

Helpful Contact Information for Macon County Services

Office	P: 828.349.0001 828.524.6342 Fax: 828.349.0029
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



*"In the depth of winter, I finally learned that
there was, in me, an invincible summer"*

- Albert Camus



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

WEDNESDAYS

9:30A-11A Seeking Safety

Students learn evidence-based skills in healing and recovering from trauma and/or substance abuse.

11:15am-12:45pm Stopping Procrastination

Students will learn skills and strategies to stop procrastination to reach their goals and stop patterns of putting things off integrating techniques of cognitive-behavioral therapy concepts.

THURSDAYS

9:30am-11:00am Self-Compassion

Do you tend to be too hard on yourself? Students learn skills and evidenced based techniques to be more forgiving of themselves and thus move forward in recovery and wellness.

Fridays

10A-11:30A Coping with Grief and Loss

Offering a variety of skills to cope with various losses in life and the grieving process that accompanies such

12P-1:30P Creative Recovery

Students will have the opportunity to learn coping skills for a variety of behavioral health and life circumstances through different creative outlets. Poetry, music, photography, and painting are just a few venues for coping that lie ahead for the class participant.

SPECIAL EVENTS COMING SOON!!

REC Semester Celebration Taco Bar: February 7th

11:30-1:30. Join in on our end of semester celebration, check out the Recovery Education Center and enjoy some delicious tacos! (Sign up sheet to bring taco fixings located in classroom)

“The best part about recovery is when we get to re-discover ourselves. Find your passion. Find your life purpose.”

- Chelsie Charmed

Adult Wellness Classes: Winter/Spring Semester 02/3/20-4/3/20

MONDAYS

10:00-11:30am Positive Psychology

Students will learn a new spin on traditional psychology and coping from a strengths based perspective and building on wellness.

11:45am-1:15pm Wise Mind

Incorporates principles of dialectical behavioral therapy into a skill building experience focused on mindfulness, emotion regulation, distress tolerance, and effective relationship strategies for wellness recovery

4:30P-5:45P Recovery Discovery

Strategies to reduce potential for drug/alcohol addiction, and tools to help those living with an addiction, to maintain a sober lifestyle. **This course may be utilized in conjunction with community peer support and specialized, individualized therapy services for eligible members.**

4:30-5:45pm Love and Logic for Parenting

Strategies to reduce parenting stress while promoting personal responsibility, empowerment, and healthy decision making in the youth that you are raising

6:00-7:30pm Managing Anxiety

Do you consider yourself a worrier? Do you often feel restless, on edge, Coping skills to manage anxiety more effectively

TUESDAYS

9:00-10:15am Acceptance and Commitment Therapy (ACT)

An action-oriented approach to psychotherapy that stems from traditional behavior therapy and cognitive behavioral therapy. learn to stop avoiding, denying, and struggling with inner emotions and, instead, accept that these deeper feelings are appropriate responses to certain situations that should not prevent them from moving forward in their lives.

10:30am- 12:00pm Overall Wellness

Students will have the opportunity to learn and discuss tools to improve overall wellness in their lives. Skills surrounding nutrition, health, budgeting, resource connection in the community and more will be presented, giving students opportunities to actively participate and take more control over their wellness and recovery.

12:30-1:30pm WRAP (Wellness Recovery Action Plan)

As an evidence-based practice designed to assist individuals in recovery in improving quality of life, increasing self advocacy, and empowerment.

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-2:30P 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 8:30A-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

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

****Youth Connection Groups****

Designed to meet the developmental stages of youth, targeting health and safety coping skills

Topics Include:

Trauma, drug and alcohol use prevention/reduction, suicide prevention, risk behaviors, peer pressure, bullying, life changes and adjustment, impulse control/anger, focus/attention, anxiety/depression/stress management, socialization, other.....

Mondays:

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

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

Wednesdays:

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

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 8:30A-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

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