



Annual Report

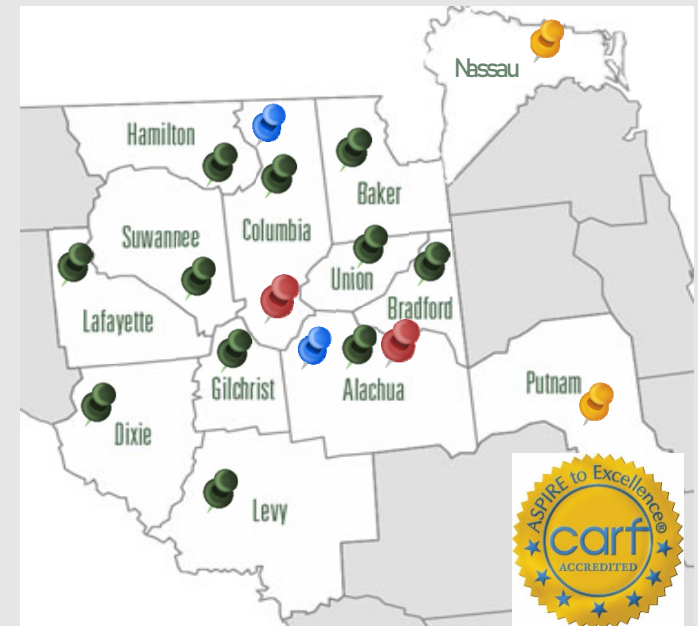
Levy County

May, 2020

About Meridian

- Established in 1971 as North Central Florida's Community Behavioral Health Center
- Accredited by the Council for Accreditation of Rehabilitation Facilities (CARF)
- Addresses a broad range of individual and community needs
 - Mental health
 - Substance use disorders
 - Adults and children
 - Continuum of services and levels of care
 - Outreach and Prevention
 - Intervention/education
 - Outpatient
 - Residential
 - Acute inpatient
 - Long-term care
 - Child abuse and neglect issues
 - Criminal justice Diversion
 - Supportive services
 - Housing
 - Vocational

- Outpatient site
- Residential/Inpatient
- Receiving Facility
- Primary Care



Our mission and vision

- Promote the health, recovery, and well-being of those affected by mental illnesses and substance use disorders through prevention, coordinated treatment, and supportive services
- Hope, recovery, and wellness are within everyone's reach



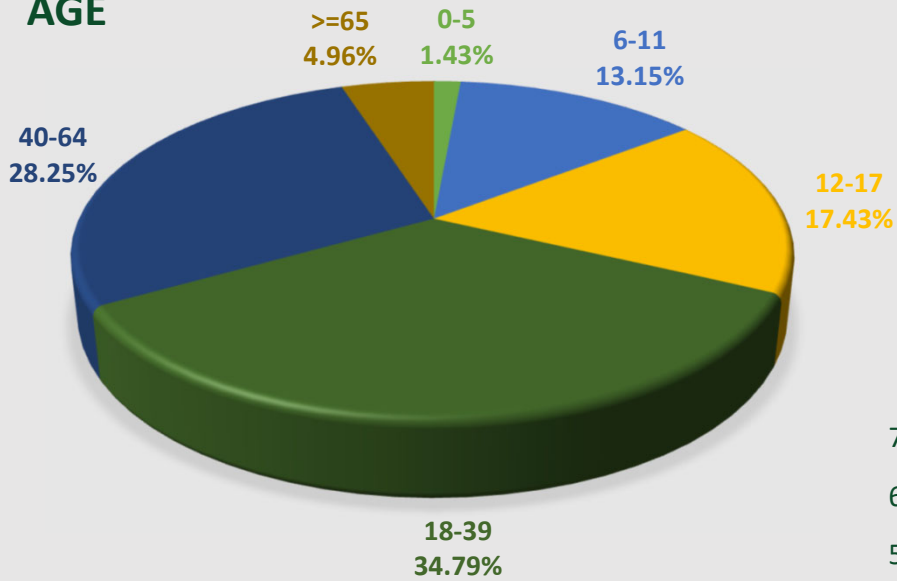
Access to Comprehensive Care

- Moved our clinic from Bronson to Chiefland in July, 2018
 - More than doubled the available space
 - More accessible to our clients
 - Telehealth services are available same day / next day for Levy County residents.
 - Psychiatric staff can be accessed from other Meridian locations when needed
 - Child Psychiatric staff are in Levy on a weekly basis
 - Mobile Response teams are available within 60 minute response 24x7x365

