



2017-2018 Annual Report to the Community

Franklin | Gadsden | Jefferson | Leon | Liberty | Madison | Taylor | Wakulla



Proudly Serving The Community For 70 Years

Our Services

Apalachee Center 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.

INPATIENT SERVICES

Central Receiving Facility: Provides assessment and referral services 24-hours a day for mental health and substance related crises.

Eastside Psychiatric Hospital

PATH Crisis Stabilization Unit

Primary Care Center Detox Unit

Short-Term Residential Treatment Program

RESIDENTIAL SERVICES

Transition Home Residential Facility

Madison Group Home Residential Facility

Satellite Apartments

Gadsden County Forensic Residential Facilities
(two 16-bed facilities)

Leon County Forensic Residential Facilities (two 16-bed facilities)

OUTPATIENT RECOVERY SERVICES

Florida Assertive Community Treatment Program (FACT)

Care Management

Psychiatric Services

Primary Care: Provides primary medical care to current Apalachee clients on site at Leon and Gadsden County Outpatient Clinics.

Psychosocial Rehabilitation

Outpatient Children's Services

Family Intervention Team (FIT) & Intensive Family Intervention Team (IFIT)

Outpatient Substance Abuse and Mental Health Counseling

Community Forensic Services

Homeless Project

Drop-In Center

Community Action Team (CAT)

ADDITIONAL SERVICES

Community Baker Act Trainings—Three trainings | approximately 130 individuals received training

Brown Bag Lunch Trainings—Monthly (variety of topics related to mental health & substance abuse)

Crisis Intervention Team (CIT) Training—Two per year

Mental Health First Aid Training—82 individuals certified in Mental Health First Aid

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

Our *Mission* is 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.

A Message to the Community

Welcome, and thanks for taking the time to read Apalachee Center's 2017/2018 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.

The past year was a year of great expansion and change for Apalachee Center. 2017/18 saw Apalachee's first full year operating this region's first Central Receiving Facility. For the first time, all individuals transported by law enforcement under the Baker Act for mental health emergencies are now brought to Apalachee Center. This exciting venture was the result of two years of collaborative work between Apalachee Center, Big Bend Community Based Care, Tallahassee Memorial Hospital, Capital Regional Medical Center, and Leon County law enforcement. The success of this new unit is in the numbers: The Central Receiving Facility evaluated 1,579 involuntary behavioral health clients in its first year of operation, and exceeded every target that was set for it. The Central Receiving Facility represents a game-changing innovation in access to mental health services in this region, and we're proud to be at the forefront!

This year also saw growth in children's services, with the implementation of this region's first Community Action Team (CAT). Apalachee Center was proud to be awarded the contract for this team, serving children, youth and their families with intensive psychiatric, psychotherapeutic and support services on a 24/7 basis in Leon, Gadsden and Wakulla Counties. Tragically, mental health issues among children and youth were also highlighted by the Marjorie Stoneman Douglas shooting in February. In the aftermath of this event, Apalachee Center worked closely with Senator Montford's office in crafting legislative language, and with our local managing entity, Big Bend Community Based Care, to ensure that all school districts and Sheriff's offices in our region were offered rapid access to mental health services.

Apalachee Center was at the forefront of local change as well, through the Mental Health Council of the Big Bend. The council is made up of twenty member agencies, including both local hospitals, providers, consumer organizations, Big Bend Community Based Care, both universities, and most of the content expertise in the region. Apart from Leon County Department of Health, the Council does not, by design, include government agencies – it is a think tank for the true content experts and folks with lived experience to support and expand mental health awareness and service access in this region. At the beginning of 2018, after three years of research, the Mental Health Council of the Big Bend (originally developed and chaired by Apalachee Center) unveiled its first White Paper on behavioral health in Leon County. The White Paper, authored by Professor Heather Flynn, the director of the Center for Behavioral Health Integration at the FSU College of Medicine, was the first epidemiologic analysis of mental illness prevalence in Leon County, and outlined a four-point community action plan which the Council, with twenty local and statewide member agencies, has been executing to great success since its January unveiling. Among the most exciting parts of this journey have been the requests by Jefferson, Madison and Citrus Counties for technical assistance in developing their own action plans. The Mental Health Council of the Big Bend model is spreading across the state.

