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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! Our role is to guide you on your personal journey towards recovery and wellness. Attached you will find the information that will be helpful in preparing for your admission to the MIST program.

MIST is a 16-bed, multi-faceted treatment program for pregnant and parenting women struggling with addiction. We strive to empower women to become self-sufficient, responsible mothers who are capable of creating a bright future for themselves and their families. The MIST program supports infants residing with their mothers, fostering crucial bonding that takes place in the early months of development while also allowing the mothers to receive treatment and remain drug-free.

Women admitted to MIST will remain in the program for 6 to 12 months. Program benefits include treatment for substance use and mental health disorders; individual, group and family counseling; medical care in conjunction with area health providers; parenting, domestic violence and life skills classes; educational, vocational and child care assistance; referral services for housing and other community resources. Upon completing the MIST Program, a comprehensive aftercare plan will be in place to further assist each woman in her recovery as well as transitioning back to mainstream society.

The MIST Treatment Team includes clinical staff from a variety of backgrounds. The team consists of licensed clinicians, master level counselors, recovery counselors, recovery specialists, nurses, and physicians. Our staff are dedicated and passionate about your recovery and well-being. Our goal is to create a safe and inclusive environment that allows room for stability and connection while you are healing. We strive to enhance the ability for life-long recovery, more drug-free births, and the reunification of families.

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,

Elizabeth A. Morgante

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MIST Referral & Admission Information

Thank you for your interest in the **Mother's Intensive Supportive Treatment** program at Meridian Behavioral Healthcare in Gainesville, Florida. 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 guide you through the 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 Palmer at extension 5096
 - Email address: AccessCenter@MBHCL.org
 - Fax number: (352) 244-0308
- 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 Admission's counselor know and they will give you a referral to our primary care clinic.

- Submit list of current medications** (prescription or over the counter)
- 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 our Treatment Team why you are a good fit for the program.
- Fill out a Release of Information.** 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.

- **Keep updated contact information on file and make contact every 30 days with the Access Center.** Once we have received all your information and approved for intake to MIST, you will be added to MIST's waitlist. We will contact you as soon as a bed becomes available. Your admission's counselor has no control over bed placement. You will be responsible for keeping an updated phone number on file. You will be removed from the waitlist if we cannot contact you.
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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. **MIST IS A TOBACCO FREE PROGRAM.** You may speak with the doctor about nicotine replacement therapy such as nicotine patches. No gum or lozenges are allowed on the unit. If you are pregnant or breast feeding you will need your Obstetrician (OB) or Gynecologist's (GYN) permission.
2. Under no circumstances will tobacco products, vapes, lighters, drugs, drug paraphernalia, weapons or any illicit/illegal items be allowed on the residential unit or stored for any period of time on Meridian property. If found, these items will immediately be turned over to the Program Director for disposal.
3. You will be sharing a room and storage space is limited. Due to this you are only allowed to bring the specified number of items. **If you arrive with more than the allowed amount of items, you will need to have the excess picked up within 72 hours. Periodic room checks are done and should it be found that you have acquired an excess amount of clothing/belonging you will be given 72 hours to have the items picked up.**
4. Rooms will be switched as needed throughout your residential stay.
5. The time frame for treatment is 6-12 months. Your treatment time will depend on your treatment needs.

6. You are required to attend at least 10 hours of treatment weekly.
7. As a mother, you are expected to appropriately parent, monitor, and nurture your child. You are not responsible for another mother's child and may not parent, monitor, hold or discipline another mother's child. Also, you are not allowed to spank, hit, scream, or curse at or in the presence of your child.
8. You are expected to submit to two or more random urine drug screens weekly.
9. No TVs, MP3 players, laptops, or tablets. A cell phone may be brought to the program but remain in a secure area of the staff office. You are encouraged to bring an alarm clock which can have a radio.
10. 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.
11. If you are intending to have a dependent child with you, they may be no older than 12 months of age at the time of your admission. Up-to-date shot records must also be submitted. We will assist you with applying for benefits such as WIC and cash assistance, if needed.
12. If you are child welfare involved or have an open dependency case, an up-to-date case plan, safety plan, and/or shelter order needs to be submitted to the program for review within 72 hours of admission to MIST.

Things to Bring to the MIST Program

It is suggested you bring the following items with you upon intake to MIST. Upon arrival, the staff will respectfully search all property including suitcases, purses, and clothing. Do not bring any open food or drinks. You will be sharing space with other clients. Everyone is expected to treat others with dignity and respect.

- **Hygiene Items** (non-alcohol items will go in your room. All alcohol items will stay in staff office.)
 - Basket for hygiene products

- Hair Products: Shampoo/Conditioner/Oil, etc.
 - Deodorant/lotion/soap and/or shower gel
 - Make up in a small case
 - Toothbrush and toothpaste
 - Alcohol free mouthwash
 - Brush/comb
 - Hair styling tools (hairdryer, straightener, curling wand, etc.)
 - 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** - A 30-day supply of current medications. Refills if possible.
- **Additional Items**
 - Laundry supplies
 - Disposable or Digital Camera
 - Journal, notebook, pens, highlighters, etc.
 - Stationary
 - Reading material
 - Photos of significant others and/or family
 - Alarm Clock
 - Phone Card for Long Distance Calls
 - Small amount of cash for outings or miscellaneous expenses
- **Infant Supplies**
 - All hygiene products
 - Baby shampoo, bath soap (nonirritating), washcloth, etc.
 - Baby bathtub
 - Diapers and wipes
 - Bibs and burp cloths

- Crib sheets & blankets
 - Stroller and car Seat
 - Clothes - *no more than three (3) weeks' worth.*
 - MUST bring footed pajamas, hats, and socks
 - Infant thermometer
 - OTC medications - Infant Tylenol, Vicks, gas drops, saline spray, etc.
 - Bottles and formula OR breastfeeding supplies
 - Swing, bouncer, walker, and/or play mat
- **Special Needs**
 - If you have any special needs, please address these with your MIST Admission Counselor

Please note that this list is not comprehensive. Once again remember to only bring what you and your child need as space is limited. 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.