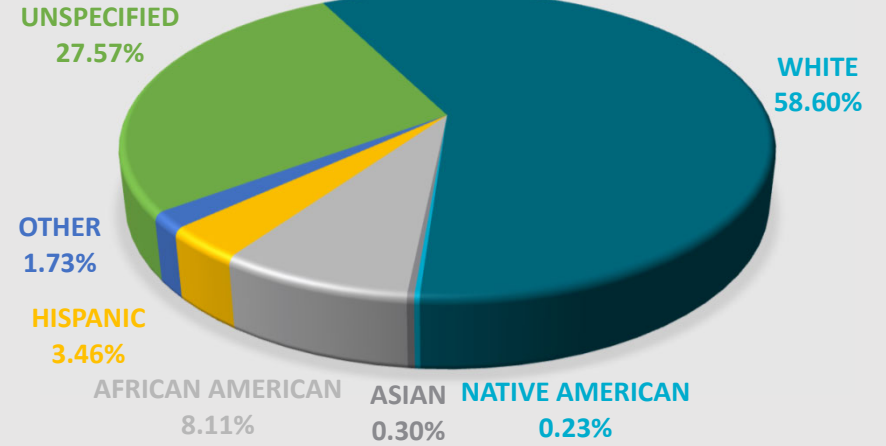


Who We See

AGE



RACE AND ETHNICITY

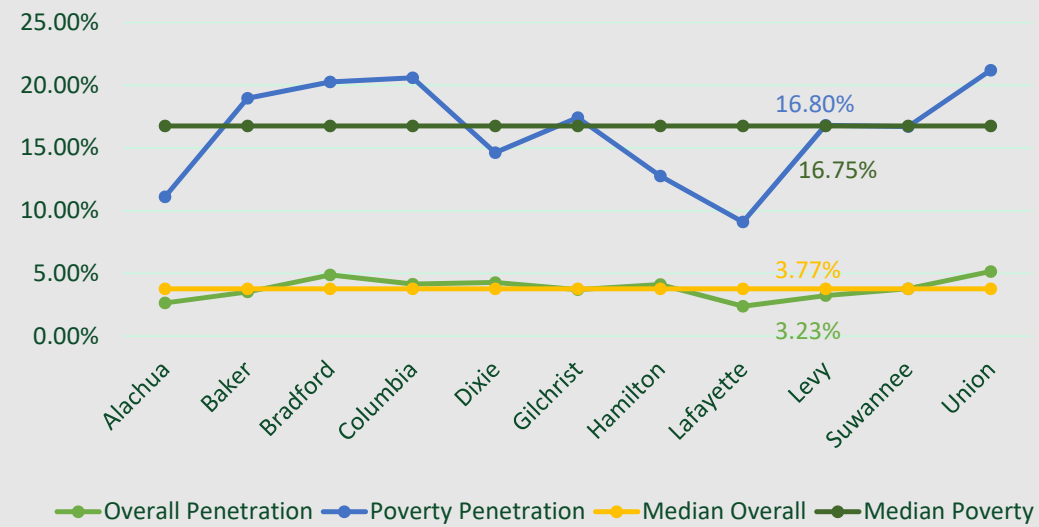


Service Depth

- Youth services in the first three quarters of FYE2020 are up 29% over last year

	2018-2019	2019-2020
Adult	924	905
Juvenile	365	426
Grand Total	1,289	1,331

Penetration Rates



*data is from 7/1/19-3/31/20, comparisons are numbers for the same period in each of the prior years



Services for Fiscal Year 2019

Adults - we saw 1,083 adults

- 178 adults received Acute Care services (Screening, CSU, Detox)
- 657 received counseling services
- 542 received psychiatric services
- 91 families were in treatment related to child maltreatment or neglect
- 83 received treatment for opioid addiction
- 40 were involved in jail diversion services
- 18 received residential substance use disorder treatment
- 42 came to our Gainesville primary care clinic

Children – we saw 386 children

- 76 received Acute Care services (Screening, CSU)
- 318 received counseling services
- 141 received psychiatric services

A total of 1,469 residents of the County received services at Meridian in FYE2019.



Services July 2019 through March 2020

Adults – YTD we have seen 905 adults

- Acute Care
 - 76 adults admitted to CSU
 - 28 Detox admissions
- Outpatient Care
 - 516 clients in counseling services
 - 437 receiving psychiatric services
 - 78 receiving Medication Assisted Treatment for Opioid addiction
- Residential Substance Use Disorder Treatment
 - 23 admitted to residential treatment, including Meridian's pre and post-partum women's program

Children – YTD we have seen 426 children (29% increase over last year at the same time)

- Acute Care
 - 36 children admitted to CSU
- Outpatient Care
 - 349 receiving counseling (a 30% increase over last year at the same time)
 - 98 receiving psychiatric services
- Children's Community Action Team ("CAT")
 - A new service that provides intensive wraparound for children at risk and their families – serving 48 Levy County children and their families



What are we helping people address?

