



Harmony of Whole Person Health

Dear Friends of Meridian,

It is with excitement that we announce our new name...
Meridian Health Services.

The reason for this name change is to best reflect our commitment to achieve a higher quality of health for all of our patients. The word "health" in Meridian's new name defines the aim and new approach of all our services, programs, expansions and strategies.

Recently, we introduced a new concept of patient care that redefined us to provide a synergy of health services that integrates physical, mental and social well-being.

This enhanced form of health integrates three components of life together as one. This means that the optimal health of each Meridian patient is achieved through primary medical care, behavioral health and human services.

Meridian Health Services is now an integrated healthcare system focused on achieving the harmony of "whole person" health.

"Health is a state of complete physical, mental and social well-being and not merely the absence of disease..."

-World Health Organization

Through the years, Meridian has grown in scope and size. It began as a child guidance clinic and grew to become a licensed community mental health center. Six years ago, the Suzanne Gresham Center was created to serve the growing needs of children and families. This was followed by the introduction of MeridianMD, family medical care. Over the last few years, Meridian added 200 new staff members and doctors to grow staff 150%. This expansion to a total of over 600 employees increases access to healthcare resources in our community as well as provides a positive impact to our local economy.

Meridian reaches more individuals than ever before with 10 locations serving over 20 counties throughout Indiana. These locations include specialized facilities that provide primary medical care, children and family programs, hospital psychiatric services, residential living, and a child advocacy center.

Today's introduction of Meridian Health Services represents the strength of our 35 year history in community service and the future of a regional healthcare system specializing in a progressive approach to integrated healthcare. We want to thank you for your continued support of Meridian Health Services!



Hank A. Milius
President/CEO



Brent Webster
Chairman of the Board

"The whole is greater than the sum of its parts." - Aristotle



The Benefits of Integrated Healthcare

Meridian Health Services' new approach to health integrates physical, mental and social well-being. This approach can achieve "whole person" health for each patient. Patients receive seamlessly coordinated multiple services from Meridian's qualified staff of doctors, nurses, therapists and other professionals to address the different components of health.



RANDY BROWN, M.D.

It is clear that this patient-centered approach for "whole person" health can greatly benefit patients. For example, **Paula Ferris and her son** became patients of MeridianMD, the primary medical care division of Meridian Health Services. Paula feels the care they receive at Meridian is thoughtful, effective, and convenient for a busy mom, plus provides a higher quality of healthcare.



"It is just so easy. Having primary (medical) care next door to a counseling service and having a pharmacy right here ... It's a one stop shop. I don't have to go to five different places. I can schedule my appointments all at the same time, which is very convenient when you have small children. I don't have any family here, so Meridian has been a blessing...they've kind of turned out to be my family."



MERIDIAN HEALTH SERVICES PATIENT, PAULA FERRIS

To learn more about Paula's story and MeridianMD, visit www.MeridianHS.org



PROGRAM SPOTLIGHT



MEDICAL DIRECTOR SARFRAZ KHAN, M.D.

GERO-PSYCHIATRIC Services

Specialty Care for Senior Adults

Meridian's **Gero-Psychiatric Services** program offers a caring inpatient treatment environment for senior adults with mental, emotional or behavioral concerns. Services include complete medical, psychiatric and social evaluations, including medication review. Skill development and group, individual and family therapy are also a part of Gero-Psychiatric Services.

Gero-Psychiatric Services is a "hospital within a hospital," located at IU Health Ball Memorial Hospital. The goal of Meridian's Gero-Psychiatric Services is to prepare seniors with acute

psychiatric illness to return and thrive in their normal living environment. To accomplish this goal, the program involves family care givers, physicians and other health professionals. **Izzet Yazgan M.D.**, a board-certified geriatric psychiatrist, and **Sarfraz Khan, M.D.**, Meridian Health Services' medical director, lead the Gero-Psychiatric program.



Connxxions Staff First in Nation to Earn Certification



Coordinated Care for the Dually Diagnosed



Meridian Health Services has been a leader in providing services to individuals with a dual diagnosis of intellectual disabilities and mental illness. For the past 10 years, this underserved population has been a focus of Meridian through the **Connxxions** program.

