



Fiscal Year 2014 - 2015

Report to the Community

Serving the Community for 67 Years

Cover artwork was created by an Apalachee client participating in art therapy.

Our Mission

It is the mission of Apalachee Center to empower persons served to improve the quality of life for themselves and their families through the provision of quality behavioral healthcare with unrelenting attention to clinical excellence and safety.

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Our History

Apalachee Center began in 1948 as the Human Relations Institute of Leon County. Services were first provided in Tallahassee and Leon County. This was the only resource of its type within a 150 mile radius of Tallahassee.

The clinic was located in one room in the basement of the County Health Department. It was partitioned to serve as an office, waiting room, and a counseling room. From those humble beginnings, Apalachee Center has grown. Services have expanded to include the surrounding seven counties, resulting in a service area that now spans across 5,500 square miles of the Big Bend. Apalachee has been proudly serving the Big Bend for the past 67 years.

Our Services

Apalachee Center, Inc. offers a full continuum of care services, serving clients across the lifespan who are coping with mental illness, substance abuse, emotional and behavioral problems, with a special commitment to serving severely and persistently mentally ill individuals who suffer from schizophrenia and severe mood disorders.

It is the **Vision** of Apalachee Center to serve as an integral component of the community's healthcare system.

For a complete listing of services, go online to www.apalacheecenter.org



Services Accredited by the Joint
Commission on Accreditation of
Healthcare Organizations



A Message to the Community

Welcome, and thanks for taking the time to read Apalachee Center's 2014/2015 Report to the Community. As the largest comprehensive behavioral healthcare organization in the Big Bend area, Apalachee Center is dedicated to the mission of helping North Floridians recover from episodes of substance abuse, mental illness, emotional distress, and behavioral challenge every day.

As you will read in this report, 2014/2015 saw continued positive growth for Apalachee Center: the opening of a new, 16-bed civil residential treatment program in Leon County; the purchase and planning for a new electronic medical records system; and the change to full Apalachee direction of our Leon County primary care clinic.

There were two new developments in 2014/2015 that really stand out. First, Apalachee Center and Tallahassee Memorial Hospital began to work on a variety of ways that the two institutions could partner to bring more integrated services to the Big Bend. We started with sharing a psychiatrist position, and went on to sharing some on-call duties within Apalachee's 24-hour service programs, with plans for more cooperative collaboration to come, including Apalachee providing management and leadership for Tallahassee Memorial Behavioral Healthcare Center (that actually started in 2015/2016 – more about that next year!). This collaboration is a new opportunity to integrate different kinds and levels of care, and an opportunity for the two organizations to work together and learn from each other. TMH and Apalachee have been collaborating increasingly over the last few years, and this is another step towards making sure that we are working together to serve our clients.

Our other big change was the opening of the Transition Home. As you will read in this report, the Transition Home is a 16-bed Level 1 Residential facility, one of three in the State that serve clients transitioning out of long-term State psychiatric hospital care. For far too long, there has been a service gap between Florida's most acute care (Crisis Stabilization Units and State Psychiatric Hospitals) and outpatient care. Because of this gap, the wait time for clients to access care in State hospitals, and to be discharged from them to the community, has grown enormously high. The Transition Home is the first step in a long time towards addressing these issues, and Apalachee Center is proud to lead the State in this new initiative aimed at supporting our most vulnerable neighbors. It is an honor to serve this community through partnership and treatment.

