

MERIDIAN HEALTH SERVICES

Rialzo

EDITION

SUMMER 2018

CURRENT

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proceeds benefit
Meridian's Maternal
Treatment Program

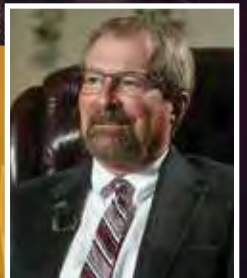
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Spirit OF Meridian

Prosecutor Arnold leads charge
against addictions in community



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Dr. Terry Whitt Bailey speaking at Rialzo IX, Meridian's annual charity gala. Dr. Bailey is a current board member of Meridian Health Services.

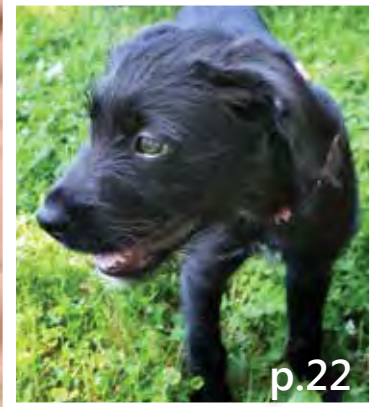
Mental health advocate.

Breaking down barriers.

**National
Spirit of Meridian.**

PATRICK KENNEDY

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Meridian Health Services is a regional, progressive healthcare organization specializing in "whole-person" health integrating physical, mental and social well-being.

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JEFF ARNOLD

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medical community,
in schools, in local
municipalities, and
with businesses
large and small.

Dear Friends of Meridian,

You've heard me say this before: Meridian cannot be all things to all people, and we can't do it alone. Every year following Rialzo, our annual charity gala, I am reminded in fact, we are not alone.

Now in 46 counties, Meridian has partnerships in the medical community, in schools, in local municipalities, and with businesses large and small. In fact, I am humbled by the generosity of our community partners. They have made Rialzo a premier fundraising event—one that raises significant dollars for programs that improve lives.

New this year, is a National Spirit of Meridian Award given to former Congressman Patrick Kennedy, a recovering addict and mental health advocate. Kennedy reflects Meridian's vision for more integrated healthcare systems and whole-person health.

This year, we continue to support our Maternal Treatment Program (MTP), an initiative just a year old, but one already helping drug-addicted mothers put their and their children's lives back on track. The program was developed from the awareness that mothers addicted to drugs many times, give birth to babies who are addicted to drugs. In the most severe cases, neonatal abstinence syndrome (NAS) can have lasting effects for that newborn. Staffed by our highly skilled behavioral clinicians, Meridian's MTP helps mothers learn life skills and provides them with ongoing emotional support that, combined with wraparound services from Meridian, can improve the health of both mother and child.

In this edition of CURRENT magazine, you'll read about what we're doing in MTP and other programs that have a lasting impact on our communities. We also honor the 2018 Spirit of Meridian winner, Delaware County Deputy Prosecuting Attorney Jeff Arnold. Jeff is one of those community warriors whose life's work has been dedicated to making where we live, better. In his more than 30 years of service, Jeff changed the narrative tied to drug addiction in Delaware County. I'll let him tell you about his philosophy of compassion when it comes to convictions and the role of a prosecutor. Jeff, like Meridian, believes the key to improved lives is education and awareness.

The 2018 theme at Rialzo IX was "A Whole New World." It's individuals like Jeff and Patrick and the innumerable community partners with Meridian who, together, make where we live "a whole new world."

Thank you for your ongoing support of Meridian Health Services.



Hank A. Milius
PRESIDENT / CEO

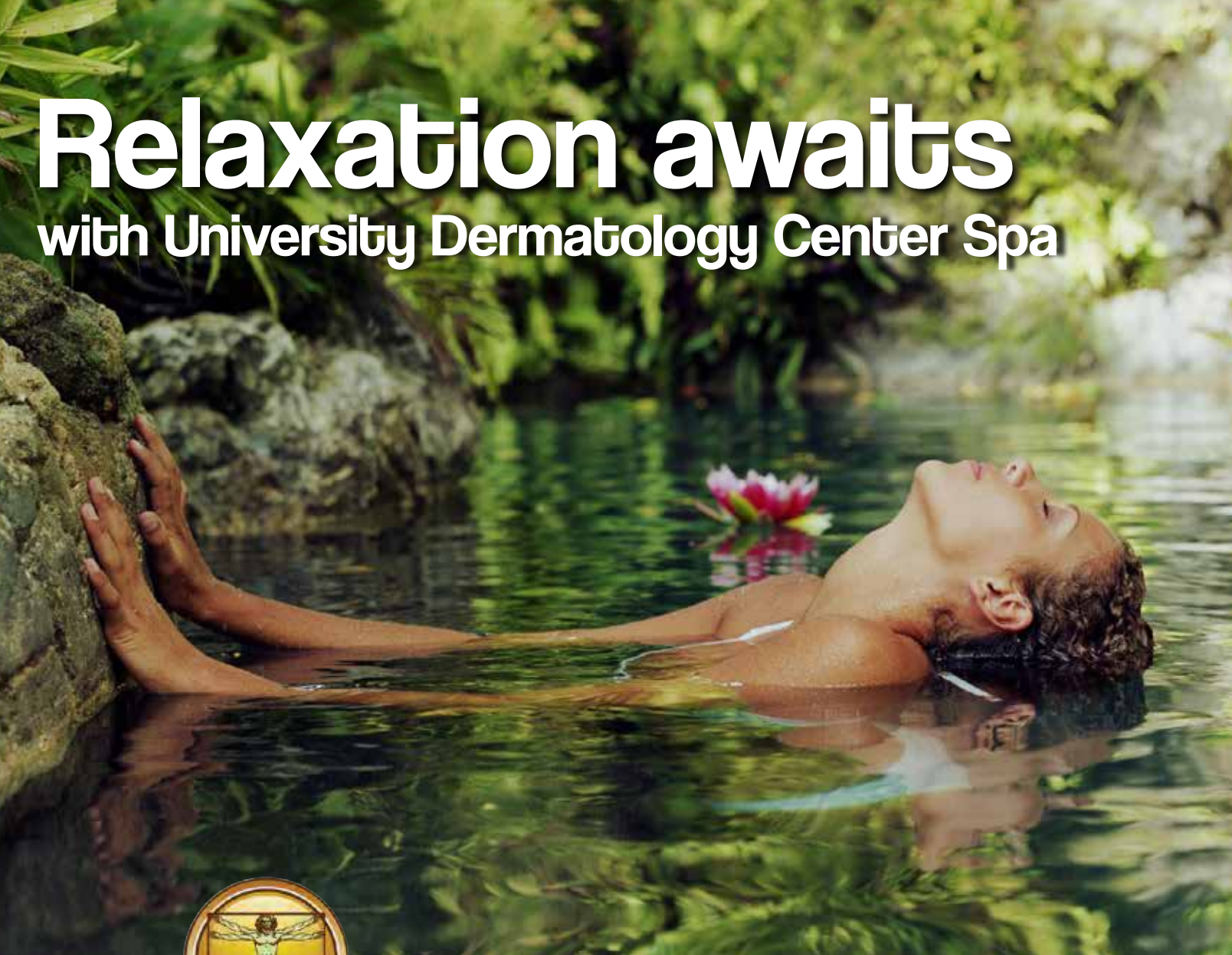


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Front row, from left: Dr. Chris Bowles, Vicki Tague (Chair), Dr. Terry Whitt Bailey, Dr. Nancy Green, President/CEO Hank A. Milius
Back row, from left: Chris Fancher (Secretary/Treasurer), Erica Graham, Wayne Shaffer, Mark Hardwick, Steve Smith (Vice-Chair), Mike Lunsford, Julie Newhouse

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Town Hall Road Show raises awareness

ALLIANCE FOR A HEALTHIER INDIANA, A STATEWIDE initiative to raise awareness of Indiana's poor health rankings, made stops throughout Indiana. Meridian Health Services was a key partner and sponsor of the discussions specifically in Meridian's larger regions of Muncie, Richmond, Lafayette, Connersville and Fort Wayne.

The Alliance is a group of healthcare professionals, advocates, community and business leaders committed to making Indiana a healthier place to live and work.

The Town Hall Road Show made stops in 17 cities throughout Indiana.

Topics included tobacco use, opioid abuse, infant mortality, and obesity. Each presenter highlighted astounding statistics and opened discussions for integrated ways to overcome these problems.

“The Alliance is a consortium of experts and it's a great fit for Meridian's mission of whole-person health,” said Hank Milius, Meridian's President and Chief Executive Officer.

At each road show, health care leaders, employers, policymakers, educators, funders, and community leaders collaborated to inspire grassroots support for better health and shared ideas about ways to work together at the local and statewide level. “Meridian's mission of whole-person health, and its wrap around services help overcome the barriers to good health,” said Beth Clark, Meridian's Vice President of Marketing.

Meridian has 42 facilities including 23 clinics in 13 counties throughout the state. Licensed and trained medical, and counseling staff at Richmond and Lafayette's Addictions Recovery Centers provide residential and outpatient addictions treatment and therapies.

In 2017, the state spent \$64.1 million in hospitalizations of babies with Neonatal Abstinence Syndrome (NAS). Meridian's Maternal Treatment Program provides treatment counseling for pregnant mothers addicted to drugs so their newborns might suffer fewer residual effects of the mother's addiction.

Opioid addiction resulted in 17.9 deaths per 100,000 Hoosiers in 2017, exceeding the national rate of 16 deaths per 100,000. The cost to Indiana exceeds \$1.5 billion annually.

Meridian Health Services Richmond and Lafayette Addictions Recovery Centers provide residential and outpatient addiction treatment and therapies through licensed and trained medical and counseling staff.

Better health and wellness isn't just about a single issue, Clark said. “It's about the whole person, and entire communities. Meridian Health Services collaborates and partners with

hospitals, wellness facilities, and other health organizations to help assure quality services are available.”

Meridian serves more than 46 counties throughout Indiana and is in 280 schools.



TOWN HALL ROAD SHOW. The Alliance for a Healthier Indiana Town Hall Road Show was held in Muncie in June. Front row, from left: Sue Errington, Tim Lanane, Hank Milius, Katie Kincaid, Terri Austin, Dr. Cynthia Meneghini. Back row, from left: Brian Tabor, Rhonda Wilson, Nathan Taylor, Bryan Ayars, Mayor Dennis Tyler, Dr. Jeff Bird, Jane Ellery, John Disher.

JULIE NEWHOUSE:

‘We take our oversight responsibilities very seriously’

JULIE NEWHOUSE APPRECIATES THE IMPORTANT role Meridian Health Services plays in rural Indiana.

As a resident of Rushville, she knows that healthcare isn't something people in small communities can take for granted.

“Rushville was the first primary care clinic that Meridian had, and it was something we desperately needed,” Newhouse said. “Many doctors and nurse practitioners don't want to come to small communities. We are underserved, and Meridian really fulfills that need.”

Newhouse has been a Meridian patient for 12 years. For the past three years, she also has served on Meridian's board. Although she already had a positive experience as a patient, Newhouse said being approached to join the board opened her eyes to the expansive range of services Meridian offers. After talking with President and CEO Hank Milius about the company's future, she knew Meridian was worth her time commitment.

