



Vol. 1, No. 1, January - March 2018

Meridian's Client Newsletter

More on Meridian - SWAG Prevention Program

At Meridian, we strongly encourage parental involvement as an essential part of improving the well-being and behavior of children. Prevention programs are intended to reduce the risk of developing behavioral health problems such as, underage alcohol consumption and/or the abuse of drugs; legal or illegal. Meridian offers these programs at no cost to families.

Meridian will pilot an opioid misuse prevention program for adolescent girls and mothers and female caregivers of girls. The program will focus on the Tower Road Corridor, a cluster of urban neighborhoods located in unincorporated Alachua County in North Central Florida. Meridian will pilot prevention activities specifically focused on the known risk and protective factors related to women's opioid misuse at the SWAG center within this area.

There are no readily available models that address the role factors such as trauma, relationships, and resiliency play in opioid misuse among females. Therefore, the project will pilot a combination of evidence-based tools that have been effective in our area with other populations or in other contexts.

Outcomes will measure personal resiliency and self-efficacy, as well as perception of risk and level of knowledge. In light of continued increases in opioid misuse among women, the project seeks to identify community and individually relevant prevention approaches that are effective not only among women living in the Tower Road Corridor but also in communities statewide and beyond.

To learn more about our Prevention program, head to mbhci.org/prevention.

Tips for Setting and Achieving Goals in 2018

Based on the review of YouTube Video: 7 Tips to Be More Effective in 2018 | Brian Tracy

Here are some tips on how to set your goals in 2018 and make them a reality!

- 1) Set Goals
 - a. Write them down
 - b. Make sure they mean something to YOU
 - c. Keep the goal Realistic
- 2) Remember that you are IN CHARGE!
 - a. You are in control of accomplishing the goal
- 3) Discipline Yourself
 - a. Adopt an attitude of determination
- 4) Practice Self-Evaluation
- 5) Learn how to say "No"
 - a. "Yes" is not always the best answer.
 - b. Turn down less important things so you can focus on more-important tasks
- 6) Delegate
 - a. Take advantage of the strengths of others around you!
- 7) De-clutter your life!
 - a. Clear away the emotional debris that interferes with your progress.
 - b. Clear away the physical debris that interferes with your progress.



Healthy Eats & Tasty Treats

Garlic Chicken with Steamed Broccoli

This newsletter's recipe brings together two classic ingredients: Chicken and broccoli!

Garlic Chicken!

Ingredients:

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|---|----------------------------|
| *4 skinless, boneless chicken breast halves | *1 teaspoon onion powder |
| *3 tablespoons butter | *1 teaspoon seasoning salt |
| | *2 teaspoons garlic powder |

Directions:

- Melt butter in a large skillet over medium high heat.
- Add chicken and sprinkle with garlic powder, seasoning salt and onion powder.
- Sauté for 10 to 15 minutes on each side, or until chicken is cooked through and juices run clear.
- *If, you have a meat thermometer, the safe internal temperature for cooked chicken is 165° Fahrenheit.

Steamed Broccoli

Ingredients:

- | | |
|-----------------------------|----------------------------|
| *1 head of chopped broccoli | *2 tablespoons of butter |
| *1-3 garlic cloves | *1 teaspoon seasoning salt |
| *1/2 fresh lemon | *1 tablespoon of water |

Directions:

- Rinse the broccoli florets thoroughly.
- Cut the crowns away from the large stems of the broccoli.
- Place broccoli, garlic, and butter in a microwave safe container
- Add 1 ablespoon of water and sprinkle with salt.
- Cover with a lid or wet paper towel and microwave for 2-3 minutes.
- Cook until broccoli is tender but still crunchy.
- Squeeze of 1/4 of lemon over broccoli to taste!

Enjoy!

*Recipes derived from cooksmarts.com and allrecipes.com

Current Events (128 words)

February:

NAMI Monthly Meeting

February 12th (7PM – 8PM)
United Church of Gainesville
(1624 NW 5th Avenue, Gainesville, FL 32603)

March:

NAMI Monthly Meeting

March 12th (7PM – 8PM)
United Church of Gainesville
(1624 NW 5th Avenue, Gainesville, FL 32603)

The Amazing Give

March 21st – 22nd (All Day)
www.theamazinggive.org

Gift Certificates & More Kickball Tournament

March 24th (Games begin at 9AM)
Diamond Sports Complex in Gainesville
(4000 SW 122nd St, Gainesville, FL 32608)

Meridian's Client Satisfaction Report

July 1, 2016 - June 30, 2017
Your feedback is important to us!