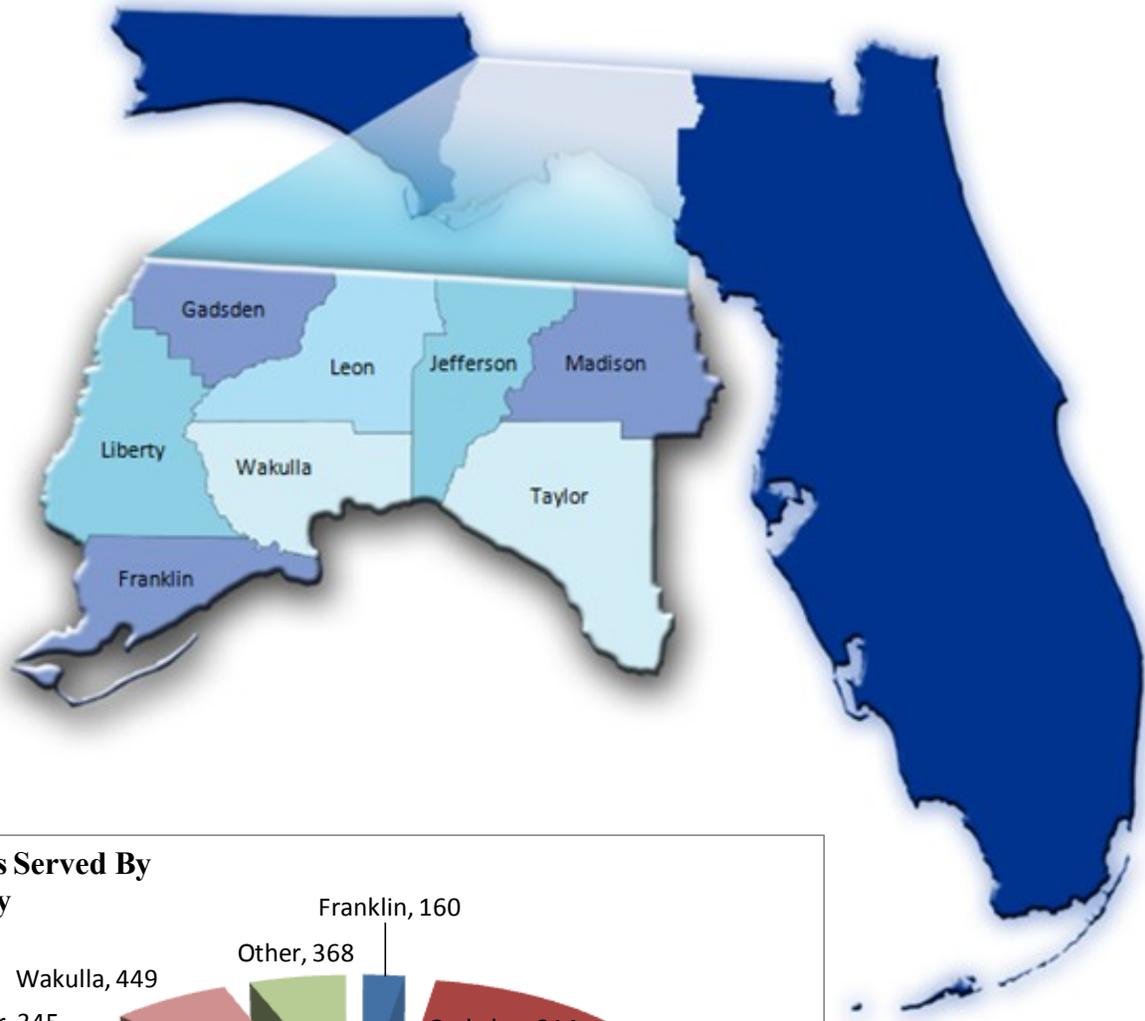
Thank you for your continued support,

Jay Reeve

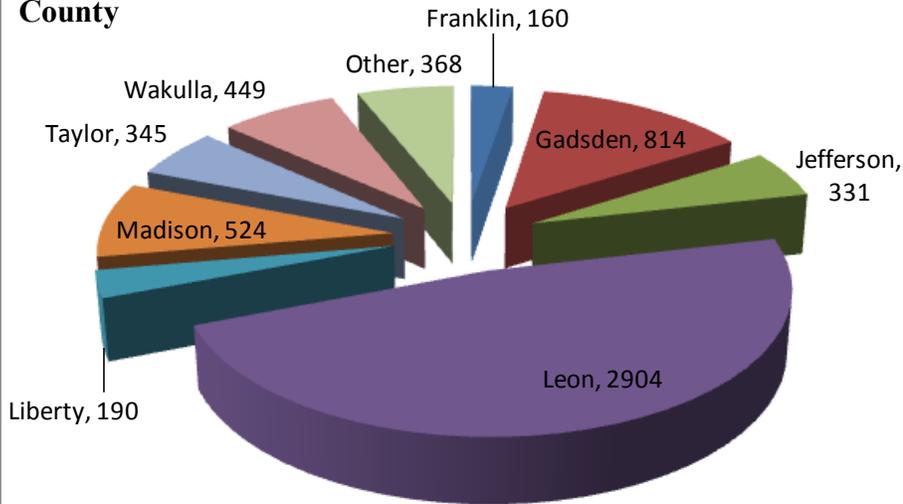
Jay Reeve, PhD
President and Chief Executive Officer



