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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 use. As part of your recovery treatment, we will focus on providing several unique healing techniques. These include but are not limited to relapse prevention, parenting skills, mindfulness, and personal 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 and co-occurring mental health concerns. The team consists of licensed clinicians, master level counselors, recovery counselors, recovery specialists, nurses, and physicians. Our staff is dedicated 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, more drug free births, and the reunification of families.

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

With open arms, we welcome you to the MIST program at Meridian Behavioral Healthcare. We are deeply honored and committed to assisting you on your healing journey and look forward to walking the road of recovery with you.

Sincerely,

Denise Sanfilippo

Denise Sanfilippo, LCSW
Program Director of MIST

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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 admission's counselor is Jessica at extension 8212
    - Email address: AccessCenter@MBHCI.org
    - Fax number: (352) 244-0308
- ☐ **Complete a phone interview with MIST's Intake Therapist.** 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 are 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 are a good fit for the program.
- **Fill out a Release of Information** (this will be done when you meet with Intake Counselor). 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.
- **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 1st week of treatment.

1. There are no substances allowed in the MIST program. This includes caffeine and tobacco products. We are a tobacco free program. There are no smoke breaks while in the program. The use of tobacco and e-cigarettes are not allowed at any time.

2. You will be sharing a room. Rooms will be switched as needed throughout your residential stay.

3. The time frame for treatment is 6 - 12 months. Your treatment time will depend on your legal status and treatment needs. 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 or in the presence of your child.

6. You are expected to submit to one or more urine screens weekly.

7. **No TVs, MP3 players, laptops, tablets, cell phones, or expensive items.** You are expected to bring an alarm clock which can have a radio.

8. 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 to the MIST Program

Once admitted to the MIST program you will need to bring the below items with you. When you arrive the staff will respectfully search all property including suitcases, purses, and clothing. Do not bring any food or drinks. You will be sharing space with other clients. Everyone is expected to treat others with respect and will be treated with the dignity and respect you deserve.

- **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
    - Hair Products: Shampoo/Conditioner/Oil, etc.
    - Deodorant/Unscented lotion/Soap and/or Shower gel
    - Make up in a small case
    - Toothbrush and toothpaste
    - Alcohol free mouthwash
    - Brush/comb
    - Hairdryer and one styling tool
    - Facial cleanser/moisturizer
    - All hygiene products for your infant – see below under **Infant Supplies**

- **Bedding**
    - Twin sheet set – (Program will provide sheets if you need them)
    - Twin comforter – (Program will provide a blanket if needed)
    - Pillow(s) – (Program provides pillow cases)

- **Clothing**
    - Clothes that are comfortable and casual – no more than two (2) weeks' worth
    - Shoes – no more than 6 pairs: one must be walking shoes
    - Make sure that clothes are at least fingertip long and two inches across the shoulders (no revealing clothes, no spaghetti straps).
    - Sweater or sweatshirt
    - A couple of nice outfits for special occasions

- **Prescribed Medications –** Refills if possible

- **Additional Items**
    - Clothes detergent
    - Disposable or Digital Camera (optional)
    - Paper, pen, and journal
    - Alarm Clock
    - Phone Card for Long Distance Calls
    - Money for shopping, additional snacks, outings

- **Infant Supplies**
    - All hygiene products
        - Baby shampoo, bath soap (nonirritating), washcloth, etc.
    - Baby bathtub
    - Diapers and wipes
    - Bibs and burp cloths
    - Stroller and Car Seat
    - Clothes
        - MUST bring footed pajamas, hats, and socks
    - Infant Thermometer - Fever and cold medication
    - Bottles and Formula if not nursing
    - Any other items you deem necessary as the infant's mother

- **Special Needs**
    - If you have any special needs, please address these with your Intake Therapist during your interview

Once again remember to only bring what you and your child need. If you are unable to bring something on this list, please speak openly about it with your therapist and she will be able to provide assistance if needed. We are here to help you through this process.