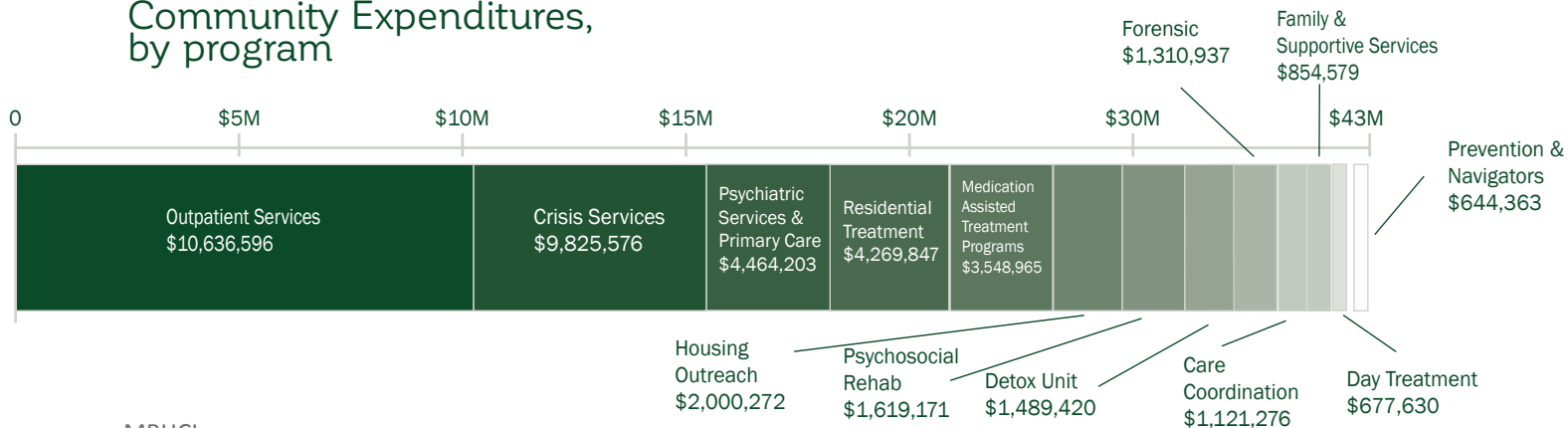
once indigent care funds from the state and
county **were exhausted.**



Assets	\$18,954,117
Liabilities	\$9,699,257
Net Assets	\$9,254,860
Expenditures	\$36,652,027

*FY 2015-2016

Community Expenditures,
by program





WESLEY'S STORY

Growing up around people who abused alcohol made Wesley think it wasn't an issue... Drinking and using drugs became an everyday thing for him. In high school he was busted for taking pills, but to him it was no big deal "life was just a game"...

At 18, he was drinking and driving with a friend and at 110 mph he hit a tree. Wesley spent 7 weeks in a coma.

When he woke up he had lost the use of his legs. He'll never forget the look on his mom's face, but that didn't stop him from using.

After getting in trouble with the law, Wesley went to prison and upon his release he was court ordered to addiction treatment at Meridian.

During his time in prison Wesley quit using drugs but according to him **"Alcohol was much harder to quit. Something legal is the hardest thing to kick."** At Meridian, he was diagnosed with severe alcoholism. **"Seeing that on paper made it real..."**

Wesley now goes to meetings voluntarily. He has sober friends. He can wake up every day and not worry about what he did the night before or check to see if he's on a wanted list.

He's now married and living a sober happy life. He still thinks about drinking, but he knows where it will lead him. With the help of Meridian, Wesley realizes that his consequences have affected everyone around him, and he wants to stay sober.

COMMITTED TO YOU

Meridian has dedicated its efforts to improving the lives of our clients and the wellness of our community as a whole. Here are few of the year's activities centered around our mission and our commitment to stewardship and best practices.

- Meridian's new Primary Care Clinic serviced **358** clients in the first **6 months** of operation. This new clinic helps us better serve our clients by integrating Mental Health and Primary care in one location. Our clinic was funded as a pilot in the legislative session.
- Time to first appointment for child services had decreased to **same day or next day availability**.
- Meridian currently has the most clients enrolled in The Pre-lapse study, a clinical trial testing the effectiveness of long term injectable medication for clients age 18-36 with schizophrenia in their **first episode** age 18-35.
- Meridian has trained **over 430 people** in Mental Health First Aid this fiscal year, 1000 since we began in 2010.
- The Lodge at Meridian served 14 women this year that were pregnant, had children or gave birth and remained with their babies. In whole, The Lodge provided 60 total unique clients for a total of **2,733 bed days**.