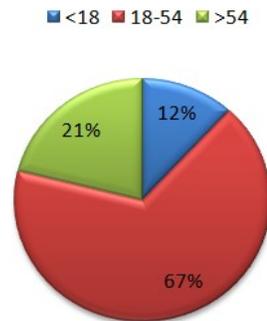
Our Service Area



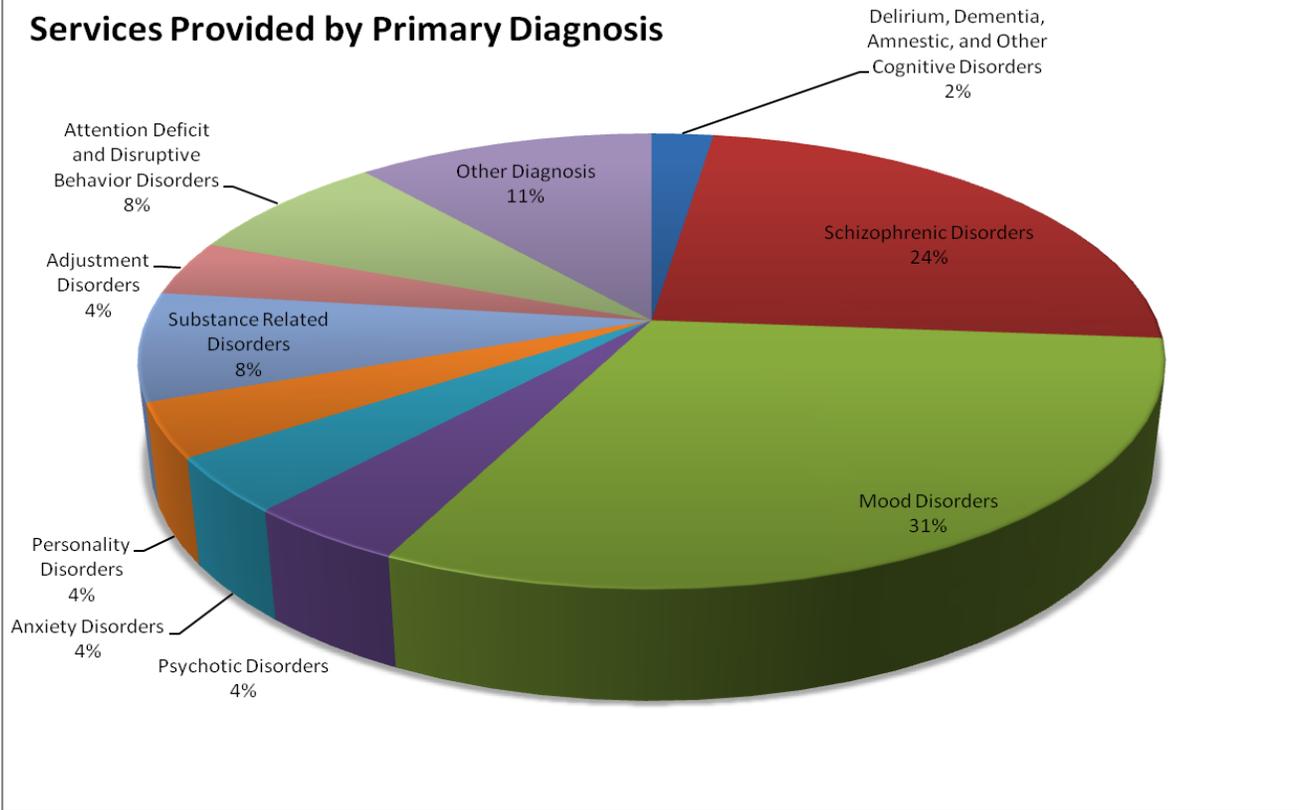
Clients Served By County



Clients by Age



Services Provided by Primary Diagnosis



Acute Services

24-Hour Crisis and Evaluation Services

Eastside Psychiatric Hospital

- 46 Beds, including 12-bed Geropsychiatric Unit
 - 1,097 admissions

Crisis Stabilization Unit

- 28 Beds—Public Receiving Facility for Baker Act clients
 - 1,275 admissions

Short-Term Residential

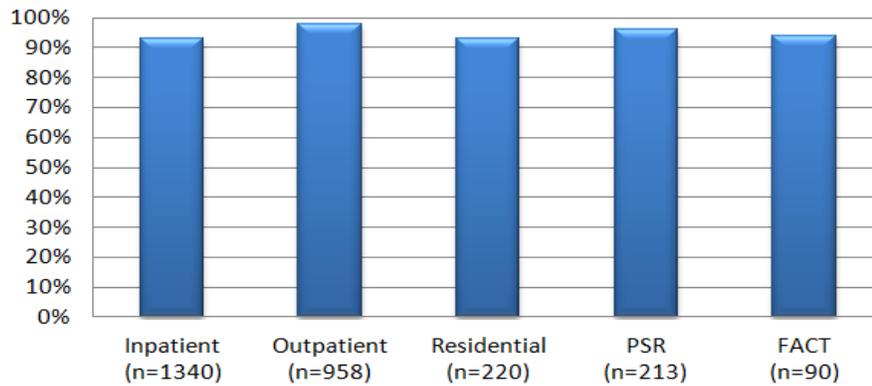
- 4 Beds
 - 39 admissions