“I knew the company's background, but once Hank and I met, I thought, ‘This is a great thing going,’” she said.

Newhouse brings years of legal experience to the boardroom. She is a Rushville city attorney and has a private law practice, Newhouse & Newhouse, with her husband, Tracy. When not busy working, the Newhouses enjoy traveling. Newhouse and her husband have seen most of the Civil War battlefields including the western and eastern theaters. As avid history buffs, they like to explore sites that have played a significant part in world events—both in the United States and abroad.

“We are history geeks,” Newhouse said. “We really like Civil War and Revolutionary War battlefields.” Newhouse continued: “We are going to Germany in two weeks to see our daughter, and are planning to do the post-World War II tour. My dad served over there, and we are hoping to trace some of his footsteps while there.” Their daughter, Paige, graduated from Duke University in 2017 and is currently finishing post-graduate fellowship in Germany. The journey will also be a dual way to commemorate family ties to the region.

Being on the Meridian board has given Newhouse an opportunity to play her own part in history, and it's a role that is important to her. “I think it is necessary to take membership on any board seriously, and our board members do. The Meridian management is excellent, and the board appreciates that. I believe we take our oversight responsibilities very seriously,” she said.

Newhouse is impressed with the Meridian's commitment to the future. “It's really nice to serve on a board that is so forward focused,” she said. “Meridian's vision is about seeking out new opportunities and offering their expertise and assistance to more people in need.”

Newhouse sees Meridian as a vital force for positive change in the communities it serves. “In eastern Indiana, there are boards that are at the point where the entities are ready to shut down. Meridian is not just stuck on automation—it is expanding and growing its services. I really like that. It's been a long time coming in this region for something to be growing,” she said.



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Walls Furniture Craig and Audrey Robbins help build a better community for all children

CRAIG ROBBINS, CO-OWNER OF WALLS FURNITURE, said he gets phone calls nearly every day asking him to donate or sponsor something within the community.

"For me, it has to have a real, tangible impact," he said, leaning back in one of the large brown leather sectionals on the showroom floor of the Muncie store. "It's something that I have to feel really good about. Something that I can see making a big difference in our community."

For Craig and his wife, Audrey, that describes Meridian Health Services. Audrey recalls the conversation she and her husband had "a while back about all of the different things we can support or contribute to."

"We decided that we really like to help our local community, but specifically the children," Audrey said. Meridian does that and more, she said, adding she appreciates Meridian's "proactive" approach to "whole-person" healthcare, which integrates physical, mental and social well-being.

Craig and Audrey were high school sweethearts at Delta and have been married for 12 years with four boys, ranging in age from 3 months to 7 years. Audrey's parents, Tim and Angelia, originally opened Walls Furniture in 1996 in a small Yorktown warehouse. The store moved to its current location in 2001. Today, it's led by Craig and Austin Walls (Audrey's brother) and has grown to include five locations in Anderson, Noblesville and Indianapolis. "We have built our reputation on service," Craig said, adding, "It's about more than just selling sofas or mattresses. It's about helping people find what they need, then being there for them long after the sale."

When he's not at the furniture store, you can find Craig at the baseball diamond, helping with the Delta Little League. He initially was a coach and is now a board member and a league commissioner.

"I am way in deep," he joked.

He and his wife, who have "bounced around" because of jobs in the past, are happy to be home, in a place that is familiar. In a place they want to preserve for their own children. So giving back has always been a part of the plan.

"Muncie is a great community," he said. "It's done a lot for us over the years. My boys are growing up in this community. The impact I have today will leave an impression tomorrow. I am always asking myself what I can do to help build a better community for my children."

One of those things, Audrey said, is to tackle the "narcotics epidemic."

"After sitting in a meeting with Meridian and listening to Hank's testimony about what Meridian is doing for addicted babies and their mothers, I knew we had to be a part of it," Craig said, referring to Meridian President and CEO, Hank Milius, discussing Meridian's Maternal Treatment Program.

Craig was inspired by a woman he met who went through the program at Meridian. She is now going back to work with the program to help other moms.

Other moms like the woman he saw in the hospital after his wife gave birth to their fourth son. "There was a woman, an addicted mother, who gave birth to a baby prematurely, and I remember seeing this baby get wheeled down the hallway to the NICU," he recalled.

"This baby was the size of a mini football and..." Craig said, pausing, his voice softening. "It's heartbreaking. It hurts because the babies do not get to make these choices. They don't have a say. But we do. If we can help them when they are born, and if we can help the mother...if we can turn their lives around...that is a great start. That is a success."

And as their business grows, the Robbins look forward to helping the community even more, but Craig wanted to make one thing clear:

"It's not us supporting this cause, it's everybody that walks through this door and buys something," he said. "That's who is supporting this. Customers support me, believe in me and believe that I will do the best things I can possibly do for this community. Meridian is part of that."

'It's not us supporting this cause, it's everybody that walks through this door and buys something.'

— Craig Robbins



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Kennedy's passion for breaking the barriers and stigma of mental health issues in this country have made significant headway in his fight to end discrimination against mental illness and addiction.



PATRICK

Meridian awards mental health advocate Patrick Kennedy its greatest honor

FORMER U. S. CONGRESSMAN, PATRICK Kennedy was the guest of honor at the invitation only event hosted by Meridian Health Services in the Indianapolis Marriott Downtown. Meridian's President and CEO, Hank Milius and members of Meridian's Board of Directors presented Kennedy with the first National Spirit of Meridian Award. Patrick's advocacy of addiction and mental health legislation reflects Meridian's vision for more integrated healthcare systems and whole-person health philosophy.

The youngest child of U. S. Senator Ted Kennedy, Patrick recounted his personal and political battle with mental illness and addiction, and presented compelling facts regarding mental healthcare's history in the country and the private struggles endured by many.

An attentive, full-capacity crowd of professional healthcare providers and advocates embraced Kennedy's vision for a better overall understanding of mental health issues and the connections between the medical and social avenues of healthcare.

Kennedy signed copies of his New York Times best-selling book, *A Common Struggle: A Personal Journey Through the Past and Future of Mental Illness and Addiction* for all attendees. It was his work in legislation,

however, that captured the most attention, and evoked questions from the audience as they inquired about the best ways to continue the forward momentum of mental health benefit coverage.

Kennedy's passion for breaking the

barriers and stigma of mental health issues in this country have made significant headway. He fought to end discrimination against mental illness, addiction, and other brain diseases by being the lead sponsor for the groundbreaking Mental Health Parity and Addiction Equity Act (MHPAEA), which was passed with bi-partisan support, and signed into law by President George W. Bush on October 3, 2008.

The Parity Law allows millions of Americans, previously denied care, access to mental health and

addiction treatment by requiring insurance companies to treat illnesses of the brain, such as depression and addiction, the same way they treat illnesses of the body, such as diabetes and cancer.

"The efforts are continuous," Kennedy said, in regard to further advancing the available care and benefits to those in need of mental health and addiction treatment. Kennedy is also a representative of the President's Commission on Combating Drug Addiction and Opioid Crisis.



HONORING A NATIONAL ADVOCATE.
Patrick Kennedy receives Meridian's first National Spirit of Meridian Award.

KENNEDY



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Addictions & Recovery

ARC embraces whole-person treatment

One year after Meridian Health Services opened Richmond's first residential treatment center, the program is seeing successful rehabilitations, growing partnerships across the state and watching new collaborations emerge.



ARC TEAM. From left to right: Heather Buckland, Richmond ARC Program Manager; Sayward Salazar, LCSW, Meridian's Regional Manager for Wayne and Fayette counties; and Britni Gettinger, Richmond ARC Operations Coordinator.

Located in Richmond, IN, Meridian Addictions & Recovery Center (ARC) provides 30 residential beds for adults 18 years and older. It has two units—one for men and one for women—with 15 beds each. The facility provides a multi-disciplinary approach for drug and alcohol treatment embracing Meridian's "whole-person" health philosophy to include medical detox, behavioral therapy, intensive rehabilitation, wellness education, recovery and post treatment support.

"We see this kind of treatment central to our mission," said Hank Milius, President and CEO, Meridian Health Services. "Without key community stakeholders and Division of Mental Health and Addiction (DMHA), we would not see this kind of success."

The state provided the bricks and mortar of the ARC project by giving Meridian access to a facility on the campus of the state hospital. It also provides building maintenance services, food for patients and laundry services. Meridian provides the medical and behavioral health expertise. Equally significant was the granting of a

TO PAGE 24

‘We see this kind of treatment central to our mission.’

— Hank Milius, Meridian President & CEO

ARC supports people determined to change

FOR JERRY REED, BEING SOBER FOR FIVE MONTHS after spending decades fighting his alcoholism, is nothing short of miraculous.

What made the difference this time?

Meridian Health Services's Addiction and Recovery Center (ARC) and Reed's own determination to change the course of his life. "I grew tired of waking up behind a dumpster," he said, as he sat at Richmond's 228 Club, a safe place where he transitioned after treatment at ARC.

Originally from Indianapolis, Reed said his caseworker found Meridian and it was that connection that saved his life.

"Finally, they sent me to Meridian," he said. "I had been in and out of rehabs for years. It wasn't until I went to Meridian that I felt like I was going to get the help I really needed."

"I grew up around alcoholics," Reed said. "I found myself on the street for three years."

Reed spent almost 60 days at ARC before transitioning to the 228 Club, an example of a growing community partnership. Besides the 228 Club, Meridian is closely involved in Drug Free Wayne County, injecting new life in the community-based nonprofit.

"Drug Free Wayne County was almost phased out, but with Meridian's support it was revived," says Char Snow, who is in recovery and is Board President at the 228 Club. Today, she is an advocate for people struggling to overcome addiction. "I love my life today. I can make decisions on my own. I don't need someone

else to help support me. That is what Meridian is doing."

Heather Buckland, former program manager of Meridian/Wayne Residential Addictions said the addictions community has embraced ARC, one of the few residential centers in the state. "Overall, we've been received very well. Everyone is aware of the issue of abuse disorders; they've been around a long time. But with the current opioid addiction epidemic—[addiction] has gotten everyone's attention. Our goal is to bring light to the situation, remove the shame of addiction from the equation, and simply provide much needed treatment."

Brian Mahaney is a behavioral clinician with ARC, and a recovering addict himself. He also is treasurer for the Board of Directors of the 228 Club. Its mission is "to be a lighthouse of hope for those struggling with alcohol and drug addiction."

Mahaney holds a master's degree in education and a bachelor's degree in psychology and juvenile justice. "It's been 18 years for me but it's still one day at a time," he said. "You have to live in the solution instead of getting stuck in the problem."

Mahaney says Meridian is helping to change society's attitude toward addicts and eliminate the stigma that comes with the disease.

"It used to be about 'those' people," he said. "It's no longer a 'those people' disease." It's a family disease.



A NEW LIFE. Meridian client Jerry Reed (left) and Behavioral Clinician Brian Mahaney

‘It’s no longer a ‘those people’ disease. It’s a family disease.’

— Brian Mahaney, Meridian ARC Behavioral Clinician



A GROWING COMMUNITY PARTNERSHIP. Char Snow, 228 Club Board President, and Meridian client Jerry Reed.