Along with all the new programs, growth and advancement this year, there was one milestone that stood out. In 2017/2018, Apalachee Center provided services to over 7400 unduplicated clients. That's a new record, and represents the first time that we have served more than seven thousand clients in a year. That means that more residents of the Big Bend than ever are coming to Apalachee Center for their behavioral health and primary care needs. Apalachee Center's employees and governing board looks forward to continuing to provide these exemplary services to this region in the years to come.

Denise Hannah
Chair, Governing Board

Jay Reeve
President & Chief Executive Officer

Board of Directors

Denise Hannah

Chair

Lou Miller

Vice Chair

Kim Barnhill

Immediate Past Chair

Stephen Lanier

Member at Large

Sterling Bryant, Jr.

Raymond Capelouto

Forrest Davis

Harry Falk

Edwin Fleet

David Harvey

Kenneth Hosford

Oscar Howard

Delorise Rush

Management Team

Jay Reeve, PhD

President, Chief Executive Officer

Sue Conger, MSW

Chief Operations Officer

Teri Grace

Chief Information Officer

Guy Johnson

Chief Facilities Officer

Dean Hilton, CPA

Chief Financial Officer

Candy Landry

Chief Human Resources Officer

Heather Lincicome, LCSW

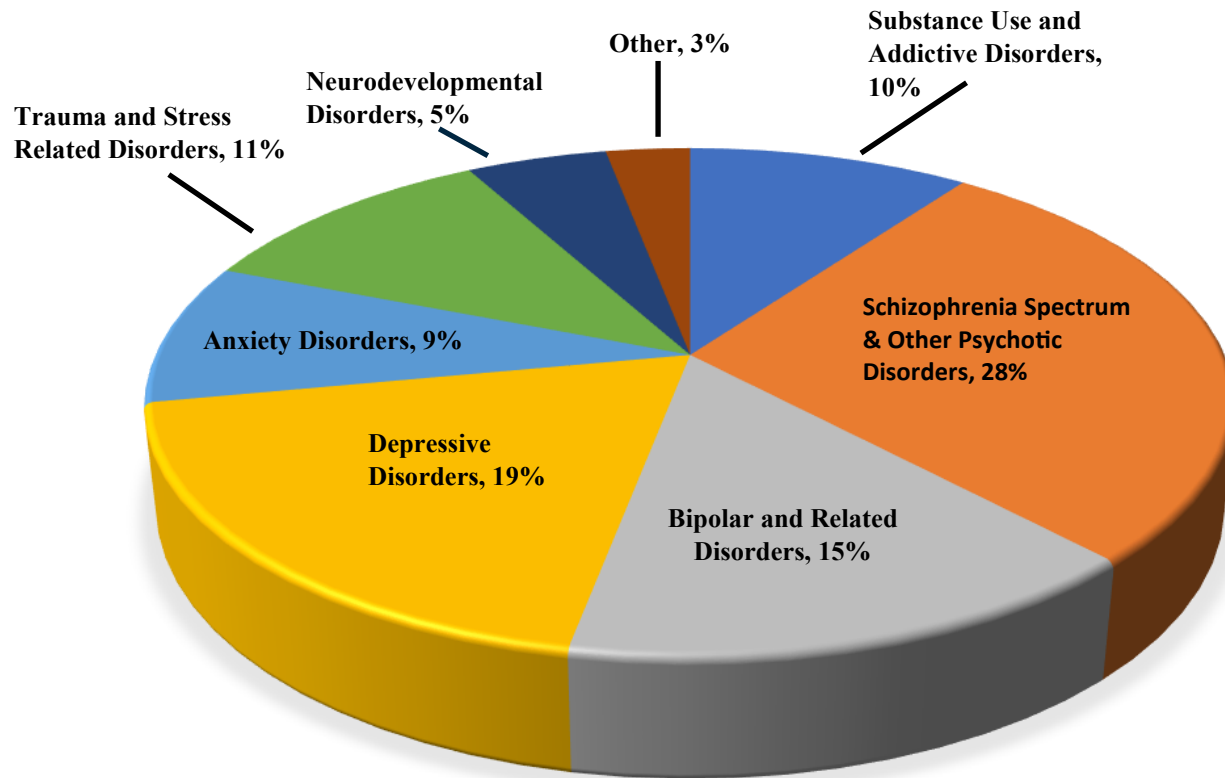
Chief Liaison Officer

Generoso Masangkay, M.D.