Detoxification Unit

- 14 Beds
 - 764 admissions

Client Satisfaction & Community Survey Results 2014-15

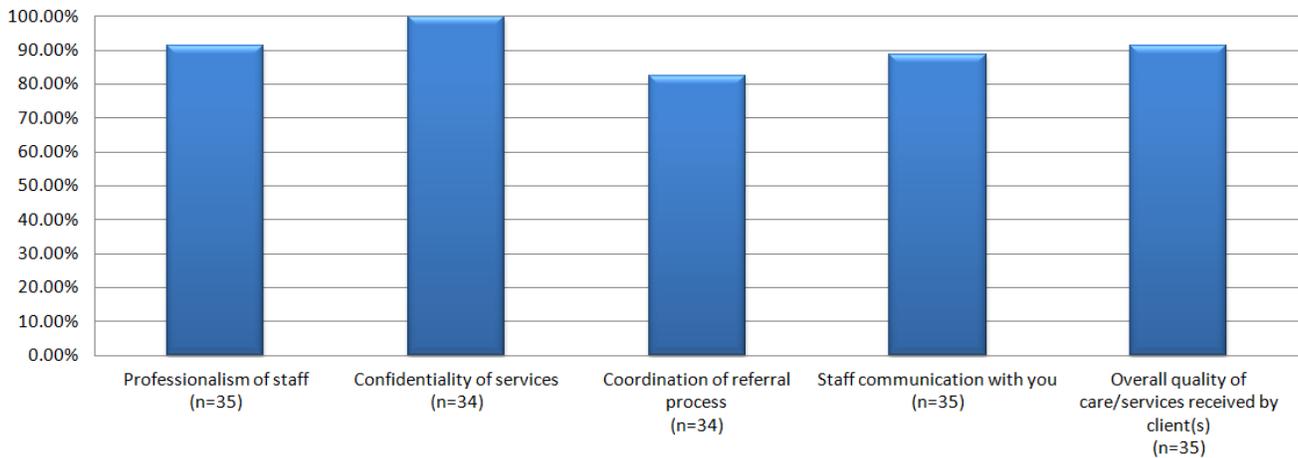
Overall Client Satisfaction



Apalachee Center conducts biennial community surveys to obtain feedback related to operations and input for planning and performance improvement purposes. The most recent community survey was conducted in 2015.

Community Survey Results

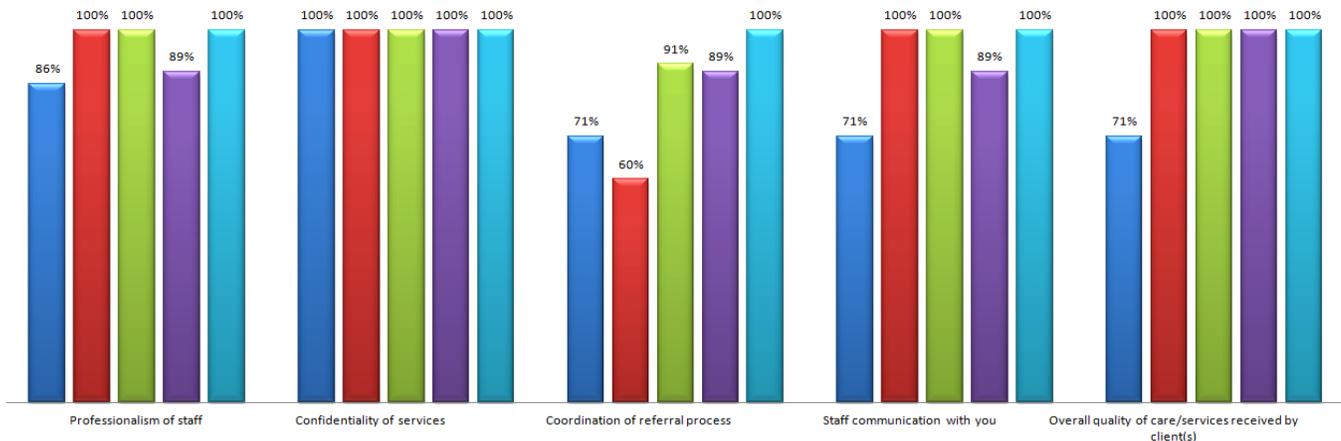
Rate of Return 22%
 207 Surveys Sent
 46 Surveys Returned
 Represents "Good to Excellent" Responses