FROM PAGE 22

federal Medicaid waiver to the state of Indiana in the spring of 2017, which paved the way for a payment system for addictions recovery treatment, said Gerry Cyranowski, regional vice president for Meridian Health Services.

As a collaborative effort between public and private partnerships, Meridian was key in providing expertise and facilities to help those suffering from addiction and seeking treatment.

Meridian offers outpatient services for addictions and has seen a dramatic increase in demand for services, which supports the need for more intensive services as well as responding to a regional community need.

"The nation's opioid crisis is a driving force for this kind of treatment, which has been out of reach for so many because of the financial barriers," said Sayward Salazar, LCSW, Meridian's Regional Manager for Wayne and Fayette counties. "For a lot of people with addiction, by the time they get to the point of treatment they've lost their home, they've lost their job, they've lost their family. They don't have resources."

"With [Meridian] being able to say, 'We'll accept all pay sources,' that opens the door for families," Salazar said.

In addition to the residential center, Meridian is making more community connections, leading to more partnerships, and increasing the likelihood of recovery success stories.

The 228 Club, located on Sixth Street, next to St. Elizabeth Ann Seton Parish, has been in Richmond since 1980 and is a residential program for recovery addicts. Board President Char Snow, celebrating 12 years of sobriety herself, now leads meetings with addicts at ARC every Sunday evening. She says Meridian's role continues to become more influential.

"I love them," Snow said of the patients in the ARC program. "Right now, I have two from Meridian and one is seven months clean this month. She is a recovering heroin addict but is now employed and has her life



FOUR-LEGGED FRIEND. Meet Lucy, ARC's service dog.

The opioid crisis is a driving force for this treatment.

Partners in building a strong foundation

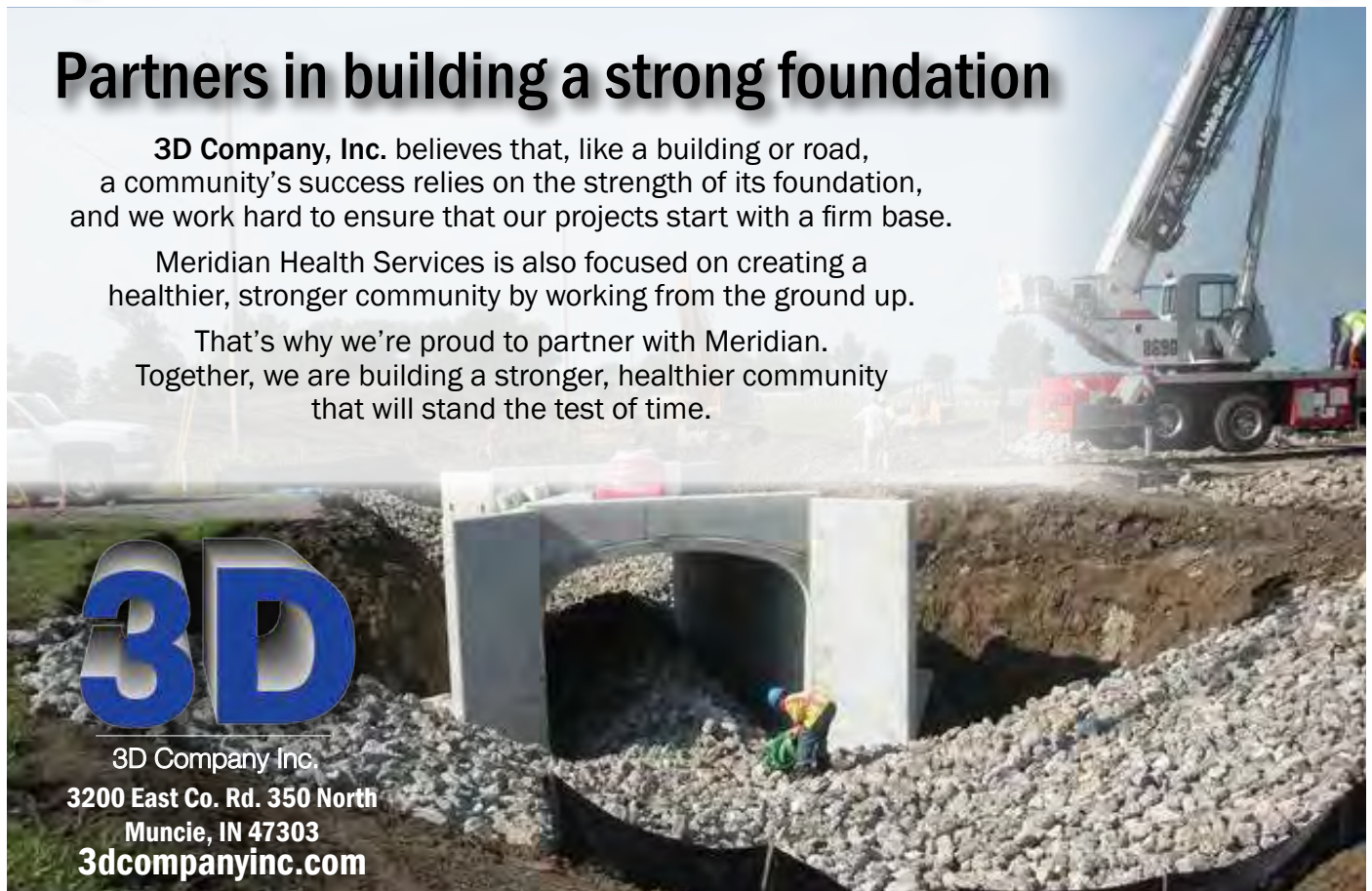
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together. Without Meridian, these people would not have made it.”

Cyranowski said Meridian is working on expansion into other communities, partnering similarly with the state for space and communities for added support.

“Recovery is a long, hard road and this new layer of support and medical treatment puts patients on that path,” said Cyranowski. “Providing around-the-clock medical treatment and behavioral therapy are key in combating addiction.”

Richmond’s residential program is designed to address the statewide need in areas including Wayne, Randolph, Jay, Blackford, Grant, Delaware, Madison, Henry, Rush, Fayette and Union counties and accepts public and private pay insurance as well as the uninsured through support of DMHA.

The facility is staffed with a team of experts including addiction and mental health therapists, nurses, physicians, psychiatrists, and residential counselors who have extensive skills in treating the psychological and medical ailments that add to the dependence on drugs and/or alcohol. All patients will receive a physical assessment and be followed throughout treatment by a MeridianMD primary medical care provider.

The goal of Meridian’s residential addictions treatment program is to begin the process for restoration of the participant’s whole-person health, which will include elimination of substance use through focusing on physical and behavioral health and productive social functioning. A higher rate of

success is achieved when sustained attention to the biological, psychological, and social contributors of addiction are met.

The opioid epidemic, considered to have reached proportions not seen since the 1930s, has overtaken resources and drained communities of their ability to sustain a working population.

In Wayne County, for example, the population has decreased over last 30 years, yet incidents of opioid addiction has risen dramatically.

Meridian’s new Addictions and Recovery Center is designed to address the growing and urgent need.



A NEW RESIDENT. Lucy is a service dog who helps make ARC feel like a home environment.

ARC’S NEWEST RESIDENT

Lucy, a service dog, is also new to the program. “Animals have been shown to reduce stress, depression and anxiety in people,” said Salazar. “She will be used to help in these areas and specifically with addictions. They also provide activities

through which the individual can be distracted from cravings and triggers.”

“People in treatment don’t need to feel institutionalized,” Salazar said. “We want them to feel like this is a home environment.”

Blue Buffalo, a national brand dog food company building a new state-of-the-art facility in Richmond, donated \$2,000 to cover the cost of the dog, as well as training and veterinarian expenses. Blue Buffalo also provides food for Lucy. Having Lucy around helps make everyone feel more at ease.

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MERIDIAN'S MTP.
The Maternal Treatment Program increases awareness and provides services for mothers struggling with addiction and their newborns.

Mothers & newborns

Maternal Treatment Program supports both through addiction recovery

With the decor of a newborn's nursery and support from trained behavioral clinicians, Meridian Health Services Maternal Treatment Program, in just a year, has already set the stage to change lives and secure futures.

Privately located down a hallway of the Suzanne Gresham Center, Meridian's Maternal Treatment Program (MTP) is a safe zone for mothers fighting addiction. They bring their children and their dreams, seeking a better life for themselves and their families.

Meghan Wilson, a young mother and client of MTP has three sons, ages 12, 4, and 3 months. "There's a lot of support here," Wilson said. "You can bring your kids here. I come three days a week for three hours a day. It's a positive environment and homey. I felt comfortable right away."

The Maternal Treatment Program opened June 1, 2017, following a successful Rialzo VIII that raised \$150,000 to be used to increase awareness and provide services for mothers struggling with addiction and their newborns. This year, Rialzo IX raised additional funds dedicated to the development of the MTP initiative. Help hasn't come too soon.

Of the 1,300 deliveries at IU Health Ball Memorial Hospital in Muncie 2017, just over 20 percent were tested for drug

addiction, and just over half of those tested positive for at least one substance. These newborns were affected by either the maternal use of drugs or Neonatal Abstinence Syndrome (NAS). Indiana has twice the national rate of babies born addicted to opiates. In East Central Indiana, one in 10 babies is born with NAS.

In 2018, there have been some protocol changes at IU Health Ball Memorial Hospital. For example, all laboring women are given a drug test to ensure best treatment for mother and baby.

NAS is most often caused by a mother taking opioids during pregnancy. It occurs when a baby is exposed to a drug in the womb before birth and goes through withdrawal from the drug after birth. NAS can cause serious problems for infants, such as having low birth weight, breathing problems and post-birth withdrawal from the drugs. Symptoms typically appear within one to three days after birth, but may take up to a week. Signs of NAS vary, but most opioid withdraw may present a distinctive, shrill cry, convulsions, seizures, and tremors.

[Of local babies tested for drugs after delivery, more than half test positive for at least one substance.]

Shannon Miller: 'I'm in a safe place. What is said here, stays here'

SHANNON MILLER SAID MERIDIAN'S MATERNAL TREATMENT PROGRAM (MTP), is the one strategy that she's been able to stick with to help overcome her addiction. Miller is also the mother of a 4 month old daughter.

According to Miller, the environment at the MTP, where children are playing while mothers talk among themselves, creates a "safe space". Miller says it's the ability to speak freely and interact with women facing the same challenges that has made the difference in her ability to remain drug-free.

"It actually means a lot to me to be able to bring my daughter with me," said Miller, pointing to her baby. "I'm able to talk to other women and not be judged. I know I'm in a safe space. What is said here, stays here," she said.

Miller says the MTP has kept her drug-free. "It's really the first program I've stuck with," she said, adding that she's been coming every week since December. "Being able to talk openly helps a lot," she said. "The group talk here is a lot easier; sitting with girls who have been going through the same things I have, makes a big difference."



Meghan Wilson: 'They've helped me become the person I am today'

FOR YOUNG MOTHER MEGHAN WILSON, WHO HAS OFTEN TURNED TO Meridian Health Services for help in coping, the Maternal Treatment Program is a lifeline.

"It didn't take long for me to get comfortable here," said Wilson, who on this day had her 3-month-old son with her. "It's kind of like being at home." Wilson has two other sons, ages 12 and 4. "You've got a lot of supportive people here," she said.

