



Dr. Khan with a patient

Meridian Health Services Awarded Federally Qualified Health Center Status

Two Meridian Health Services' facilities, MeridianMD, a primary care clinic, and the Suzanne Gresham Center, a children's treatment center, have been awarded Federally Qualified Health Center (FQHC) Look-Alike health center status.



"Becoming an FQHC allows us to integrate more fully in existing clinics, adding primary care to areas that are underserved and reach patients that do not have adequate access to healthcare," states Hank A. Milius, President/CEO of Meridian Health Services.

What is an FQHC?

Federally Qualified Health Centers help ensure that communities across the country have access to healthcare. An FQHC has been identified by the U.S. Department of Health and Human Services' Health Resources and Services Administration and certified by the Centers for Medicare and Medicaid Services for serving populations with limited access to healthcare.

"By Meridian Health Services' designation as an FQHC, we will truly be able to fulfill a new approach to health that integrates physical, mental and social well-being," states Amelia Clark, Meridian's Vice President of Community Health.

This progressive approach to integrated healthcare positions Meridian Health Services favorably with major healthcare systems and insurers, which will ultimately help decrease the costs of healthcare in these areas. In addition, Hank Milius notes that integrated care reduces hospital admissions and costs.

"Patients will be able to receive coordinated care from Meridian's qualified staff of doctors, nurses, therapists and other professionals to address the different components of health," stated Clark.

"It is clear that this patient-centered approach for whole person health can greatly benefit patients."

The reimbursement structure of FQHCs allows health centers to build valuable services such as transportation and patient education into their reimbursement so that they can best meet the needs of patients. In traditional healthcare settings, the reimbursement structure is prohibitive for private physician practices to offer such a wide range of services to patients.

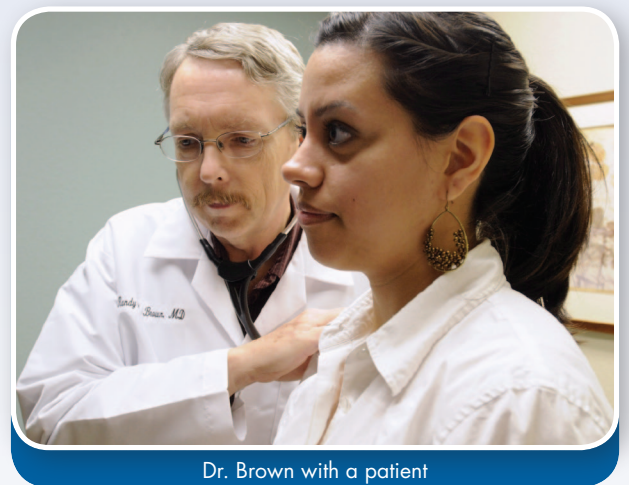


FQHC's have long served the "whole patient" and not separated services as a better approach to meeting patients' needs.

Affordable Care Act

When the U.S. Supreme Court affirmed the Affordable Care Act in June 2012, it opened the door to improvements in the way healthcare providers such as Meridian Health Services can help patients. "Most Americans agree that the current healthcare system is unsustainable and improvements are necessary," stated Meridian Health Services' President/CEO, Hank A. Milius.

"The Affordable Care Act has initiated the dialogue among our government to start making steps in the right direction to address the healthcare needs of our nation. Priorities have also been identified such as providing healthcare coverage for all Americans, expanding healthcare accessibility and encouraging preventative health services." For example, Federally Qualified Health Center Look-Alikes (FQHCs) like Meridian Health Services are set up to be prepared to meet the anticipated healthcare demand of millions of people who will gain healthcare coverage.



Dr. Brown with a patient

In addition, the Affordable Care Act will help provide affordable preventative health services that can help individuals avoid illnesses and generally improve health. Preventive techniques can slow the advance of conditions and make a patient's eventual treatment much less expensive. Individuals will also be more likely to receive recommended preventive health services such as screenings, vaccinations and counseling if no copayment or deductible has to be paid.

Since Meridian Health Services is focused on an integrated approach for "whole person" health and is a community-based health center, we have already set forth to provide individuals quality, streamlined, cost-efficient care even as the healthcare environment continues to change.



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PROGRAM SPOTLIGHT

FOSTERHOPE

Therapeutic Foster Care

Integrated care benefits children who need special care and special families

FosterHope, a division of Meridian Health Services, is one of the few foster programs in Indiana that specializes in the needs of children with behavioral issues. Meridian identifies and trains special families to provide therapeutic care with the hope of reuniting children with their families.

FosterHope provides each child and family with a connection to integrated care that addresses each child's variety of needs and coordinates care.



Mary Grey

Mary Grey, a foster licensing and adoption specialist for FosterHope, takes great pride in the FosterHope program because it has a variety of supports that other agencies don't offer. She specifically refers to Meridian's emphasis on "whole person" health.



Amy Neff

"We have psychiatrists. We have therapists. We have case managers. We have crisis intervention, a 24-hour service for emergencies. We also have MeridianMD with doctors who address a child's physical health needs."