Response by Agency Type

Represents "Good to Excellent" Responses

■ Medical Practitioner/Facility
 ■ State/Government/School
 ■ Legal & Law Enforcement Services
 ■ Consumer Advocacy & Social Services
 ■ Other



Community Partnerships & Community Service

Crisis Intervention Training (CIT) for Law Enforcement

Crisis Intervention Training is sponsored through the collaboration of TPD, the Office of Court Administration, Apalachee Center, NAMI Tallahassee, Magellan Health Care, and many volunteers throughout the community.

Crisis Intervention is designed to foster effective intervention between law enforcement and the mentally ill. CIT's major focus is to prevent inappropriate arrests of the mentally ill, and instead, direct them to treatment in the community.



On May 15, 2015, Apalachee Center was pleased to have the opportunity to host the dedicated law enforcement officers of Tallahassee, Leon, and the Big Bend area during National Police Week. Apalachee's CEO, Dr. Jay Reeve, thanked the officers for the care they show to mentally ill Floridians they are called upon to serve.



Dr. Jay Reeve



Officers from Tallahassee Police Department, FDLE, Capitol Police Department, Florida State Police Department, Tallahassee Community College Police Department, and Leon County Sheriff's Department were in attendance. Dick Stephens, NAMI Tallahassee (front center).

Gallery Show — *Breaking Free of Mental Illness Stigma Through Art Expression*

By: Lorelei Voronin, FSU Art Therapy Intern

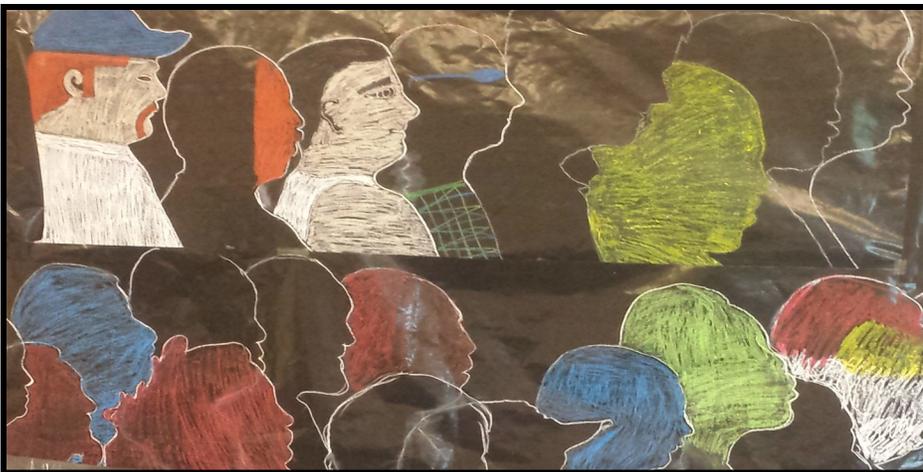
Breaking Free of Mental Illness Stigma Through Art Expression was a gallery show that consisted of Apalachee Center client artwork created in therapy groups through the months of January to April. The idea for the gallery show initially came about after several discussions with the clients on the negative consequences of the stigma experienced by people who have a mental illness. The therapeutic goal of the art therapy groups was to decrease self-stigma and successfully rehabilitate back into the community. The members of the groups worked on this goal by encouraging the

allowing the clients to send a positive message to the community about mental health awareness.

