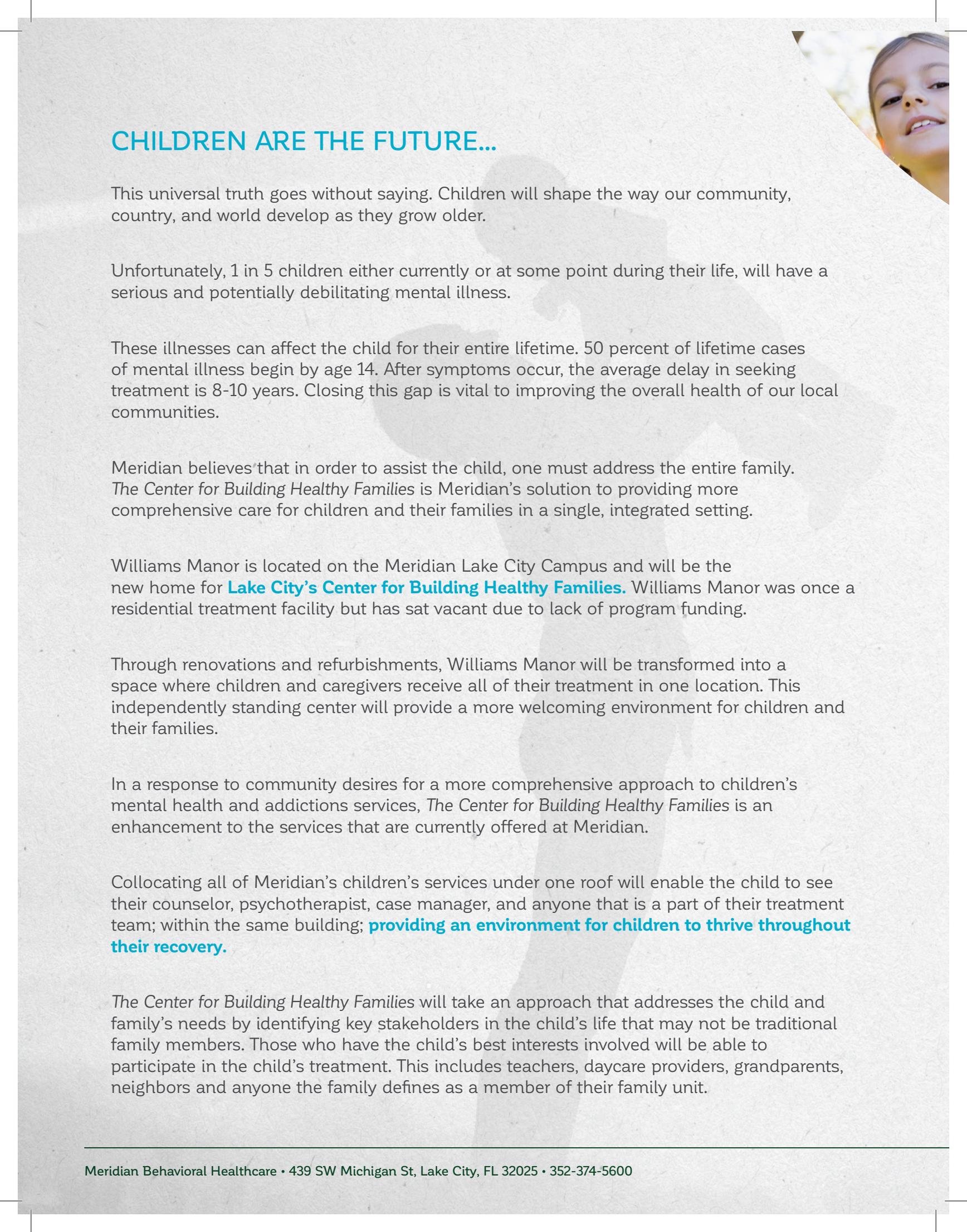




LAKE CITY CENTER FOR
BUILDING HEALTHY FAMILIES
STATEMENT FOR SUPPORT





CHILDREN ARE THE FUTURE...