"We [moms] learn from each other. I've used a lot of services from Meridian. I've graduated from the after-care program, and saw a couple of the counselors here. They've helped me become the person I am today; I'm very pleased with Meridian. We need more programs like this to help our community succeed in addiction recovery," Wilson said.

NAS symptoms vary and are also dependent on variables such as the length of time the mother has been addicted, and the mother's metabolism.

Meridian Health Services has answered the call creating outreach programs for infants with NAS and mothers who are struggling with drug addiction. In Indiana, infants are 24 percent more likely to die within their first year of life than infants born nationally, according to a 2016 Indiana Youth Institute report.

Meridian Health Services says those state numbers relate well to Delaware County and East Central Indiana, in large part because of high drug use locally. Alysha Nemore, Meridian's Children's Services

Program Manager for Delaware and Madison counties, said watching the Maternal Treatment Program emerge has been its own reward.

"I knew before we even started that [MTP] would have a positive impact," she said. "We see how many women and how many babies we can help. We've received tremendous support from the community as this program is so vital in helping mothers end the cycle of drug abuse."

Nemore said, ideally, MTP wants to connect with women during their pregnancy.

"If they [mothers] are clean at birth, we can have impact at delivery with reduced NICU stays and achieve potentially higher birth weight," she said. "We can have greater impact when moms are six to eight months pregnant, to help and work with them."

Drug addiction among pregnant mothers isn't a problem

unique in Indiana. But how Meridian is partnering with other healthcare agencies is. "This population is high need and it's not getting any better, so we rushed to put something together – to do something. Looking back on it now, the impact on this community has been huge."

The mothers who attend MTP have access to a "baby store," stocked with items they may need for themselves or their children. Each mom enrolled in the MTP receives a coupon each session they attend and then can redeem those coupons for items in the baby store. The baby store is open every Friday for the moms to make their selections. The baby store is stocked with

donations from a variety of local churches, agencies and community members.

Meridian also

stocks new items as needed with Rialzo funds. The store provides items for new moms in need of things like diapers, wipes, bibs, clothing, blankets, hygiene items, safety items, feeding, toys, etc.

Anyone may donate items for the baby store by dropping items off at the Gresham Center front desk. Items should be in good or gently used condition. Meridian's MTP serves an average of eight to 15 moms a day, all at different stages of motherhood, Nemore said. Lacy Penix is one of those mothers.

"I don't have anybody to talk to at home," said Penix, whose daughter is 16 months old. Penix has already graduated from the MTP program but continues to come weekly. "The girls here help me know how to take care of my little girl. I come now to support the other girls."

'I come now to support the other girls.'

— Lacy Penix



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WORKMANSHIP. Marilyn Musser, right, presents a quilt to Heidi Monroe, Meridian's Director of Children's Services.

Hearts TO MOTHERS' HANDS

Handmade quilts become symbol of connection

The quilt, a handmade symbol of hard work, love and comfort, wraps the mothers of Meridian's Maternal Treatment Program (MTP) in the warmth of giving.

It all began with a single gesture.

Marilyn Musser, of the Morning Quilters Guild of Muncie, came up with the idea after her friend, Nancy White, donated quilts to Meridian last year and was met with so much gratitude. Marilyn was familiar with Meridian because her daughter, Sindee Fry, a neo-natal nurse practitioner, knew about MTP, Meridian's program helping drug-addicted mothers and their babies regain their health and well-being.

Marilyn saw an opportunity to use her quilting to help those in need.

"When my friend took quilts to Meridian, God put this lightbulb in my head," said Marilyn. "I thought that [donating quilts] would be a good thing to do to give these young mothers hope."

She wasted no time in starting the project. The Wednesday before Christmas of 2017, Marilyn sat at a computer with her husband and filled out an online application for a grant from Thrivent Financial. By 5 p.m. that same day she was approved for a \$250 grant. The next day, she bought all new materials for the very special quilts.



THE CRAFTERS. Quilters Guild of Muncie.

During the Quilters Guild meeting the following week, Marilyn brought in the new textiles and introduced her idea. Since then, the group has been producing quilts, each with a corner patch that reads, "From our hearts to your hands: Generosity is meant to be shared." By the end of March, the group had produced 30 quilts to deliver to the MTP.

Each meeting before a delivery, the members of the quilters guild gathered together and prayed over their creations and the message on the patches. "We held a group prayer before we started the project," said Marilyn. "We prayed for God to take the minds, hands, and hearts of the ladies who were creating the quilts and do like He did with the bread and fish: multiply it."

The first delivery was made in February, and Marilyn simply dropped the handmade quilts at the front desk. The second delivery, however, Marilyn had the unique opportunity to deliver quilts directly to two of the workers in the MTP, and talk about how the quilts have been received.

Marilyn learned the quilts are one of the first things that the women in the program receive when they come in the door. She learned the women use the quilts to keep them warm and comfortable during their sessions at the Suzanne Gresham Center. And she learned that their handiwork, and the message patch sewn into the corner of the quilts, is something that makes a world of difference in the lives of the women in the program.

"I think it's the human connection from one person to another. It's personalized and it means something," said Children's Services Program Director Alysha Nemore in reference to the patch. "It's not just a pattern. It's a symbol of that connection."

Those who have met Marilyn say it's easy to recognize the passion she has for helping others.

"[Quilting] is a hobby and passion for her but she had turned that passion into something that can be impactful for people who really need it," said Heidi Monroe, Director of Children's Services for Meridian Health Services. "I think it really does indicate that someone loves you even though they don't know you, and they care about you and they want what's best for you. I think that's impactful."

Spirit OF MERIDIAN

Prosecutor
reshapes
office to think
proactively in
helping people
change lives

FOR CHANGING THE NARRATIVE ABOUT DRUG ADDICTION in Delaware County, and for his tireless efforts to bring addiction treatment and recovery programs to those who need it most, Meridian Health Services awarded Delaware County Prosecuting Attorney Jeff Arnold the 2018 Spirit of Meridian award.

The annual recognition is awarded to someone “who has contributed significantly to the overall health of our community, and somebody who goes above and beyond the call of duty,” said Hank Milius, president and CEO of Meridian Health Services.

Arnold, who is retiring after serving as a deputy prosecuting attorney for 23 years and the last eight years as Delaware County prosecutor, has been an invaluable partner with Meridian, which opened the Maternal Treatment Program at the Suzanne Gresham Center just last year. At Rialzo IX, Meridian’s annual charity gala, held on April 14 this year, the evening’s theme “A Whole New World” took on special meaning because Arnold, through his contributions and perseverance, helped create “whole new lives” in Muncie and Delaware County communities.

“Good prosecutors know there’s more to prosecution than obtaining convictions,” said Arnold, who keeps a plaque with a saying to that effect in his front office as a reminder to himself, his staff and his visitors about the mission of the prosecutor’s office. “It’s a philosophy I adopted. You have to do the right things for the right reasons.”

Arnold, an outspoken advocate of community partnerships, has reshaped the prosecutor’s office to think “proactively, not reactively.”

“You have to try to get ahead of some of these problems and be a proactive partner with service providers,” Arnold said.


Milius said Arnold’s commitment to community made him the standout choice for the 2018 recognition.

“Jeff has been a community warrior,” Milius said. “His commitment to initiating positive change has been a huge influence on our community and on Meridian.”

The partnership with Meridian has evolved, Arnold said, adding that Meridian has been key to taking positive steps toward addressing the problem of drug addiction in Delaware County. “We couldn’t do anything without Meridian,” Arnold said, adding that one of Meridian’s newest endeavors, the Maternal Treatment Program, is a critically important part of the whole-person health and well-being of the community. “Meridian has stepped forward, particularly in the last two or three years, and acknowledged there aren’t any services for this and somebody’s got to start something. They’ve done that.”

Arnold wasn’t always sure it was his role, as a prosecutor, to get involved at the grassroots level of addiction programming. But it was his staff that urged him to take up the cause.

“This award isn’t for me,” Arnold said of the Spirit recognition. “It’s for my staff. I couldn’t have done any of this without them.” For example, Arnold said his office made a deliberate decision to be part of the conversation as it pertained to mothers addicted to drugs and the effects on their lives and the lives of their newborns. Arnold asked himself, “Am I supposed to spend time on this? Do we have the staff time?”

“As a staff, we decided we had to get involved or we’ll be drowning in this for years,” he said. Another example is Meridian’s wraparound services—as they exist today for new mothers, from prenatal care to school vaccines—that makes working together effective. “You’ve heard the saying a ‘war on drugs’? There was never any war on drugs. There was mass incarceration. It didn’t work. The war needed to be a war on attitudes about drug use. That’s what we need. We need education. That’s what Meridian is doing for the community.” 

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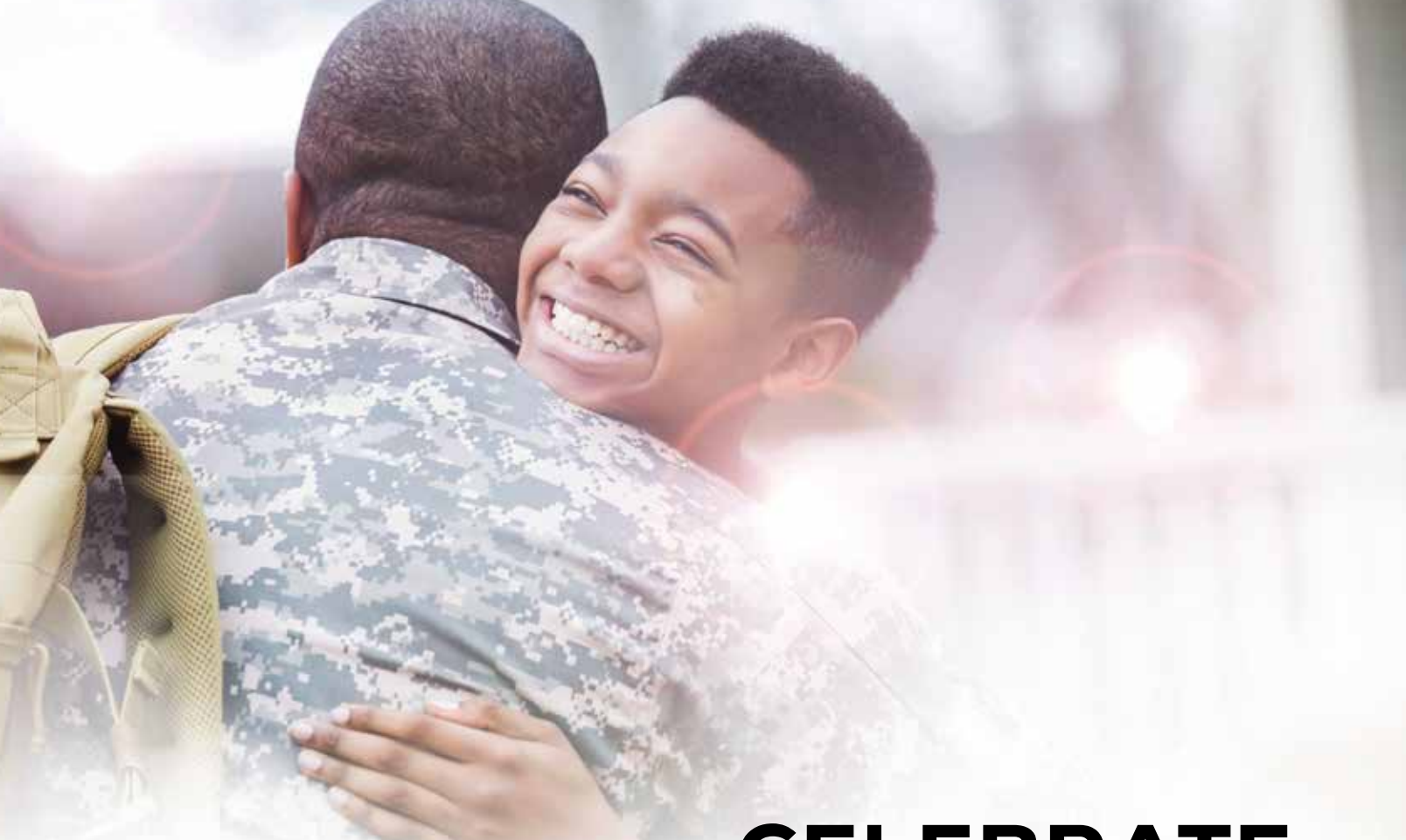
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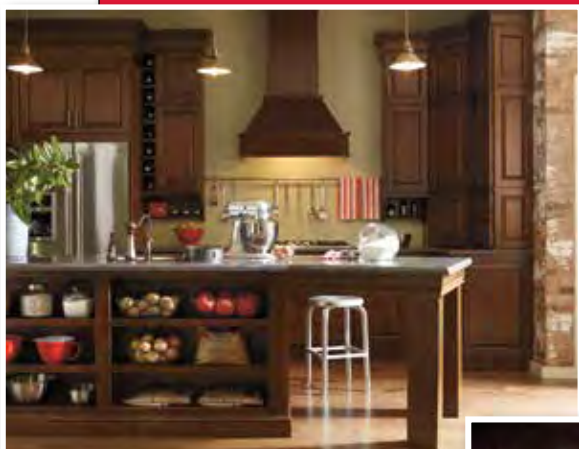