Chief Medical Officer

Statistical Data for Apalachee Center (Fiscal Year 2017-2018)

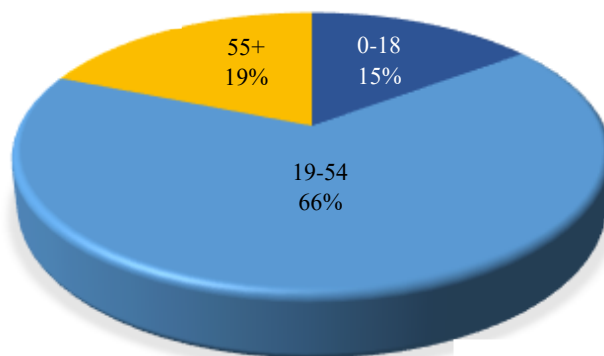
Services Provided By Primary Diagnosis



Inpatient Admissions	
Eastside Psychiatric Hospital	1098
PATH Crisis Stabilization Unit	1814
PCC Detox Unit	899
Short-term Residential Treatment	52

112 individuals were served in our Homeless Project program at Apalachee Center, with outreach provided to an additional 235 homeless persons in the community.

CLIENTS BY AGE

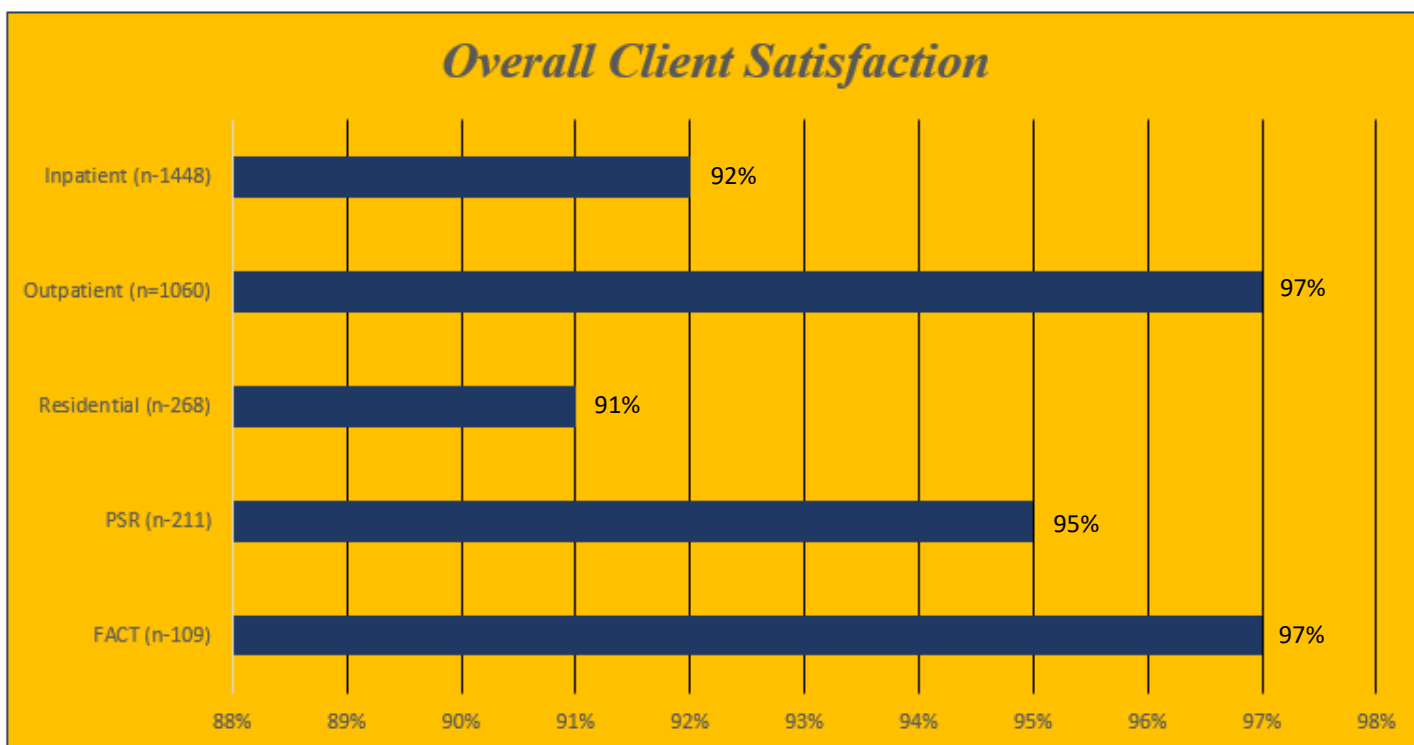


Approximately 7,300 Clients Were Served This Year

Statistical Data for Apalachee Center (Fiscal Year 2017-2018)

CLIENTS BY COUNTY OF RESIDENCE

Franklin:	214
Gadsden:	958
Jefferson:	340
Leon:	3867
Liberty:	193
Madison:	506
Taylor:	372
Wakulla:	615
Other Florida County:	221
Out of State:	117



Central Receiving Facility at Apalachee Center

The CRF operates 24 hours per day, 365 days per year and serves the Big Bend region (Franklin, Jefferson, Gadsden, Leon, Liberty, Madison, Taylor, and Wakulla Counties) as the single point of entry for all individuals who are subject to the involuntary Baker Act (per 394.463, F.S.) and Marchman Act (397.675, F.S.). Once an individual participates in the assessment process conducted by an RN and Licensed Counselor, the appropriate disposition is determined. Some may be admitted



to an inpatient unit, while others may need only a crisis counseling session and/or a referral for outpatient care. Through a rotation system, individuals needing admission may go to either Capital Regional's Behavioral Health unit, Tallahassee Memorial Behavioral Health Center, or Apalachee Center's Eastside Psychiatric Hospital. Additionally, Apalachee's PATH unit serves all individuals without insurance and the Detox unit serves all individuals brought by law