Recently, the Connxxions staff members have been recognized with a national certification as Direct Support Professionals for persons with both intellectual and mental health challenges. **Mischa Staton, Sheri Oglesby, Michelle Keller, Melba Howard, and Erin Paul** have demonstrated expertise in the areas of crisis intervention, behavior interventions, health and wellness, collaboration and person centered services. These Meridian employees are among the first internationally and the first in the United States to receive this honor.

Meridian employee, **Decell Moore** worked with the **NADD (National Association**

for Dual Diagnosis) certification board by preparing Connxxions to be the pilot program for NADD to implement this certification process.



Individuals with intellectual disabilities and mental illness have complex needs. Meridian's Connxxions program is specially designed to improve coping skills and overall well-being. Through Connxxions, participants gain skills that foster independence and enrich their lives.

As a commitment to individuals with this dual diagnosis, Meridian Health Services is supporting employees in their desire to provide a higher quality of service and is encouraging other direct support professionals across the country to do the same.

Meridian Sponsors Chamber Event with Governor Daniels

Governor Mitch Daniels appeared in Muncie at a March 1 breakfast, sponsored by Meridian Health Services. President/CEO Hank Milius and Meridian representatives discussed healthcare related issues with Governor Daniels at the event.

No stranger to these issues or the Muncie area, Governor Daniels attended a similar local event sponsored by Meridian in August 2010. Recently, Daniels has been in the national spotlight after delivering the response after President Obama's State of the Union address. Since he is currently serving his final year as Governor, Daniels received friendly encouragements about this year's presidential race from Mr. Milius.



Meridian Health Services' Board of Directors and committee members meet with Governor Mitch Daniels.

Left to right: David Bahlmann, Al Rent, John Bowles, President/CEO Hank Milius, Governor Mitch Daniels, Terri Matchett, Will Davis, Brent Webster, Brian Ring

The event was attended by over 400 members of the Muncie-Delaware County Chamber of Commerce and provided local leaders and businesses the opportunity to listen to Governor Daniel's thoughts on current issues.

Child Abuse Awareness Walk

The 4th Annual **"We Have a Voice"** Child Abuse Awareness Walk will be held on **Saturday, April 14 at 2 p.m.** at Ball State University's Worthen Arena. This annual event is presented by Meridian Health Services to raise awareness of child abuse. Money raised through the event will help children and families impacted by abuse to recover by providing family assistance, emergency needs and necessities like food, shelter and clothing.

The Child Abuse Awareness Walk is free of charge but participants are encouraged to collect donations or pledges. Each participant will receive a free T-shirt at check-in, while supplies last.

Child abuse and neglect recovery is a service offered by the Suzanne Gresham Center, Meridian Health Services' home for children and family treatment such as counseling, family assistance, foster care, school-based programs and medical care. The Suzanne Gresham Center is also the site of the Child Advocacy Center, a safe and healing environment for children who have experienced abuse.

To register to participate in the walk, visit www.MeridianHS.org or call 765-288-1928. **Registration deadline is April 11.**



Meridian Health Services Expands in Indiana

Recently, Meridian Health Services has developed new partnerships to broaden and diversify its services to help more individuals across the state. This expansion reflects Meridian's commitment to **"whole person"** health and the integration of primary medical care into the complete spectrum of services. The communities of **Indianapolis, Merrillville, Mishawaka, Rushville** and **Winchester** will now be served by Meridian with new or enhanced services.

Family Health Services, a community health center located in **Rushville**, has recently joined Meridian Health Services. It serves over 3,600 patients providing a wide range of services including primary family medical care, prenatal care and delivery, and disease management. These services have joined with Meridian's behavioral health expertise to fulfill the integrated healthcare approach and achieve **"whole person"** health.



Meridian has entered into a partnership with Benchmark Family Services, a multi-state foster care agency.



Meridian has become the provider of behavioral health services for foster children in Benchmark's foster homes throughout Indiana, including **Indianapolis, Merrillville** and **Mishawaka**.

Meridian continues to expand services in **Winchester** to help better serve the community. Recently, Meridian outgrew its facility and relocated to a new location in Winchester offering individual and group counseling, addiction services, psychiatric evaluations and will offer primary medical care in the future.



Person of the Year Finalists

Two Meridian Health Services employees, **Eileen Moore** and **Scott Smalstig**, were selected as finalists for the prestigious **Star Press Person of the Year** award.