This universal truth goes without saying. Children will shape the way our community, country, and world develop as they grow older.

Unfortunately, 1 in 5 children either currently or at some point during their life, will have a serious and potentially debilitating mental illness.

These illnesses can affect the child for their entire lifetime. 50 percent of lifetime cases of mental illness begin by age 14. After symptoms occur, the average delay in seeking treatment is 8-10 years. Closing this gap is vital to improving the overall health of our local communities.

Meridian believes that in order to assist the child, one must address the entire family. *The Center for Building Healthy Families* is Meridian's solution to providing more comprehensive care for children and their families in a single, integrated setting.

Williams Manor is located on the Meridian Lake City Campus and will be the new home for **Lake City's Center for Building Healthy Families**. Williams Manor was once a residential treatment facility but has sat vacant due to lack of program funding.

Through renovations and refurbishments, Williams Manor will be transformed into a space where children and caregivers receive all of their treatment in one location. This independently standing center will provide a more welcoming environment for children and their families.

In a response to community desires for a more comprehensive approach to children's mental health and addictions services, *The Center for Building Healthy Families* is an enhancement to the services that are currently offered at Meridian.

Collocating all of Meridian's children's services under one roof will enable the child to see their counselor, psychotherapist, case manager, and anyone that is a part of their treatment team; within the same building; **providing an environment for children to thrive throughout their recovery.**

The Center for Building Healthy Families will take an approach that addresses the child and family's needs by identifying key stakeholders in the child's life that may not be traditional family members. Those who have the child's best interests involved will be able to participate in the child's treatment. This includes teachers, daycare providers, grandparents, neighbors and anyone the family defines as a member of their family unit.



SERVICES OFFERED AT THE CENTER FOR BUILDING HEALTHY FAMILIES

Located in Lake City, *The Center for Building Healthy Families* will offer community members an array of services, under one roof. This enhancement to Meridian's current services will increase positive outcomes for all parties involved.

Using Evidence Based Practices that focus on the specific needs of the child, treatment will focus on what is therapeutically best for the child. This means meeting the child and family where they are at emotionally. To achieve this, different therapy models will be used.

A combination of the following treatment modalities (but not limited to) will be used based on the needs of the family and child:

- Cognitive Behavioral Therapy (CBT)
- Trauma Focused CBT
- Sand Therapy
- Play Therapy
- Eye Movement Desensitization Reprocessing (EMDR)
- Child/Parent Psycho Therapy
- Thera-play
- Environment change therapy (New school, parent's divorce, new house, new job, etc.)
- Medication
- Care Coordination

In Lake City, *The Center for Building Healthy Families* will work in conjunction with Meridian's Children's Crisis Stabilization Unit (CSU). The CSU serves as Columbia and the surrounding counties' safety-net for those children who are in crisis. From admission, the child is observed to assess the treatment they'll need upon discharge and then referred directly to *The Center for Building Healthy Families* and the CAT Team, when necessary.

MERIDIAN OVERVIEW

Meridian Behavioral Healthcare Inc. is a private, non-profit organization (501c3) that provides a variety of services treating a wide range of mental health and substance use disorders. Meridian has several levels of care including crisis, rehabilitation, inpatient, and outpatient services. Meridian also offers community services that include outreach, prevention, sponsored services (such as housing assistance for veterans), and business services that include employee assistance, consulting, and team-building activities including a ropes course and Mental Health First Aid (MHFA).

Meridian operates within 18 counties in North Central Florida with brick and mortar facilities located in 11 counties: Alachua, Baker, Bradford, Columbia, Dixie, Gilchrist, Hamilton, Lafayette, Levy, Suwannee, and Union.