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SUPPORTING A GREAT CAUSE. Ryan Kesler pictured in Mark and Cathy Hardwick's basement-living room makeover purchased at a past Rialzo live auction.

Knapp Supply:

'It's about building positive relationships'

Knapp Supply, one of Muncie's oldest, locally owned companies, believes building lasting relationships — like the one with Meridian Health Services — is good for the community and for customer relations.

Knapp has partnered with Rialzo, Meridian's annual charity gala, for the past four years, providing one of the hottest ticket items in the live auction: a kitchen or bath makeover. Knapp also donated a living room makeover, and craft room/home office makeover.

"It not only gives more than 1,000 attendees and guests an opportunity to learn more about what we do, but has been an chance for us to learn more about the great things Meridian is doing in our communities," said Ryan Kesler, who leads the Kitchen and Bath Division of Knapp Supply Co.

The impressive, second floor of the historic Knapp Supply Company building on Ohio Avenue is filled with room after room displays of high-end kitchens and bathrooms. As Kesler meandered through the quartz countertops and custom cabinets, he noted many people still don't know this showroom exists.

Knapp has offered complete room makeovers, definitely one of the more popular live auction items. The first two years of the collaboration with Meridian for Rialzo, Knapp offered complete kitchens, with the help of interior designer Fred Reese. Last year, it was a living room, and craft room/home office. This year, it was a complete bathroom and living room makeover.

Kesler has been with Knapp for two decades. The company goes back "a few years before that," he said with a laugh.

Indeed. All the way back to 1864. That's when Civil War Captain Alexander A. Knapp started his plumber, steam and gas fitter supply company in Union City. In 1890, it was sold to L.C. Huesmann and in 1926, the business was moved to Muncie, where it remains today. It has passed through a few other

families and is now owned by James Feick, who runs the business alongside his son, Mitch.

"Knapp has always been a family business and, I am sure it always will be," Kesler said.

But the company's reach is far from small. "We cover all of Indiana and western Ohio," Kesler noted. "We have four route trucks that pull out of here every morning at 8 a.m."

Kesler said Knapp's willingness to diversify and take risks has kept this business at the top of its game for many years. There are currently three main areas the company focuses on—plumbing, industrial pipe valve and fitting, and kitchen and bath. It's Kesler's job to make sure Knapp has all the high-end products people are looking for when they are renovating or building their kitchens and bathrooms, from fixtures to finishes.

In order to spotlight their kitchen and bath products, Knapp is adding eight more kitchen vignettes in the updated showroom. They recently installed a "vertical lift" (elevator) to make sure everyone can get to the second floor easily. And they are adding lighting to their list of décor options for clients.

Every inch of their floor space is maximized. Even the company's break room, with its sleek modern design, is a stylish, yet functional way to showcase a custom creation.

Customers who have experienced their artistry firsthand—including the winning bidders at Rialzo "have been very pleased," Kesler said. And hopefully they will come back when it's time to renovate something else.

"It's about building positive relationships," Kesler said, "Knapp and Meridian certainly have that in common."



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MERIDIAN HEALTH *Moment*

Many aren't familiar with perimenopause

MOST WOMEN ARE FAMILIAR WITH MENOPAUSE, the end of female reproduction period, but many are unfamiliar with perimenopause, the transition that begins about four years before a woman's final menstrual cycle.

"Hormone production from the ovaries often starts to change when a woman is in her 40s. While some women have menopausal symptoms, others don't," says Dr. Denise Reeves, OB/GYN at Meridian Women's Health. "It's important to know these symptoms are fairly common and usually diminish over time."

"However, it's a good idea to see your healthcare professional when symptoms arise to diminish the effect on your daily life," Dr. Reeves says. "Some women enter perimenopause earlier than normal, and your physician can help determine the best treatment for symptoms."

Dr. Reeves says that you might enter perimenopause early if you:

- Have a family history of early menopause
- Are a smoker
- Have had a hysterectomy or oophorectomy
- Have undergone cancer treatments

About 80 percent of women experience symptoms such as hot flashes, sleep disturbances, mood changes and vaginal dryness during perimenopause, Dr. Reeves says. Other symptoms might include:

Headache, vertigo (dizziness), itchy skin, restless leg symptoms, heart palpitations, difficulty concentrating, breast tenderness, constipation, bloating, and aching in the muscles and joints. Mood changes can include tearfulness, irritability, anxiety and even panic attacks.

Dr. Reeves says these symptoms can last four to five years on average from the first hot flash. Many times, symptoms are most severe when a woman is still having periods. However, 10 percent of women will continue to have symptoms into their 70s.

A woman is considered postmenopausal if she has not had a period in more than a year. On average, this occurs around 51 years of age.



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Rupert's message: YOU CAN.



DONATED SUPPLIES. Rushville school students and Survivor star Rupert Boneham with their donations for Meridian's Bare Necessities Pantry.



POSITIVE IMPACT. Students having fun meeting Survivor star Rupert Boneham.

Engaging & empowering youth to survive & thrive

CONNECTING WITH ALL AGES IS IMPORTANT IN DEVELOPING longstanding strong, trusting relationships within the communities Meridian serves. The positive impact it has on the youngest community members begins in the schools.

Meridian recently collaborated with Rushville Community Schools and held a convocation at each school, with Rupert Boneham, of Survivor fame, to speak to the students. Boneham's message of self-empowerment, and the importance of making good choices in life, along with the Survivor theme, created the opportunity to provide positive reinforcement to students as they entered ISTEP testing.

Boneham, along with Meridian Health staff from Rushville and Muncie facilities, brought a lively and energetic message to the students. Beginning their Rushville journey at East/West Elementary School, they entered a gymnasium filled with enthusiastic students curious about the burly man in a tie-dyed shirt. Kaitlyn Davis, development account executive for Meridian Health Services in Muncie, kicked off the event introducing Meridian, and the whole-person health mission.

Boneham, then jumped right in with his message, "When you say 'I can't,' then you can't. If you control your emotions, tell yourself you can even when things are tough, take things step-by-step even if it takes a while, you will succeed. You can!"

Boneham went on to share with the students his many challenges faced, as the only four-time participant, and ultimate winner of the reality television series, Survivor. Boneham described the mental, emotional, and physical hardships he endured while he participated in the show, emphasizing his belief in himself to succeed, for him and for his tribe. He noted being faced with choices to do the wrong thing, and he chose to do what he knew was right for himself and for his team so they all would positively succeed.

His message captivated students, who squirmed as he described how he had to roast and eat bugs because of the lack of food.

Boneham identified the parallel between his Survivor experiences, and those of everyday people who find themselves needing to rely on others to help them get through difficult times. "When you believe in yourself, believe in your possibilities, you understand you can do anything you put your determined mind to," Boneham told the students. "When we help one another, it makes us better."

Boneham is a lifelong philanthropist and has been involved in mentoring and community outreach for more than thirty years. His not-for-profit organization, Rupert's Kids, provides youth with "the opportunity to discover their inner strengths, realize their own self-worth and recognize their value to society."

The Survivor theme within each school also engaged a challenge for donations to the Bare Necessities Pantry located within the Meridian Health Services facility in Rushville. Students competed to collect donated hygiene items such as toothpaste, toothbrushes, toiletries, laundry soap, diapers, and more to help stock the Bare Necessities pantry, and meet community needs not covered by other assistance programs.

Meridian Health Services Rushville continues to grow their outreach serving the community of Rushville. Located at 509 Conrad Harcourt Way, Meridian Health Services Rushville provides its community with medical and behavioral services for all ages, and 24 hour call coverage for whole-person health.



RUSHVILLE VISIT. Meridian employees with Survivor star Rupert Boneham.

Community Outreach

Last year, Meridian provided care to 3,127 individuals who were unable to pay for services

which totaled **\$3.8 MILLION** in charity care.



Outreach into the community includes advocacy, events and educational opportunities.

- **Child Advocacy Center** supports victims of child abuse and has increased the rate of cases accepted for prosecution by 320% since it opened.
- The “**Ducky Derby – Race Against Child Abuse**” river duck race has raised more than \$70,000 for the Child Advocacy Center.
- **Gresham Center’s annual Fam Fest** is a free event for families; offering health screenings, education, resources, entertainment and food.
- **Riley Children’s Foundation, Indiana Department of Health** and **BY5** selected Meridian Health Pediatrics as a state “**Early Evaluation Hub,**” where children receive testing for signs of autism.
- **FosterHope** helps children in need of foster care, and provides training, resources and financial support to new foster parents.
- Meridian provided **3,741 Hospital and Community 24-hour Emergency Service care visits on-site** to people with behavioral health emergencies, which helped reduce Emergency Room admissions.
- Meridian provides support and **behavioral/social health resources** to **students and teachers** at **280 schools**.
- Meridian hosts a **statewide conference** for professionals serving individuals with a **dual diagnosis – intellectual and developmental disorders and mental health challenges**.
- To help combat the state’s drug problem, Meridian developed a new specialized division, **Addictions & Recovery**, which includes a residential drug **treatment center** and **maternal treatment program**.
- **Project SAFE** is an event created by Meridian to raise awareness on current dangers of **substance abuse** and to educate families on how to address the issue.
- Meridian’s new event, **City Fit**, encourages people to strive for whole-person health through a 4K Color Run, free fitness classes, nutrition, health resources and education.
- **Improving Hoosier** health, Meridian was a top sponsor of five **Town Hall Road Shows** addressing tobacco use, opioid abuse, infant mortality, and obesity in Indiana with **The Alliance for a Healthier Indiana**.