- Among adults
 - Substance use is the most prevalent, affecting 30% of those seeking treatment
 - Opioids account for 39% of the substance use disorder patients we treat, and 12% of all diagnoses
 - 78 county residents have been seen for an opioid use disorder.
 - Depression (30%) and Bipolar disorder (19%) are also prevalent
- 34% of the adults we see have more than one issue being addressed
- Trauma affects at least 14% of the adults we see; it is likely a contributing factor for many more



“Megan” is a college student who first received telehealth services during the COVID-19 pandemic, and the timing could not have been better. Megan disclosed an incident with sexual assault a year and a half earlier and described how this had impacted her family unit as well as her ability to trust. The emotional response and release she experienced as she and her therapist discussed the sexual assault and the issues within the family that resulted, most likely would not have happened had the therapist met with her on campus.

Megan began the healing process within the context of a long-term relationship after the assault. However, when her boyfriend’s father passed, he ended the relationship with Megan as a result of his grieving response. When this happened, although she and her therapist had already completed their morning session, Megan messaged her therapist on Zoom chat asking to speak to her. Megan’s therapist was able to immediately use Zoom video chat to de-escalate and offer coping mechanisms while Megan was actively reacting to loss. After grief psychoeducation and coping mechanism introduction, she was able to react calmly to the distressing event.

Megan has stabilized and has expressed her gratitude over and over. She has responded to Cognitive Behavioral Therapy & positive psychology stating she now believes “positive thinking can manifest amazing things in your life”. Her self-image had been distorted for some time previous to therapeutic intervention. Megan’s life has changed very quickly from a few evidence based interventions.

A Mobile Response Team (MRT) clinician and care coordinator responded to a crisis call for “Jayson” who presented with anger, hostility, verbal aggression and an overall negative attitude. His grandparents no longer knew how to help him so they contacted MRT. Upon de-escalation and assessment of Jayson, the clinician recommended a mentorship program for him because she believed it could help him relate to someone closer to his age. Additionally, with the age difference of the grandparents being in their 70’s while also raising a 15 year old, a mentor could also model ways to communicate with a teenager.

The clinician, care coordinator and grandparents all agreed with this treatment plan and the care coordinator was able to identify a resource, through a friend. The care coordinator reached out to the mentorship program through a church in Williston and assisted the grandparents with completing the application and emailed it to the director of the mentorship program. Due to MRT outreach, warm connections, and prompt actions, a warm linkage mentorship opportunity was made.

- Among children
 - Behavior problems and attention deficit are the most prevalent, affecting 32% of those we help
 - Depression follows closely, affecting 30%
- 26% of the children see have more than one issue being addressed
- Trauma affects at least 17% of the children we see; it is likely a contributing factor for many more



So far this fiscal year, Meridian staff have provided over 2,800 hours to 219 children in Levy County schools



Benefit

- Improved functioning and reduction of symptoms
 - 71% of adults
 - 83% of children
- National benchmarks
 - Recovery rates for severe mental illnesses range from 40-60%
 - Recovery rates for addiction range from 40-50%
 - Recovery rates for diabetes, hypertension, and other chronic illness range from 40-60%
- Patient experience
 - 92% indicate treatment was helpful
 - 89% felt Meridian staff truly cares if they get better
 - 84% have become more independent
 - 88% would return to Meridian if they experience mental health issues in the future
 - 89% would recommend Meridian to others



Funding

- Meridian accepts a wide range of payers, ensuring that governmental funds are the payer of last resort
- Indigent care is funded through the state and local matching funds, as well as Medicaid
- The majority of those we see (84% for Levy County) are at or below federal poverty guidelines
 - 38.7% of the services provided thus far in 2020 (July 1, 2019-March 31, 2020) have been paid for with indigent care funding from the state and County
 - 48% have been covered by Medicaid
 - 18% have some form of insurance, but that insurance covers only 5% of the services these individuals need and receive





FYE2021 Local Match Request

- Meridian is required to generate local matching funds for some of our state and federal funds
- Our expected FYE2021 local match requirement is \$3,749,912
- Levy County's population represents 7.52% of the population of our core service area, and is allocated a proportionate share of that match, or \$ 341,897.
 - Services in the County generate close to \$82,366 in patient fees and insurance, all of which can be used toward match.
 - The County in 2020 provided \$81,000 in local matching funds
 - Currently, the match generated from the BOCC contract and local fees is \$163,366 – still short of the total required match
- We are requesting a 5% increase, to account for increased demand for services in the county including the addition of Mobile Response Team's (MRT) and Community Action Teams (CAT), and to move closer to the total match required, bringing the County contract with Meridian to \$85,050.



Questions?

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