This award honors a local individual who put their heart and soul into the betterment of east central Indiana without any expectation of personal or professional gain.



Eileen Moore (ACSW, LCSW) has been employed by Meridian Health Services since 1993. Her career focus has been working with children and families who have experienced child abuse and neglect or other traumas. Eileen helped to create Meridian's Child Advocacy Center (CAC) and currently serves as its program manager.



Scott Smalstig is Meridian Health Services' VP of Fund Development. His dedication as the Board Chairman of the Yorktown Junior Athletic Association and as a youth baseball and softball coach has positively impacted children in the community.

Rialzo III

May 19



Charity Gala

Featuring: The Pointer Sisters

Rialzo is Meridian Health Services' annual charity gala celebrating the harmony of **"whole person"** health. This year's event, **"Pointing to a Healthier Future,"** benefits Meridian's children and family programs.

Meridian's black tie gala includes an elegant dinner, dancing, fundraiser auctions, a red carpet entry and honors the **"Spirit of Meridian"** at the Horizon Convention Center in Muncie.

Reserve tickets at
www.MeridianHS.org
 or call 765-254-5101.

Presenting sponsor



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240 N. Tillotson Ave.
 Muncie, IN 47304
www.MeridianHS.org

Thank You To Our Contributors

You Can Make a Difference

Meridian cares about the people who come to us and the communities that rely on us. Meridian's 600 employees work hard to provide a wide variety of specialty health programs and services to people who need it most, serving over 13,000 individuals a year. Your investment in Meridian Health Services will support the value of high quality, personalized healthcare, which integrates physical, mental and social well-being. It will help to ensure Meridian's not-for-profit programs and services will continue to be provided, support new and innovative programs, and create a legacy of care for the future.

The field of healthcare is drastically changing with state and federal funding diminishing, resulting in many vital programs in our industry being eliminated. Community and individual support are keys to helping continue such needed programs.

You can make a difference! Your contribution can help us be available to people within our area for years to come.

Donate to Meridian Health Services
www.meridianhs.org/About/Donate

 Find us on facebook
www.facebook.com/MeridianHealthServices



Get to Know Us

Meridian Health Services is a progressive healthcare organization specializing in "whole person" health integrating physical, mental and social well-being. The focus on a broader spectrum of health including primary medical care, behavioral health and human services offers a well-rounded approach for happier, healthier patients. Meridian Health Services has been serving the community for over 35 years and is accredited by the Joint Commission.



Services We Provide

- Primary family medical care
- Psychiatric medical services and hospitalization
- Counseling and therapy
- Children and family programs
- Child Advocacy Center for children affected by abuse
- Addictions and chemical dependency services
- Gero-psychiatric services for senior adults
- Home, community and school-based services
- Homelessness and independent living support
- HIV care coordination
- Programs for individuals with intellectual disabilities and mental health challenges
- Case management, skill building and supported employment
- Therapeutic foster care and adoption

Locations

MERIDIAN HEALTH SERVICES

**Main Office
 Muncie**
 240 N. Tillotson Ave.
 Muncie, IN 47304
 765-288-1928

Richmond
 16 S.W. 5th St.
 Richmond, IN 47374
 765-983-2220

New Castle
 930 N. 14th St.
 New Castle, IN 47362
 765-521-2450

Portland
 931 W. Water St.
 Portland, IN 47371
 260-726-9348

Winchester
 730 W. Washington St.
 Winchester, IN 47394
 765-584-7820

Rushville
Primary family medical care
 509 Conrad Harcourt Way
 Rushville, IN 46173
 765-932-3699

Indianapolis
 2506 Willowbrook Pkwy.
 Indianapolis, IN 46205
 866-306-2647

Main Office in Muncie



Suzanne Gresham Center
Serving children and families
Pediatric medical care
 3620 W. White River Blvd.
 Muncie, IN 47304
 765-288-1928

MeridianMD
Adult medical care
 110 N. Tillotson Ave.
 Muncie, IN 47304
 765-288-8770

**Gero-Psychiatric
 Hospital**
Specialty care for seniors
(at IU Health BMH)
 2401 W. University Ave.
 Muncie, IN 47303
 765-747-3281