enforcement under the Marchman Act (involuntary assessment)

We are thankful for our partnerships, especially with Tallahassee Memorial Hospital and Capital Regional Medical Center. Last year, we entered into a cooperative agreement to establish this coordinated system to ensure that individuals with mental illnesses and substance use disorders receive appropriate and timely inpatient and outpatient services. The CRF advisory Committee includes all three psychiatric hospitals plus the Leon County Sheriff's Office, Circuit 2 Court Administration, DISC Village, the Leon County Commission, Big Bend Community Based Care, and NAMI-Tallahassee and Wakulla Chapters.

We have been busy! Since July 1, 2017, the CRF has assessed 2,524 adults (1,579 involuntary and 945 voluntary). Of the 1,579 individuals who arrived on an involuntary basis, 1,042 were insured and therefore referred and admitted to one of the three inpatient facilities (TMH, CRMC, EPH).

It's been a year of growth, but all targets were ultimately met, including completing assessments < two hours of arrival (actual was average of 1.72



hours) and decreasing law enforcement drop-off time < 12 minutes (actual was average of 4.82 minutes). Additionally, 49 individuals were diverted from jail, or 3% of the 1,579 individuals brought in by law enforcement. Instead, these individuals received treatment for their mental illnesses/substance use disorders immediately, rather than being arrested and taken to jail for misdemeanor charges, such as trespassing or loitering. If each of the 49 spent 30 days in jail, then 1,470 jail bed days were averted.