Echoing those sentiments is Grey's colleague, Amy Neff, a therapist with Meridian. "I feel very strongly that the collaboration within Meridian Health Services, within the different departments, has helped all of our clients," Neff said. "I've worked at other community health agencies, and you just don't see that level of collaboration."

Call 866-590-8220 to learn more about becoming a FosterHope parent and providing special care to special children.

Doctors Join Medical Staff

Meridian Health Services welcomes two new doctors to the medical staff. Their unique expertise and dedication to professional care allows Meridian to serve more patients.

Meghana Bhat, MBBS earned her medical degree from Jawaharlal Nehru Medical College in India before moving to Indiana in 2005. She completed her residency in psychiatry from the Indiana University School of Medicine. She brings experience in treating patients and war veterans at Wishard Midtown Mental Health Center, IU Health University Hospital, Larue Carter State Hospital and VA Hospital. Dr. Bhat will be providing inpatient psychiatric services to seniors through the Meridian's Gero-Psych program at IU Health BMH.

Hector Diez, MD earned his medical degree at Universidad del Valle (Valle University), Cali, Colombia. He completed his psychiatry residency at the University of Medicine and Dentistry of New Jersey - New Jersey Medical School. Dr. Diez was a physician at Jackson Memorial Hospital in Miami and at a primary care clinic in Cali, Colombia. He is a member of American Psychiatric Association and the New Jersey Psychiatric Association. Dr. Diez will be providing adult out-patient psychiatric services at Meridian's Richmond and Muncie locations.



A Family REUNITED

Kyle Wire is a teen with autism and challenging family issues. His parents were divorced and he lived with his mother. A couple of years ago, Kyle's mom was stricken with a physical illness and had to enter a nursing home. What would happen to Kyle while his mom was recovering?

For a time, Kyle's older sister took him in, but that ended in a disagreement. Kyle's father was working in Michigan, so that was not an option. Kyle had previously been a Meridian Health Services' Connxxions client and in this difficult situation, Meridian would be able to help Kyle again.

This time, Kyle's care was supported by Meridian's FosterHope program. Kyle would live with a special foster family until his mother recovered her health.



The Saunders Family

Meanwhile, Joe and Sherry Saunders had decided to adopt children. Since



Kyle at the Gresham Center

Sherry is a special education teacher, they were drawn to children with special needs. Kyle was the first child FosterHope placed with the couple. "I can't say it was easy," Sherry said of dealing with an autistic teen with anger issues.

A turning point occurred when Joe and Sherry took in two younger children to adopt. Mostly on his own, Kyle assumed the role of big brother, policing his behavior for the younger children.

"Living with the Saunders family, in my opinion, has been wonderful for Kyle," said Amy Neff, Kyle's therapist through FosterHope. "They provided that structure, that safety, that love and nurturing that he really needed at that time. And I tell you, it really seemed to help him blossom."

Kyle's mother, Kelli, agrees. "Kyle seems more mature," she said.

"He doesn't seem to get as upset or angry." Kelli credits Amy Neff, Michelle Keller and others with FosterHope for orchestrating the change.

"While I was trying to regain my health, the one thing I didn't feel like I had to worry about was Kyle. I knew that he was being taken care of," Kelli said.



Kyle with his mom, Kelli

In May 2012, Kyle was reunited with his family. His mom regained her health and his dad, Mark, returned to the home.

"I would recommend Meridian Health Services because they have talented individuals who are very dedicated at making things work out for these children," said Mark.

FosterHope is a special program that can truly make a difference in the life of a child with special needs.



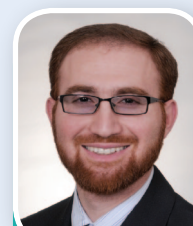
Keeping Healthy: Water for Health Year Round

Do you know exactly how important water is to being healthy? Water makes up 75% of the human body and helps our cells and organs function. When we don't drink enough water, our body becomes dehydrated which can occur any time during the year. Children and the elderly should take special care to stay hydrated.

Dehydration can also happen when someone has a fever, heat exposure, excessive exercise, vomiting, diarrhea and anytime you aren't able to eat or drink. Some symptoms of dehydration are thirst, dry mouth, increased heart rate and weakness. If dehydration is not corrected, it can lead to confusion, kidney failure and death in extreme situations.

Mild to moderate dehydration in adults can be treated with drinking small but frequent amounts of water, sport drinks or eating ice chips. In children, products that contain electrolytes are needed to help children begin feeling better. Moderate to severe dehydration may require medical attention and intravenous fluid correction. Call your doctor if you have high fever, persistent vomiting or diarrhea lasting for more than two days.

Written by Abdulmalek Sadehh, MD, internal medicine/psychiatry at Meridian Health Services



Dr. Sadehh

Rialzo III

Proceeds In Action

Rialzo, Meridian Health Services' charity gala, continues to be the social event of the community while raising funds for needed services.