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- Counseling and therapy
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- Addictions and recovery
- Home, community and school-based services
- Homelessness and independent living support
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- Programs for individuals with both intellectual and developmental disorders and mental health needs
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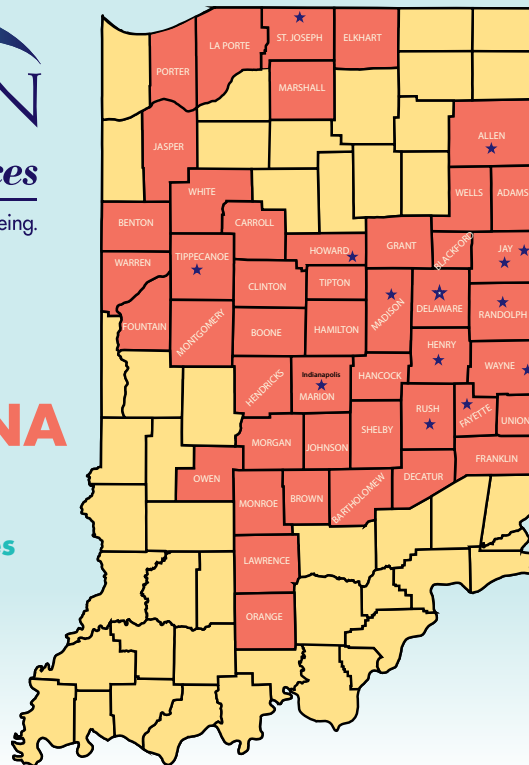
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Community Report



Residents in
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from Meridian.



2017 Community Summary

Making a Positive Impact on the Communities we Serve!

Meridian's span of services reaches 46 counties through our school and mobile community-based programs. Meridian has 42 facilities including 23 clinics in 13 counties.

Meridian serves over
40,700
patients each year.

Meridian has **1,195**
employees in Indiana. Over 150
employees are doctors, nurses
and medical assistants.

Meridian provided
601,998
outpatient visits
in the past year.

Revenue generated was over
\$128.7 MILLION
during fiscal year 2016-17.

More than
280 SCHOOLS
have partnered with Meridian
to bring services to students.

Over **\$58.6 MILLION**
is dedicated for our
employees' salaries and benefits.

Over **17,931** children
received services from Meridian.

Meridian's community
investment in 2016-17 totaled
more than
\$52.2 MILLION

Meridian brings social & emotional wellness services to students

'It's about building positive relationships'

Students and educators should feel safe at school.

As the debate about ending school violence continues, the demand for Meridian Health Services' school-based mental health programs has increased.

In 2012, on the heels of the Sandy Hook school shooting, Meridian initiated a community forum that gathered area superintendents and educators to discuss violence in schools.

"A lot of schools have reached out to us, especially after the most recent school violence," said Heidi Monroe, Meridian's Director of Children's Services. "Schools are understanding that we can impact children by helping them learn how to cope."

Meridian Health Services currently provides services to 19 school systems and serves a total of 280 schools from Porter to Orange Counties.

Meridian works directly with local schools to make campuses more productive learning environments, by addressing social and emotional needs before disruptive behavior becomes a crisis.

"The idea is to help children and their family members develop more adaptive coping skills. We want to get the child to a better level of functioning to improve overall wellness," Monroe said. Meridian's school-based services offer social and emotional support to help students cope with a variety of issues, including trauma, depression, anxiety, post-traumatic stress disorder, attention deficit hyperactivity disorder and autism.

"The schools have been very receptive, especially in Muncie.

Two-and-half years ago, all we really had were privileges for a spot treatment basis—we would come in and work for 20 to 30 minutes with individual clients. Now, we are fully embedded in the Muncie community, and have at least one staff member in each school, five to seven hours a day," Monroe said.

Educators say that Meridian's presence in schools is very helpful. "Meridian's expertise is invaluable to our school and community," said Eric Grimm, principal of Northside Middle School in Muncie. "Having the ability to minimize problems in the classroom before they grow out of control is key to improving the learning experience for both teachers and students."



School partnerships continue to expand. Meridian recently worked with New Castle elementary schools in small group trainings on trauma in the classroom. The program focuses on identifying toxic stress events that can derail emotional and social development. Additional training programs focus on motivational interviewing, a communication technique that teaches the use of open-ended questions to enhance relationships with students and families, and de-escalation techniques to intervene in a crisis.

Looking beyond the behavior is an important part of the strategy. External factors, including addiction and poverty, often increase the complexity of mental health issues.

"We are realizing the impact that a parent's use of an illicit substance has on a child. Opioids are so deadly, and we have seen such a loss through addiction. It's much more profound than people previously thought," Monroe said.

Trauma causes more than emotional issues. It also affects the brain. "We are really starting to understand the brain science behind trauma. Children are physically impacted by parents going to prison or jail and community violence. Neuroscience is showing what complex trauma actually does to the brain and how it impacts self-worth and cognitive function, as well as the potential impact on future health," Monroe said.

Repeated trauma comes out in behavioral ways, according to Monroe. "We are seeing that traumatized children might need some focused intervention," she said. Meridian school programs have addressed issues of self-harm or violence toward others. Working in schools to help students overcome trauma helps the individual, and it improves the entire learning community.

"We've seen a big impact in time-in-seat, which is important for schools—and a decrease in behavioral problems. The extra role modeling also benefits the entire classroom. Students are learning from watching their peers who are developing better coping mechanisms. It's been a terrific soft impact," Monroe said.

The presence in schools has also led to better communication with families. "Helping students cope at school has translated to how they behave at home," Monroe said.

Addressing the root cause of behavioral problems is key to stopping violence—both in and out of school. Monroe wants to give children the skills they need to function and thrive.

"I would like to see our world become a better place. It's not magic," she said. "Young people have to learn to overcome the impact of trauma, and we as adults have to be cognizant and teach them."



Meridian provides services to 280 schools throughout Indiana.

Trainings focus on practical classroom approaches

A TRAINING SESSION FOR EDUCATORS, CONDUCTED BY MERIDIAN Health Services in mid-May at Northside Middle School in Muncie, focused on hands-on, practical approaches to de-escalation, or minimizing problems within the classroom before they grow out of control.

Heidi Monroe, Meridian's Director of Children's Services, used some unusual props to make her point. While deftly spinning a weighted hoop on her hips, Northside teacher Tara Gudger handed Monroe more, one at a time. The more that were added, the more difficult it was to keep them spinning. The lesson here: Think of the hoops as traumas or stressors. The heaviest one represents a long-term trauma – like trouble at home or a history of abuse – that a student can control because they have dealt with it for so long. It has become second-nature to effectively deal with the trauma, no matter how extensive it is.

But add more traumas, even if they are seemingly insignificant – like struggling on a test or forgetting an assignment – and everything comes tumbling down. The final stressor becomes too much and the result is negative behavior.

Monroe also used the hoops to illustrate the importance of personal space for both teachers and students. Some people require more space than others, and understanding the preferences helps avoid conflict.

"I really liked the idea of using hoops to demonstrate personal space," said teacher Shandra Teal. "It's a practical thing I think I will use in my room."



EDUCATION. Heidi Monroe, Director of Children's Services.

6 TIPS TO REDUCE CLASSROOM DISRUPTIONS

Here are tips Monroe offers to teachers as a way to keep classroom disruptions to a minimum:

Setting expectations:

Be sure to remind students often about rules and how you will handle classroom disruptions. Reinforcing rules regularly gives the students a sense of control because they know what to expect.

Fidgeting is okay:

Although some teachers may perceive constant motion as a sign that a student isn't paying attention, Monroe says the opposite is actually true. "When students are dealing with something mentally complex, it's helpful to be doing something mindless with their hands. This helps with better concentration," she said. In fact, Monroe suggests providing students with something they can access: stress balls, fidget spinners, etc. Even doodling on a note pad is helpful in concentration. "I've used stress balls in my classroom," said teacher Shandra Teal. "It really does have a positive impact."



Body language:

When dealing with a disruptive student, the key is to be non-threatening and calm. Speak with a calm, slow voice, and stand with your hands in your pockets. Stand at a slight angle to the student, instead of face-to-face. These are all nonverbal cues that can help diffuse a situation.

"Band class:"

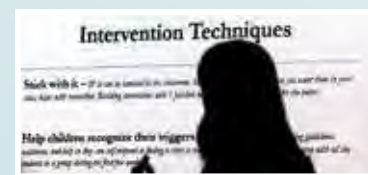
One teacher said her classroom is often disrupted by multiple students tapping their pencils on their desks. "This isn't band class," she said. Monroe's response: "Maybe it could be band class for a minute or two. If you give them permission to get it out of their system, they might be better able to focus on the real work."

Give permission:

Monroe says it's important to let students know that it's okay to be angry. Giving the student permission to feel what they're feeling can help reduce or avoid unwanted behavior.

Practice, practice, practice:

Monroe suggests educators practice diffusing disruptions with fellow teachers. This makes it easier to implement and enable a proactive approach when the need arises.



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MERIDIAN HEALTH *Moment*

Swimmer's ear can affect almost anyone

SWIMMER'S EAR, ALSO KNOWN AS OTITIS EXTERNA, is an infection in the outer ear canal, which runs from your eardrum to the outside of your head. It's brought on by water in the ear, creating a moist environment that aids bacterial growth.

"Despite the name, swimmer's ear is often found in people who aren't swimmers," said Dr. Murat Gonulalan, an internal medicine physician at MeridianMD in Muncie. "Anyone who is outside in the wind and rain can get swimmer's ear."

"Remember the old saying that you should never put anything smaller than your elbow in your ear?" Dr. Gonulalan asks. "That's true, because putting fingers, cotton swabs or other objects in your ears can lead to swimmer's ear by damaging the thin layer of skin lining your ear canal."

Symptoms include itching, discomfort and redness, and sometimes drainage of clear, odorless fluid. As it progresses, the symptoms will intensify, and might be accompanied by excessive drainage, decreased or



muffled hearing and a feeling of fullness inside the ear.

It's important to see your doctor at the first sign of symptoms, even if they are mild, Dr. Gonulalan says. "The infection is much easier to treat if it's caught early," he says.

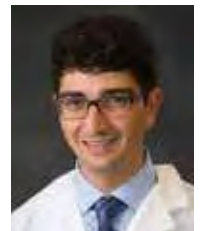
"The best way to avoid swimmer's ear is to keep your ears dry," Dr. Gonulalan says. "But don't put objects inside your ear to dry it. This can pack material into the ear canal, and irritate or break the sensitive skin there."

Instead, use this process to dry your ears:

Dry only your outer ear, wiping it slowly and gently with a soft towel or cloth. Tip your head to the side to help water drain from your ear canal.

MERIDIAN **MD**

Murat Gonulalan, MD, is board-
certified in Internal Medicine at
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Mary & Cornelius

Community champions receive state's highest honor

The last thing Mary and Cornelius Dollison wanted was another award, another accolade praising their contributions holding them up as pillars of the community. Except for a very few, the innumerable plaques and certificates they've been given over the years, stay in a box.