Community Action Team (CAT)

The Community Action Team (CAT), is an intensive community based service provided through Apalachee Center Inc. (ACI) for youths aged 11 to 21 and their families. The criteria established for admission to CAT are youths who have been diagnosed with a mental health disorder or co-occurring substance diagnosis with one or more of the accompanying characteristics:

- ⇒ have been unsuccessful in less intense forms of treatment or
- ⇒ have multiple inpatient crisis stabilization episodes or
- ⇒ are involved with the law enforcement or the juvenile justice system or
- ⇒ are at risk for out-of-home placement/involved with the child welfare system or
- ⇒ have disruptive school behavior and/or suspensions.



CAT is a voluntary service which emphasizes family and youth perspectives in treatment, seeks to build natural supports, connects the family with community resources, and individualizes treatment to the specific strengths and needs of the family. CAT has served approximately 60 families since its inception in 2017. The Apalachee Center, Inc. CAT currently serves Leon, Gadsden, and Wakulla counties. Two new teams will soon be serving Jefferson, Madison, Taylor, Liberty and Franklin counties. Each team consists of a Licensed Team Leader, Care Managers, Masters Level Therapists, Therapeutic Mentors, and a Staff Assistant.

CAT provides some services not provided by less intensive outpatient services. CAT has a 24/7 crisis line which allows team members to be deployed when necessary to avert crisis stabilization episodes or law enforcement involvement. CAT also has the unique ability to provide respite care to fatigued caregivers in some families. Respite services entails providing short-term supervision of a youth away from the family to offer temporary relief as a planned event or to improve family stability in a time of crisis for a maximum of four hours a day. Since CAT can accept clients regardless of their insurance status, CAT can increase access to the needed level of services for some who otherwise might encounter that as a barrier.

CAT serves a vital role for providing treatment services in the community because it acts as a “step-up” from traditional outpatient services when little or no progress is being made or a “step-down” from a long-term placement, such as a residential program. Since the CAT focus is on keeping youths in the community and keeping families together, CAT can substantially improve outcomes for families and reduce costs by reducing the need for residential services such as Statewide Inpatient Psychiatric programs (SIPPs), Department of Juvenile Justice Detention facilities, and DCF group and foster care placements.



Short-term Residential Treatment (SRT)

The SRT program is a secured unit located within Apalachee's inpatient program. The program provides short and intermediate duration intensive mental health residential and habilitative services twenty-four hours per day, seven days per week. The unit is designed for individuals with serious and persistent mental illnesses, including those with schizophrenia, Bi-polar Disorder, or major depression, who need longer term care for their symptoms to stabilize. Individuals are generally transferred from the crisis stabilization unit and continue to meet involuntary or voluntary Baker Act criteria, meaning they present as a danger to themselves or others, or are at risk of self-neglect due to symptoms of their mental illness.

In July, 2017, the capacity of the unit increased from four beds to eight beds because of additional funding granted by the Legislature.

The expansion was funded to include individuals with current non-violent felony offenses and misdemeanor charges (jail detainees) and individuals that are picked up by law enforcement for what would be misdemeanor offenses, such as trespassing or loitering. Instead of being taken to jail, this latter group are diverted from jail to prevent unnecessary charges to resolve the crisis that led to the offense in the first place. In some cases, with the concurrence of the court, jail detainees can be stabilized and released directly from the SRT and do not have to return to jail unless otherwise ordered by the court. Stabilization and discharge of these individuals within the community allows them to avoid state hospitalization, a costlier level of care.

During the Fiscal Year of 2017 -2018, the SRT had 52 admissions and maintained an average occupancy rate of 95%. The average length of stay was 34 days, although the range was from 9 to 132 days.



Governing Board Annual Meeting



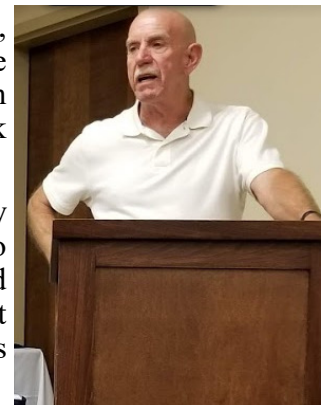
Immediate Past Chairperson, Kim Barnhill and Chairperson, Denise Hannah

Each June, the Apalachee Center Governing Board hosts a luncheon during the annual meeting. Long-term Service Awards are given to those staff who have been with the Center, for 10, 20, and 30 years. The Leadership Academy graduates receive their certificates of completion, and the nominees and the winner of the John Convertino Award of Excellence are recognized.