Under the banner of "Pointing to a Healthier Future" and headlined by none other than The Pointer Sisters, Rialzo III attracted over 630 guests who filled the Horizon Convention Center in May to raise awareness and funds for Meridian's children and family programs.

Initially, \$6,000 from the event's proceeds have been designated to "Behavioral Clinician care kits" which will enhance how Meridian's front line staff are able to connect to their clients in the field.



"Many of our sessions are conducted either in the home or at school," said Margaret Richardson, Regional Manager of Children's Clinical Services. "Our therapists need therapeutic tools at their fingertips to be most effective."

The kit is a portable suitcase on wheels filled with therapeutic tools, skill building puzzles, games, ice-breakers and other educational materials for families. Each kit costs \$200 and part of the Rialzo funds will pay for 30 of these kits to be deployed with field clinicians immediately.

"We're calling this outreach effort 'Wheeling for Healing'," said Vice President of Clinical Services, Bob Coles. "We want people to know we can come to them. And we want the public to know that they too can donate and have a kit provided to our growing staff that's meeting a growing need."

Last year, Meridian provided programs and services to over 5,000 area children in need.

**Save the date for Rialzo IV
Saturday, March 16**

Spirit of Meridian AWARDS

Community Award Winner David Chastain

Director of Special Services, Jay County School Corp.



Dave implemented a unique alternative school program with the help of Meridian in Portland, Indiana that integrated educational and behavioral services for children that are unable to tolerate a regular classroom setting. The program has had great success for these children being able to complete their education and receive critical behavioral services. The success of this program has encouraged other school corporations to implement it along with Meridian's children and Connxxions program services.

Employee Winner Deceil Moore

Regional Clinical Manager



Deceil has been with Meridian 18 years. She is a Licensed Clinical Social Worker and recognized as an expert in providing treatment for people with the dual diagnosis of intellectual disabilities and mental illness.

Deceil is a founder of Meridian's Connxxions program that has been providing treatment for the dual diagnosis population for the past 10 years. The Connxxions program currently serves 25 Indiana counties serving over 1,000 clients and is now recognized as the leading mental health provider in Indiana for this population. Deceil also educates people on a state and national level by presenting at many seminars on treatments for dual diagnosis.

Meridian Opens Indy Office



Recently, Meridian Health Services opened its first office in Indianapolis. Located in a professional building north of downtown Indianapolis, Meridian offers Indianapolis residents of any age a spectrum of behavioral health services and outpatient therapy. Some services are designed specifically for children such as FosterHope, a therapeutic foster care program. Wraparound home-based services integrate different types of services together so that a child's care is coordinated and effective. Case management and outpatient therapy services are provided for children, adolescents and adults. Connxxions, Meridian's program for individuals with both intellectual disabilities and mental illness, is also offered at the Indianapolis office.

On-site staff members include licensed clinicians, masters level therapists and psychiatrists. A public open house is planned for this fall to introduce the community to Meridian's staff and services.

**OPEN HOUSE
OCTOBER 25
3 pm - 6 pm
317-803-2270**

National Suicide Prevention Week

September 9-15



Suicide continues to be a major public health concern worldwide. Suicide claims approximately 1 million lives each year. That's one suicide every 40 seconds. In our country, 50% more Americans die by suicide each year than by homicide.

Experts believe that most suicidal individuals do not want to die. They just want to end the pain they are experiencing. Therefore, when suicidal intent or risk is detected early, lives can be saved.

Meridian Health Services is providing Suicide Prevention Training Programs and depression screenings in the community. This program is offered free of charge to community organizations that are the "eyes and ears" of people who are potentially at risk of suicide. To learn more about these programs, call Meridian Health Services at 765-288-1928 and speak to Eileen Moore. Organizations that have participated are now better able to recognize suicidal signs and take appropriate action steps to prevent suicide and save lives.

- FREE** games, prizes and inflatables
- FREE** pizza and drinks while supplies last
- FREE** health and vision screenings
- FREE** live performances

- Connect with family, health and safety resources through local organizations
- MeridianMD, primary family medical care services for children and adults
- FosterHope & adoption information
- Kid safety photo IDs by Life Touch
- **Seth Cook of "Cook and Belle"** band musical performance
- Cornerstone Center for the Arts dance performances
- Live radio broadcast

5th Annual Gresham Center

Fun Fair

Saturday, August 25 • 11 am to 2 pm



"Bringing Families and Communities Together"

Located in the Morrison Mock Professional Center
3620 W. White River Blvd. in Muncie

SUZANNE GRESHAM Center

Division of Meridian Health Services

765-288-1928
www.MeridianHS.org

Thank You To Our Contributors

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



Find us on facebook

www.facebook.com/MeridianHealthServices

You Can Make a Difference

Meridian cares about the people who come to us and the communities that rely on us. Meridian's 650 employees work hard to provide a wide variety of specialty health programs and services to people who need it most, serving over 16,000 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.



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 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

Main Office in Muncie



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
 317-803-2270

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