Attendees were exposed to a wide variety of art mediums and talent. The show included approximately 100 individual artwork pieces including clay sculptures, paintings, drawings, printmaking pieces, screen printed t-shirts, mixed media artwork, collages, and three large collaborative group pieces.



Florida State University Art Therapy Interns, Lorelei Voronin and Danielle Rodriguez with Dr. Jay Reeve



We Believe in Hope, a collaborative effort of client's traced and brightly colored silhouettes

clients to identify their personal strengths which increased their sense of self-worth.

The gallery show was a celebration of the meaningful artwork the clients created. It contributed to reaching the clients' therapeutic goals by

The theme of the gallery show was *Identity*, demonstrated by a group artwork consisting of a patchwork of individual clients' I Poems and their response art of fingerprints and self-portraits.

Another impactful collaborative artwork was a piece called *We Believe*

In Hope. Clients created this piece by tracing silhouettes on black paper and finishing it with vibrant colors to represent their true selves. The third group piece was a 4-foot mandala where the clients worked together to trace their hands in an appealing pattern using soft pastels.

The client artists previewed the exhibit, held in Apalachee Center's main conference room. The mood was positive and there was a sense of excitement from the entire group. They were smiling, laughing, and proudly showing off their artwork. It was interesting to see them compliment each other's work and



A brightly colored clay turtle created by a client

have in depth conversations about the meaning behind their art with gallery attendees.

A few clients invited their family members to the gallery show. While talking with a client's mother, she told me that even though money was hard to come by at the moment, she knew it was worth it to spend the money on gas to see her son's artwork and share this special event with him.

Dr. Reeve's opening speech gracefully summed up the intended message of the gallery show. He described the perspective of a person with a mental illness, stating that many individuals may have been

told all their life that what dwells within their mind is *ugly* and eventually clients may start to believe that as the truth. Dr. Reeve then stated the value of the gallery show is an opportunity to showcase the *beautiful* art creations which came directly from the clients' minds. With the dedication, support and help from the staff and clients, the gallery event was a huge success.

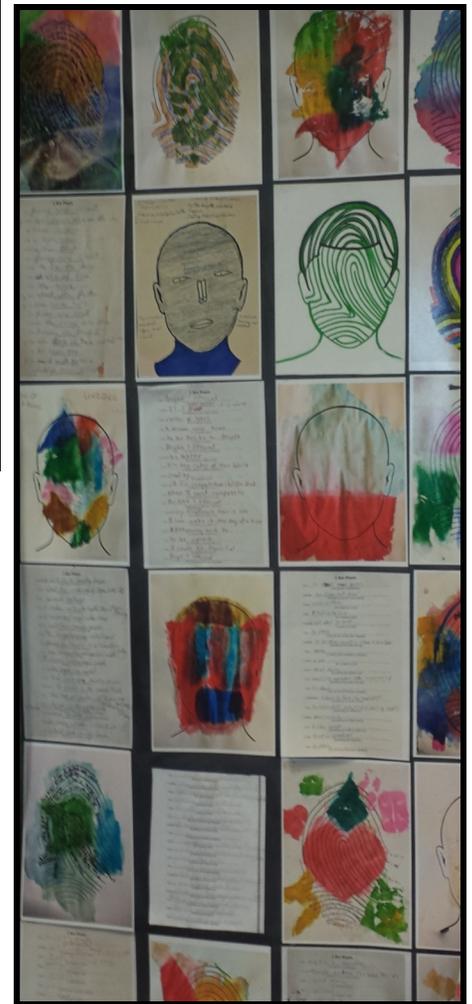
This gallery show was the most memorable moment in my experience as an art therapy intern at Apalachee Center. The art and positive message about mental health awareness was truly celebrated by this event and touched the hearts of clients, their family, Center staff, and community members alike. Thank you so much for the opportunity to be a part of such a wonderful, creative event.



Mandala using tracings of clients' hands to form an appealing pattern



Showcasing the *beautiful* artwork



"I" Poems gave insight to the challenges of mental illness



Did You Know . . .

One in four Americans
— approximately 61.5 million —
have a serious mental illness.



Source: National Alliance on Mental Illness

Mental illness affects more than a quarter of the U.S. population. The most common types of mental illness are anxiety, depression, and substance abuse. It keeps people from going to school or work; it affects their relationships, and affects their ability to take care of themselves.