But on this day, they agreed to one more high-five, one more nod to their commitment to cause and community, and Meridian was happy to provide the platform.

This Muncie power couple was honored during Meridian Health Services' Rialzo IX at Muncie's Horizon Convention Center, where they were awarded a "Sagamore of the Wabash," given by the Indiana governor and representing the state's highest distinction.

"We could not have been more pleased to be able to present this award on behalf of the governor," said Hank Milius, president and chief executive officer of Meridian Health Services. "These two have devoted their lives to making our communities, our city, a better place to live. They are humble and gracious people."

Mary founded Muncie's Motivate Our Minds more than 30 years ago when she saw a need for early childhood education in Muncie. She and Cornelius have worked together on projects like the Roy C. Buley Community Center in 2008, Shaffer Chapel history building project in 2013 and the ongoing work of the Whitely Community Council, started in 2012. Cornelius is a former board member of the Muncie-Delaware County Chamber of Commerce and serves now on the Board of Directors for the Muncie Action Plan.

For the last three years, the Dollisons have made a point a few days each week, to stand outside Central High School and greet the students and educators in the morning.

"It always makes you feel good when you're helping young people," Mary said. "We see them out in the community and they recognize us."

Why do they do what they do?

"I was the oldest of eight children," Mary said. "My parents couldn't help me when I went to college but plenty of others did, and that's when I learned it takes a lot of people to work together to make a difference," she said.

Cornelius agreed.

"We started with our neighborhood then realized our vision had to change because it's more than that; our neighbor is everyone," he said. "Now we're to the point, it's more than just our neighborhood, it's the whole community. That's why we go to Central High School. We want them to know we care: the students, the teachers—all of them."

The Dollisons cite Meridian Health Services as the kind of partners who help elevate a community. Meridian's behavioral clinicians work with children at MOMs and most recently Meridian provided flu shots at the Whitely Community Council. The Dollisons noted Meridian's contributions in their neighborhood and the difference it has made, particularly in the



THE DOLLISONS. Cornelius and Mary Dollison have been awarded a Sagamore of the Wabash by the Indiana governor representing the state's highest distinction.

area of drug addiction and treatment.

"A lot of people are hurting and don't have the people they need in their lives," Cornelius said. "Hank and I were on the chamber board together, and I'm amazed at how many good things they are doing to really make a difference, from homelessness to the opioid addiction problem. Meridian Health Services is doing a great job of making a difference in our community."

Joshua Rush, a college student at Ball State University, is one of the beneficiaries of the Dollison's nurturing ways. "I've known the Dollisons since I was 5 or 6 years old," Rush said. "This generation is a microwave society; we like to go fast. With the Dollisons, they help slow things down so you will understand what you're learning while you're learning it, and how you can benefit from it."



Joshua Rush

So, what becomes of the Dollison's latest accolade—The Sagamore of the Wabash, established by Gov. Ralph Gates, who served 1945-1949, that was awarded to them in front of nearly a thousand of their family and friends at Rialzo IX?

For the couple, who have made new beginnings for so many, so often, the Dollisons will have to make room on their wall for just one more reminder of how those around them appreciate all they do, so selflessly for others.

['We started with our neighborhood then realized our vision had to change because it's more than that; our neighbor is everyone.']

— Cornelius Dollison

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Meridian team approach focuses on enhancing community

MERIDIAN HEALTH SERVICES EMPLOYS MORE THAN 1,000 people across 46 counties in Indiana, but it is the achievement of the individual that has the greatest impact.

"We have the best employees in the world," said Hank Milius, Meridian's president and CEO. "I often say Meridian can't be all things to all people. We need everyone pulling together and that's what happens with our wonderful employees."

Sarah LaFary, a behavioral clinician in Rush County and Angela Lowry, a clinical supervisor for Rush and Henry counties, are the kind of employees who believe in service above self and exemplify the commitment that makes Meridian strong.

"In general, I enjoy just being in the position to help people," said LaFary. "I help people with their budgeting, life skills, and teach them about healthcare," she said. "I enjoy just being able to help them reach their goals."

LaFary says a key to her job is teaching her clients about sobriety and a drug-free lifestyle. She assists in finding community resources, jobs, and locate support for parenting skills should they need it. She helps her clients set personal goals. LaFary finds satisfaction in watching the progress in the lives of her clients.

"Addiction has taken over several lives and although we cannot help everyone, I believe this is a good start," she said. "I am proud of Rush County for stepping up and giving those who want it, the guidance and tools they need to make that change and I'm even more proud of Meridian for teaming up and helping those in our community."

During a recent session with Meridian therapist Kennelle Freeman, a patient disclosed that LaFary was helping her make big strides. Freeman also had noticed an improvement. "She (the patient) seemed more willing to try when she had Sarah as



MERIDIAN EMPLOYEES – RUSHVILLE. Therapist Kennelle Freeman and Behavioral Clinician Sarah LaFary display service above self.

a support system," said Freeman. Since working with LaFary, the patient has gotten a part-time job—a big step for someone who suffers with anxiety issues.

It's that kind of client-based feedback that makes the hard work pay off. "There are some days where I feel like I have been chasing myself in a circle, but when you see successes, or hear positive feedback, it spurs you on," said LaFary. "It makes me want to get up the next day and do a little more."

Angela Lowery supervises behavioral clinicians and therapists in Rush and Henry counties. Besides ensuring the clinicians are taking care of patients, Lowery makes sure that the clinicians are taking care of themselves.

"Angela definitely holds the team together," said Amanda Bowman, practice manager for Henry County. "She goes above and beyond to make sure that people are feeling supported."

Bowman said it is that kind of care that makes for a successful team.

"I believe working together is a team effort and it is important everyone take care of them self in order to assist others," said Lowery. "I have a passion for taking care of people."

She makes a point to talk with the people she supervises about self-care — getting enough sleep, eating healthy, etc. — and helps them work through any problems.

"I enjoy working with our staff and team to enhance our community," said Angela, "and I enjoy working with my staff as I see them grow."

Freeman says it's not unusual for Meridian employees to go above and beyond. In many ways, Freeman says, they are heroes.

"They're the underdogs," said Freeman. "They're the ones who go unnoticed. They're the workers in this field who emotionally can suffer in silence while they help other people. Nobody sees this (gesturing to her staff shirt) Meridian logo as a cape but it really is."



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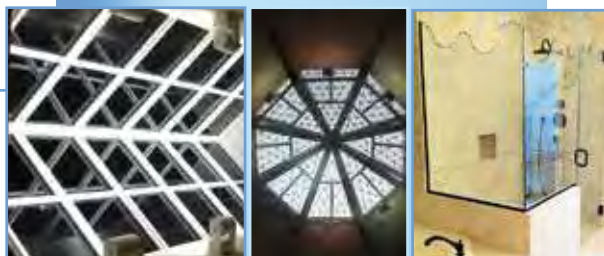
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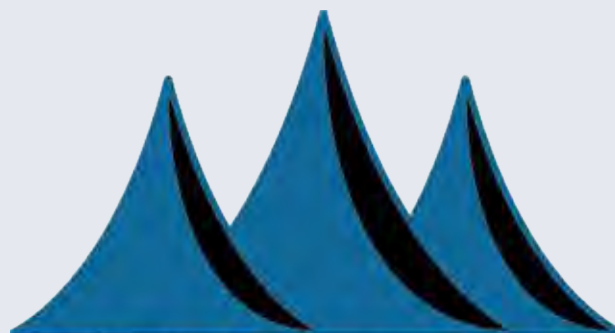
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Golden Living
H&D Superent
Hartford City Chamber of
Commerce
Hartford City Rotary Club
HeidiHale Designs
Henry Community Health
Hillcroft
Holland Colours Americas

Indiana Association of
Rehabilitation Facilities
Indiana Heart Gallery
Indiana Michigan Power
IronWorkers Local #292
IU/Ball Memorial Hospital
Jay Crew Landscape
Karen's Essentials
(doTerra Essential Oils)
Kia of Muncie
Knapp Supply
Martin's Lawn Mower Repair
MDwise
MHS Indiana (Centene)
Mid-West Metal Products
Company
Mike King Heating & Cooling
Muncie Civic Theater
Muncie Sanitary District
Mutual Bank
Newell Brands
Newhouse & Newhouse
Normandy Flower Shop
NV Design
Options Behavioral Health
Hospital
Polyair Corporation
Pridemark Construction
Red Head Salon Boutique
Richmond Association of
Realtors
Ross Education Center
Salyer-Taylor
SJ Dalton

Smith Consulting
Smith Insurance Services
State Farm: Kevin Mahan
Summers, Carroll, Whisler
Sun Spray International
Sursa Griner Wealth
Management of
Raymond James
The Community Foundation of
Muncie & Delaware County
The Star Press
The University of Michigan
Townsend Corporation
Toyota of Muncie
Tucker Tree Service
Unified Group Services
United Brotherhood of
Carpenters & Joiners of
America
United Way of Delaware
County
United Way of White Water
Valley
University Dermatology Center
Walls Furniture
Warner Supply
Wayne Bank
Wayne County Township
Trustee
Wealth Strategies
Wee Wisdom
Wernle Youth & Family
Treatment Center
YMCA of Muncie

Rialzo IX



Seated, from left:
Kaitlyn Davis, Fred Reese, Victoria Brewer, Melissa Daniels, Hank Milius

Standing, from left:
Laura Williamson, Scott Smalstig, Jodi Clevenger, Morgan Witzig, Sharalyn Hyman, Barb Sells, Lorri Markum, Beth Clark, Sarah Shaffer

RIALZO IX PARTNERS

First Merchants Corporation
University Dermatology
Coldwell Banker Lunsford
Sursa Griner Wealth Management
Pridemark Construction
Walls Furniture
Heidi J. Hale
Designs + Details
Knapp Supply
H & D Superent
American Pest Professionals
Muncie Power Products
Scherrer Construction
Jay Crew
Henry Community Health
Courtyard Marriott
Warner Supply
Delaware Glass
TWG/Innovcare
The Star Press
NV Design
Wee Wisdom Nursery School
Sight and Sound
IU Health Ball Memorial Hospital
Ivy Tech Community College
Ivy Tech Foundation
CS Kern
Blue & Co.
Amazing Joe's
Kishel Photography
Delaware Country Club
Vera Mae's Bistro
Once Upon a Plate
Muncie Auto Group
Redhead Salon Boutique
Dennis Wenger & Abrell
Clancy's Car Wash
Cornerstone Center for the Arts
Muncie Civic Theatre
Muncie Symphony Orchestra

RIALZO IX TABLE HOSTS

3D Construction
Acadia
AHN Eye Specialists
Apex Benefits
Ball State University
Bethel Pointe Rehab
Cairnstone Financial
City of Muncie
Dalton and Company
Damar Services
e-Keeper Systems
Genoa
Golden Living
Heartland Dental
INARF
intersection
Jeff Arnold
Lifestream
Midas
Mutual Bank
Newell Brands
Ontario Systems
Starocket Media
Summers, Carroll, Whisler
Thompson Family
Unified Group
USI Insurance
Wassons Nursery
Wealth Strategies

The Partner's Society

(Cumulative Corporate Support of Meridian Health Services)

Platinum:

(\$100,000 – \$249,999)
First Merchants Corporation

Gold:

(\$50,000 – \$99,999)
Coldwell Banker Lunsford
Dennis, Wenger, & Abrell Attorneys
Henry Community Health
IU Health / Ball Memorial Hospital
Muncie Power Products
Sursa Griner Wealth Management

Silver:

(\$25,000 – \$49,999)
3D Company
Ball State University
CS Kern
Henry County Memorial Hospital
Indiana Michigan Power
Ivy Tech Community College
Jay-Crew Landscape
Medical Consultants
Muncie Auto Group
Muncie Power Products
Pridemark Construction
University Dermatology
Walls Furniture & Mattress
Wee Wisdom Nursery School
Willowbrook Interiors/NV Design

Bronze:

(\$10,000 – \$24,999)
Ashcraft Jewelers
Asons Property Management
Cornerstone Center for the Arts
Courtyard by Marriott
Genoa Healthcare
Intersection
Leland Wilhoite, DDS
Mainstreet
Mutual Bank
Ontario Systems
Red Head Salon Boutique
University Avenue Dental, Dr. Greg Pyle
Verallia (now Ardagh)



Muncie Power Products increased its support in 2017, attaining the Gold level in The Partner's Society. Shown with Meridian's President and CEO Hank Milius are (from left) Damon Elmore, Liz Ludwick and Larry Wesley.