- Meridian was awarded funding for a Childrens Action Treatment Team (CAT TEAM) and is now providing **intensive services to children and their families** who were at high risk of removal.
- Meridian has expanded school based services in Suwannee county to provide a **therapist for every school.**
- Our substance abuse services have **expanded** into Hamilton County.
- Meridian partnered with AnArtist during our Administration Open House to display recovery artwork in the two front conference rooms of our Administration building. This event welcomed community members to our new Administration building and hosted not only the art galleries but information on programs Meridian offers, **in order to educate the community.**
- Meridian participated in the First Annual North Florida Community Foundation's **Amazing Give** fundraiser. We raised a record amount of funds during the one day period and took home several thousands of dollars in prize money.



COMMITTED TO THE FUTURE

In the ever changing environment of community mental health it is essential that Meridian stays ahead of our industry and works to innovate programs and processes for improved outcomes in the future. Meridian has made several organizational changes and integrated new training and evidence based practices to insure we are looking to the future.

- A second Primary Care Clinic will open in Lake City and Meridian will **expand the services** provided at our Gainesville Clinic co-located with our adult mental health and substance use providers, we will be creating two centers for integrated health.
- Meridian is working to **expand Child Psychiatry services** in outlying counties including Bronson, Live Oak, Trenton and Starke through the use of telehealth.
- We now have a team of 6 Meridian employees certified to instruct courses and train the community in Mental Health First Aid. Meridian is **projected to double the number of people trained** in MHFA in FYE 2016-17, partnering with our community to enhance the understanding of mental illness.
- **Specialized 12-bed unit at Bridge House** developed in partnership with Shands UF Health to provide patients with a PICC line, receiving IV antibiotic treatment at the hospital, with a place to continue their antibiotics and also receive addiction treatment opened in October of 2016.

- There are currently 13 beds with potential to **expand to 28 beds in The Lodge at Meridian**. Meridian has kicked off fundraising efforts to complete the renovation of all remaining rooms in The Lodge.
- The MIST Program staff enhanced programming took place to provide better **“Trauma Informed Care”** through evidenced based practices, specifically the “Seeking Safety” model.
- Partnered with LSF and PSF to create a new **respite program** as a Mental Health Residential Room to assist with clients who need a supportive environment as they transition to healthier and more stable living situation.
- Meridian’s new **Center for Building Healthy Families** will focus on working with the children and families. Treating families as a unit instead of treating family members individually and integrate the changes into the family unit. In 2017 we will co-locate counsellors, physicians, case managers and support staff into a single space.
- Meridian **Navigators** assist clients and members of the community with linkage to health insurance options, with a focus on plans offered under the Affordable Care Act, thanks to a grant from CMS.
- The Criminal Justice, Mental Health and Substance Abuse (CJMSA) **Reinvestment Grant** will allow Meridian to build on existing collaborative efforts between Alachua County law enforcement and related agencies, and will expand services into Bradford County.



THANK YOU FOR YOUR SUPPORT

The following is a compilation of all donors who made gifts during the 2015-16 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 laurie_michaelson@mbhci.org or 352-374-5600x8218.

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JAGER'S STORY

Jager used to get nervous a lot. When he was in school he would get frustrated, and had a hard time making friends.

Jager's parents wanted to help him find some balance before he became a teenager and his problems worsened. His in school Meridian counselor recommended Meridian's summer camp.

Jager excelled in camp, "I couldn't have gone to a better summer camp, ever! I was the youngest one to do the whole ropes course! And I made friends with Cody and Eric and a bunch of other kids... We did a bunch of fun stuff and some therapy stuff too. It was great. Hot – like every day when I went home I was all sweaty and tired, but I loved it."

Camp boosted his confidence, gave him insight into how other kids related to each other, and taught him coping skills.



When he started at a new school last year, Meridian helped Jager prepare and know what to expect, making the transition as easy as possible

"My new school is awesome! My classes are a lot smaller and it's definitely harder, but they don't treat me like I'm dumb..." Jager is continuing therapy at Meridian, which helps him brush up on his coping skills and remember the tools he learned at camp.

He is excited to go back to camp this summer, and is doing things now that he didn't have the confidence to do before.

Meridian Behavioral Healthcare Inc. an Affiliate of



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