More and more communities are embracing treatment, becoming educated about mental illness, and are able to respond with compassion to save lives. Apalachee Center is proud to be at the forefront of these efforts in our community.



MENTAL HEALTH AWARENESS

Approximately **17,000** people
in the Big Bend area have some form
of severe and persistent mental illness.



Mental Health First Aid
Mental Health First Aid is Saving Lives

You may know CPR and the Heimlich Maneuver. You can call 911. But can you administer First Aid in a mental health crisis?

It's easy to tell when someone might be suffering from a heart attack, is choking, or is unable to breathe. But what does depression look like? Or anxiety? Have you met people experiencing suicidal thoughts or behaviors?

Panic Attacks? Trauma?
Eating Disorders? Grief?
Substance Use Disorders?

How would you know?
And how can you help?

The stigma surrounding mental illness often prevents people from seeking help or even acknowledging that they need help. And if they do want help, they don't know where to turn. Mental Health First Aid (MHFA) equips the public to help persons with mental illness connect to care.

An 8-hour Mental Health First Aid course prepares members of the public to provide Mental Health First Aid to those in need. This course is delivered by a certified Mental Health First Aid USA instructor who has completed a 5-day training and met other certification requirements.

Apalachee Center has a certified Adult MHFA trainer on staff to provide this training to the community. For a schedule of upcoming courses, contact Kimberly Owens at (850) 523-3333 ext. 2264.

For more information, visit us on the web at:

www.apalacheecenter.org

www.eastsidepsychiatric.org

www.capitaltherapy.org



FY 2014/15 Operating Expenses and Budget

Revenue (\$thousands)

	Outpatient Services	Inpatient Services	Residential Services	Community Support Services	Total
Patient Fees	5,204	4,556	93	0	9,853
State Funding	3,180	3,509	7,160	115	13,964
Federal Funding	0	0	0	211	211
Local Funding	161	996	0	0	1,157
Total Revenue	8,545	9,061	7,253	326	25,185

Expenses (\$thousands)

	Outpatient Services	Inpatient Services	Residential Services	Community Support Services	Total
Personnel	5,407	5,666	3,334	370	14,777
Operating	2,919	4,562	2,441	350	10,272
Total Expenses	8,326	10,228	5,775	720	25,049

This chart is a summary of our Operating Statement by program and is not intended as a substitute for our Audited Financial Statements (slight variances are due to rounding).



INPATIENT SERVICES

2634 Capital Circle, N.E.
Tallahassee, FL 32308

- Eastside Psychiatric Hospital (EPH)
- EPH - Geriatric Unit
- PATH Crisis Stabilization Unit
- Primary Care Center Detox
- Short-Term Residential Program
- Transition Home Program

RESIDENTIAL SERVICES

- Satellite Apartments, Tallahassee
- Leon County Residential Facilities, Tallahassee
- Hilltop Residential Services (Group Home), Madison

OUTPATIENT SERVICES

Franklin County

159 12th Street
Apalachicola, FL 32320

Gadsden County

79 LaSalle Path
Quincy, FL 32351

Jefferson County

1996 S. Jefferson Street
Monticello, FL 32344

Leon County

2634 Capital Circle, N.E.
Tallahassee, FL 32308

Liberty County

13888 Northwest County Road 12
Bristol, FL 32321

Madison County

225 Sumatra Road
Madison, FL 32340

Taylor County

1421 Old Dixie Highway
Perry, FL 32348

Wakulla County

43 Oak Street
Crawfordville, FL 32327

Healing Minds & Empowering Lives



Program Information

Apalachicola.....	(850) 653 - 9744
Bristol.....	(850) 643 - 2232
Crawfordville.....	(850) 926 - 5900
Madison.....	(850) 973 - 5124
Monticello.....	(850) 997 - 3958
Perry.....	(850) 584 - 5613
Quincy.....	(850) 875 - 2422
Tallahassee Inpatient.....	(850) 523 - 3300
Tallahassee Outpatient.....	(850) 523 - 3289
TDD Line.....	(850) 523 - 3266
Auto Attendant/Main Line.....	(850) 523 - 3333
.....	(800) 226 - 2931
New Patient Registration.....	(850) 523 - 3308
.....	(866) 472 - 3941
Evaluations & Admissions.....	(850) 523 - 3483
.....	(800) 342 - 0774

For more information, please visit our website at

www.apalacheecenter.org



Apalachee Center, Inc.
receives funding from the
State of Florida, Department of
Children & Families.