H&D SuperRent increased its support in 2017, attaining the Silver level in The Partner's Society. Shown with Meridian's President and CEO Hank Milius is Shane Neal.



3D Company increased its support in 2017, attaining the Silver level in The Partner's Society. Shown with Meridian's President and CEO Hank Milius are Deanna Case and Don Case.

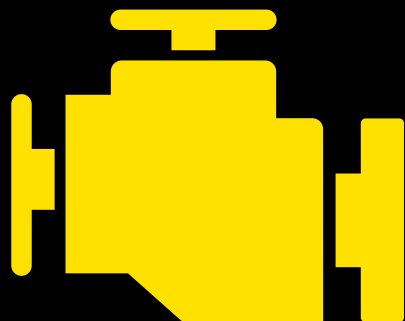


Cornerstone Center for the Arts increased its support in 2017, attaining the Bronze level in The Partner's Society. Shown with Meridian's President and CEO Hank Milius are (from left) Rob Jordan, Marilyn Cleary, Jeff Robinson, Mecca Shreves, Carol Bradshaw, and Chelsea Scofield.

Intersection increased its support in 2017, attaining the Bronze level in The Partner's Society. Shown with Meridian's President and CEO Hank Milius is Allison Robbins.



Ontario Systems increased its support in 2017, attaining the Bronze level in The Partner's Society. Shown with Meridian's President and CEO Hank Milius is Casey Stanley.



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A poster for the musical Annie. It features a stylized yellow skyscraper with a red heart hanging from a string in front of it. The background is a bright yellow sky with white clouds and radiating lines.

Annie

A poster for the musical Of Mice and Men. It features a dark, textured background with a large, dark, abstract shape resembling a mouse or a bird. Two small figures are walking on a path that leads towards the shape.

of Mice and Men

A poster for the musical West Side Story. It features a red background with silhouettes of dancers in various poses. A black chain-link fence runs across the middle of the poster, with a black silhouette of a city skyline visible behind it.

WEST SIDE STORY

A poster for the musical Big River. It features a blue background with a yellow sun. A silhouette of a man is standing on a log raft, holding a long pole. A small white dog is sitting on the raft next to him.

BIG RIVER

The Adventures of Huckleberry Finn

A poster for the musical It's a Wonderful Life. It features a dark blue background with a large white moon in the top left corner. The title is written in a large, white, cursive font with yellow stars around it.

It's a Wonderful Life

18
MAINSTAGE SEASON

A poster for Disney's Tarzan musical. It features a green background with a large, yellow, stylized figure of Tarzan hanging from a vine. The title is written in a large, bold, black font with a white outline.

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Find us on 

Rialzo IX

Best-Dressed List

People who turned heads...



*Wynde Ashman
with
Mike Ashman*



*Terry Whitt Bailey
with
John Bailey*



*Karen Dowling
with
Trent Dowling*



*Terri Manor (white dress)
with, from left:
Erin Vinson, Heidi Hale,
Kelly Delk Stanley,
and Mary Wilhoite.*

Proud sponsor of the
Rialzo Best-Dressed List

redhead
SALON BOUTIQUE

THERE WAS A WHOLE NEW WORLD OF WELL-DRESSED GUESTS AT RIALZO IX!

As we at Redhead Salon Boutique all put our heads together,
a few stand-outs emerged from the crowd during the magic carpet ride!

Here are our picks for the Best-Dressed of Rialzo IX.



*Lisa Prichett
with
Fred Reese and
Scott Smalstig*



*Sarah Rector
with
Adam Rector*



*Kelly Manor
with
Lucas Manor*



*Melanie Surface
with
Jack Surface*

...and the
judges for
the evening...



Redhead Salon Boutique

BEAUTY AT
ITS FINEST

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7 6 5 . 2 8 4 . 6 5 0 5 | r e d h e a d s a l o n b o u t i q u e . c o m



RIALZO IX REACHED NEW HEIGHTS BY RAISING more than \$200,000 for Meridian Health Services and the Maternal Treatment Program. Rialzo is Meridian's annual charity gala that combines a purpose with a party. This year, the theme was "a whole new world," and the focus was on raising funds to help fight drug addiction, particularly among mothers and their newborns. Nearly 1,000 guests attended.

"Each year, I am reminded how generous our community can be," said Hank Milius, Meridian's President and CEO. "We are grateful for all the support and goodwill that comes together every year."

Funds from Rialzo IX, for the second consecutive year, were put toward outreach and recovery programs for infants with NAS (Neonatal Abstinence Syndrome) and their mothers struggling with drug addiction, making them feel supported as they go through recovery.

"We're addressing the needs of the mothers," said Meridian Board Member Michael Lunsford. "It's the only way to solve the problem. You've got to meet it at the beginning."

Honored with this year's Spirit of Meridian Award was Delaware County Prosecuting Attorney Jeff Arnold, who has more than 30 years of service to the criminal justice system. "Jeff has worked alongside us to tackle the problems of addiction in our community," Milius said. "We couldn't think of anyone more deserving."

Mary and Cornelius Dollison also were recognized during the evening, receiving the coveted "Sagamore of the Wabash," the state's highest honor. "We have a very unusually nice community," Cornelius said. "We benefit from that because the community helps us do what we do."

Rialzo helps raise dollars to support Meridian's work in primary medical care, OBGYN gynecology, pediatrics, behavioral health and social health. Meridian is uniquely equipped to provide care for all stages of life and all facets of care.





Rialzo IX

2018
A Whole New World





Rialzo IX

2018
A Whole New World





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Symphonic Halloween

Saturday, October 27, 2018 • Emens • 7:30 pm • Classical Series

Movie Magic of John Williams

Saturday, November 10, 2018 • Prais • 4:00 pm • Family/Pops Series

Fisher & Shafer Holiday Pops

Saturday, December 1, 2018 • Emens • 4:00 pm • Family/Pops Series

Hey Mavis

Sunday, February 24, 2019 • Emens • 4:00 pm • Family/Pops Series

Symmetry

Saturday, March 23, 2019 • Emens • 7:30 pm • Classical Series



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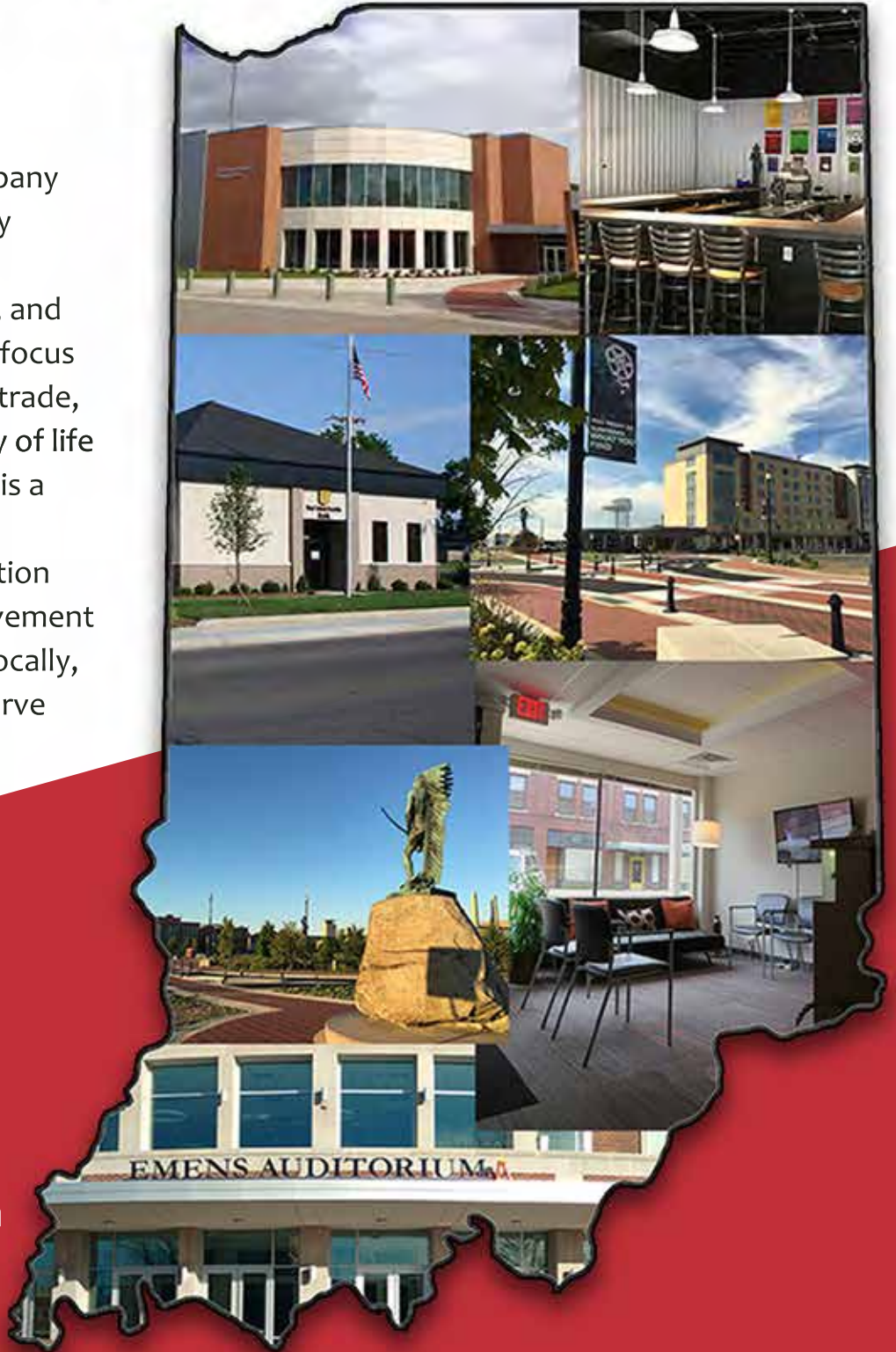


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