

Helpful Contact Information for Macon County Services

Office	P: 828.524.6342 Fax: 828.249.0029
Sylva Main Office	P: 828.631.3973 Fax: 828.631.9280
Adult Services After Hours Crisis Line	828.226.4818
Child Services After Hours Crisis Line	828.489.8680
ACTT (Assertive Community Treatment Team After Hours Crisis Line	828.226.5739
Mobile Crisis: Available to any individual in need of after hours crisis support	888.315.2880
Macon County Transit	828.349.2222
Macon County Health Department Community Care Clinic	828.349.2085



674 Highlands Rd.
Franklin, NC
28734



MACON COUNTY Meridian Behavioral Health Services



*If you hear a voice inside you say "I can
not paint" then by all means paint and that
voice will be silenced-Vincent Van Gogh*

Adult Wellness Classes

Fall Semester 9/2/19-11/18/19

Who Are We?

Meridian has been providing a full array of child and adult behavioral health services in the westernmost counties of North Carolina since 2003 when the organization was formally established as a private, nonprofit “spin off” of the newly formed Local Management Entity, Smoky Mountain Center (SMC), currently Vaya Managed Care Organization (MCO).

Our Mission

Meridian Behavioral Health Services provides evidence-based best practices in behavioral health care, service the community through compassion, staff excellence, a focus on the individual’s whole well-being, and community partnerships.

Our Vision

Meridian Behavioral Health Services will provide exceptional behavioral health care services, promote workplace excellence, empower it’s community to holistic wellness, and achieve sustainability for generations to come.

Our Values

- Recovery is possible for everyone
- Experienced, committed, and passionate staff are indispensable assets
- Fiscal strength and responsible stewardship are imperative to our sustainability
- Quality training and ongoing coaching are fundamental to success
- Teamwork is essential and creates extraordinary results

Mondays:

9:30A-11A Back from the Bluez

This class offers a variety of behavioral strategies to help individuals manage depression more effectively.

6P-7:30P Managing Anxiety

This class provides a blend of best practices to help individuals manage anxiety more effectively.

6P-7:30P Recovery Discovery

This class is designed to help individuals who are considering a change or have made changes in their use of alcohol and/or other drugs. Students will learn strategies to reduce the impact of substance use on their lives and resources that can promote recovery.

Tuesdays:

9A-10:30A- WRAP (Wellness Recovery Action Plan)

WRAP is an evidence-based peer group intervention that has been shown to increase wellness tools and develop an action plan that promotes positive recovery outcomes.

10:45A-12:00P PTSD Recovery

Students will receive a variety of best practices that can increase coping strategies for more effective management of the impact that trauma has had on their own lives.

4:30P-6P Love and Logic for Parenting and Healthy Relationships

Participants will have an opportunity to learn strategies to reduce or alleviate a variety of parenting stressors while supporting their youth in developing healthy choices, assuming personal responsibility for actions, and promoting empowerment and independence.

Wednesdays:

9A-10:30A Managing Chronic Pain

Students will receive education regarding the relationship between emotional and physical pain and learn strategies that work towards more effective symptom management while increasing sense of control and improved quality of life.

Thursdays:

10:30A-12P Healthy Boundaries

This class assists individuals in defining their individuality within a variety of relationships. Students will have the opportunity to learn strategies that promote self care, effective communication, shared responsibility, and healthier, more interdependent relationships.

Youth Connection Groups

- **Designed to meet the needs of age and developmental stages of youth**
- **Focused on health and safety**
- **Provides a combination of learning strategies**

Topics Include:

- ⇒ Trauma
- ⇒ Drug and Alcohol Use Prevention/Reduction
- ⇒ Peer Pressure, Bullying
- ⇒ Life Changes/Adjustment
- ⇒ Impulse Control, Anger
- ⇒ Focus/Attention
- ⇒ Anxiety, Depression, Stress Management
- ⇒ Socialization

Beginning 8/26/19-5/31/19

Mondays:
4:30P-5:30P Grades K-4
4:30P-5:30P Grades 5-6

Wednesdays:
4:30P-5:30P Grades 7-12

We are now offering a support group for grandparents raising youth. Please check in with us for more details.

Fundamentals of RECOVERY

Hope. Choice. Empowerment. Recovery Culture. Spirituality.

At Meridian, we promote these five pathways to recovery. These pathways can guide anyone in their journey to become the person they wish to be.



How to Become a Service Member

The Macon County services office is an open access center. There is no initial appointment required to begin services. Individuals wanting to become a member can walk into our center Monday through Friday 8:30A-3:00P and receive a comprehensive clinical assessment. Due to the nature of our walk in center, wait times may vary depending on volume and needs of others initiating services. Once the initial assessment is complete, individuals may schedule follow up appointments for continued care.



Child and Family Services

Medication Services

- Psychiatric evaluation
- Medication management
- Linkage to medication assistance programs for affordable medication options for those who are eligible
- Access to a medication team member during regular business hours 8:00P-5:00P for general questions and concerns
- After hours access to a medication team member for urgent medication related matters

Basic Outpatient Counseling

- School and office based individual and group counseling services
- General and specialized treatment options available for an array of behavioral health needs
- See a schedule for our group services included in this catalog

Outpatient Plus Program

- OPT Plus is a combination of best practice outpatient therapy services, support and management of care interventions to be provided for individuals with complex clinical needs that traditional outpatient counseling may not adequately address

Intensive In Home Services

- An intensive, time-limited mental health service for youth and families, provided in the home, school, and community where the youth lives, with the goal of safely maintaining the youth in the least restrictive, most normative environment

After Hours Crisis Support

- Support provided after business hours to youth and families experiencing an urgent behavioral health matter
- See contact information on back of this catalog



Adult Services

Medication Services

- Psychiatric evaluation
- Medication management
- Linkage to medication assistance programs for affordable medication options for those who are eligible
- Access to a medication team member during regular business hours 8:00a-5:00P for general questions and concerns
- After hours access to a medication team member for urgent medication related matters
- **Mobile Medication Program** available to any adult age 18 and older who has experienced multiple hospitalizations and are prescribed one or more psychiatric medications; Designed to support individuals in gaining a higher level of independence in managing their medications; Individuals are willing to have team members visit the home to provide this service

Recovery Classes

- Classes are offered to enrolled members on a weekly basis, to focus on skill building for a variety of general and specialized behavioral health symptom and wellness management strategies
- Classes may support DSS, physicians, and court/legally involved individuals who have been required to demonstrate growth and stability in a certain area of behavioral health to maintain independent parenting and/or independence from further court/legal system involvement; for individuals involved with DSS, physicians, or court/legal system, a referral to our agency is required before initiating services
- See a schedule for recovery classes included in this catalog

Peer Support Specialist Services

- PACE Program (Peers Assisting in Community Engagement) and Community Based Peer Support Program; Provides community based services to individuals who qualify, in connecting to community resources that promote independent living and behavioral health wellness; Some areas of support include advocacy, transportation to wellness appointments, and linkage to community resources