Meridian is accredited by The Commission on Accreditation of Rehabilitation Facilities (CARF) International through June 2018, licensed in the state of Florida as a substance use disorder treatment center, and by the Agency for Healthcare Administration.

Meridian's Mission, Vision and Values are as follows:

- **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.
- **Vision:** Hope, Recovery, and Wellness are within everyone's reach.
- **Values:** Collaboration, Efficiency & Effectiveness, Initiative, Innovation & Growth, Integrity, and Accountability.



Meridian has a longstanding history of service in the Lake City and Columbia County area. Last year alone, Meridian saw over 2,854 unique clients within Columbia County and provided over 84,237 unique service visits. Of those clients, 809 were children between the ages of 3-17. This accounted for over 33,000 service visits.

Meridian's staff has over 650+ team members through North Central Florida, consisting of approximately 29% administrative and support staff, 22% paraprofessionals, 28% general clinical staff, and 21% senior clinical staff.

Last year, Meridian treated over 18,928 clients with 436,594 service visits.

WHY THE CENTER APPROACH WORKS

When he was just 6 years old, Bradley entered treatment with Meridian; a year after his parent's separation. Upon his arrival, his Meridian counselor completed a brief assessment and interview with his mother to identify members of Bradley's family. During the interview, the counselor explained that "identifying the members of the family will exponentially help and improve the child's mental health."

Through this assessment, his counselor was able to identify several members of Bradley's family unit; including his teacher, grandparents, and father. The counselor requested a release from Bradley's mother to contact each member to offer them an opportunity to be a part of Bradley's care; as this step is necessary to the success of his treatment.

During the process of connecting with Bradley's family, we discovered his father was not even aware his son was in treatment and undergoing therapy with Meridian. His father was devastated to learn that he was missing out on such a vital part of Bradley's life and recovery.

Moving forward, his father began to attend treatment with Bradley and his mother. This approach to Bradley's care helped him and his family work towards recovery and he was soon discharged from services based on his improvement. His family now understands the importance of working together on Bradley's road to recovery and that it truly takes a village...

SO WHAT CAN YOU DO...

The children of Lake City and Columbia County have a pressing need but they cannot tackle this alone. Bringing The Center for Healthy Families to fruition is a major undertaking for our community, but is vital to improving the collective mental health of Columbia County. With the support of individuals and business alike, you can make a difference in the lives and futures of children and their families throughout Columbia County and beyond.



\$47,700

is needed to complete the renovations and refurbishment of Williams Manor and establish Lake City's own Center for Building Healthy Families.

The opportunity to repurpose the old residential treatment center into a welcoming environment for families to receive treatment is priceless. This one stop shop for coordinated, comprehensive care, will provide a tremendous return for the local community.

When we can help families heal, children can be children again. They will make new friends and engage others in a positive manner, but at the heart of it all, they will begin to feel good about themselves!

We need the support of individuals and businesses, like yourself, to make it happen.

YOUR DOLLARS WILL GO TOWARDS...

 Updating the facility flooring: \$4,000	 Providing new furniture for waiting areas, group rooms and therapy areas: \$5,000	 Door and breezeway updates: \$1,100
 Reception area and new window: \$2,600	 Renovating bathrooms: \$4,000	 New secure doors: \$3,000
 Outside north fence in Area: \$13,000	 Security swipes/cameras: \$5,000	 Indoor Soft Play multi-generational play area: \$10,000

The return on investment for mental illnesses is 7:1, meaning that for every \$1 spent on prevention, treatment, and supportive services, there is a \$7 savings within the community in reduced hospital, emergency room, and criminal justice costs.

With your help, Lake City and Columbia County will be one step closer to bringing wellness within everyone's reach.

Please consider making a donation today as we look to provide quality affordable healthcare to Columbia County!



To learn more about *The Center for Building Healthy Families* and the additional services Meridian provides, please visit mbhci.org or contact our Development Department at 352-374-5600 ext 8210.