This year the 2016-2017 Chairperson, Kim Barnhill, passed the gavel to the 2018/19 Chairperson, Denise Hannah who is very passionate about her work with Apalachee Center.

This year special guest, Henry McDonald spoke about his path to sobriety via Apalachee Center. He said the compassionate care he received at

ACI was instrumental in his recovery. His story was very powerful and reminds us of the importance of what the staff at Apalachee does each and every day.



Henry McDonald

Art Therapy Provides Self-Expression

The Spring 2018 Apalachee Client Art Show featured works created by the Leon County residential units over the course of several weeks in art therapy groups. Clients showcased and celebrated their artwork in a gallery display that was also open to the public to witness clients' self-expression and creativity.

The show highlighted the power of artwork to encourage autonomy, increase self-esteem, and facilitate emotional expression. One of the art therapy directives included found object mandalas, which were created after a mindfulness nature walk and



Dr. Mark Reeves, Brittany Floyd, and Anna Higgins, Art Therapy Interns



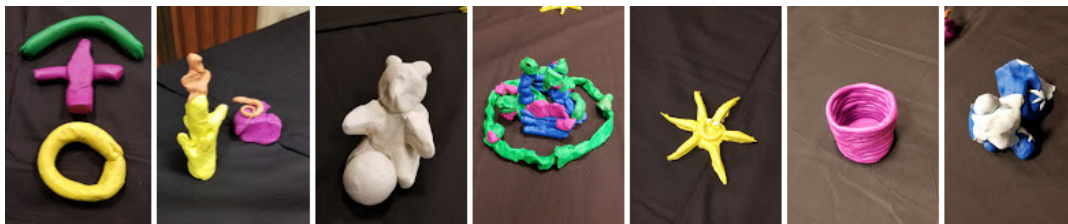
“artworks that communicated their experience in mental health recovery”



incorporated twigs, pine cones, and flowers to promote a sense of awareness in the present moment. Clients worked to visually express concepts such as hope, security, and guidance through the image of a lighthouse. Throughout several sessions this semester clients worked collaboratively on projects that promoted group cohesion, interpersonal communication, and problem-solving. Clients worked in multiple mediums from oil pastel to paper Mache, creating 2D and 3D artworks that communicated their experience in mental health recovery.



Anna Higgins and Brittany Floyd are Art Therapy Masters students from FSU, that interned at ACI during their Spring 2018 semester. Both interns worked throughout the hospital units as well, facilitating art therapy interventions for crisis management, emotional expression, and chemical dependency detox. As they wrap up their internship experience, they would like to express gratitude for the clients' thoughtful and meaningful participation and for the staff of Apalachee in being welcoming, supportive, and accepting of art therapy.



John Convertino Award of Excellence

John Convertino was an outstanding Apalachee Center leader for 26 years. Beginning his Apalachee career in 1980, John provided a model of unfailing integrity, quality focus, and caring for his entire community, and was an integral part of the Apalachee team until his untimely death in 2009. In his 14 years as Chief Administrative Officer, he set the standard for thoughtful, competent, and fair workplace performance. To honor his memory, Apalachee Center's Board of Directors presents the John Convertino Award of Excellence to the employee who exemplifies his work at the end of each fiscal year. This year's nominees were April Landrum, Program Supervisor, Melanie Mediate, Civil Residential Supervisor, Paul Nichols, Maintenance Supervisor, and Jay Smith, Nurse Manager. April Landrum was this year's winner.



Kim Barnhill, Immediate Past Chairperson, Jay Reeve, CEO, Paul Nichols, Jay Smith, Melanie Mediate, April Landrum, and Denise Hannah, Chairperson

Apalachee Center Nurse of Excellence

Apalachee Center is proud to recognize the 2018 Nurse of Excellence, Jill Brabant. While we certainly recognize and are very grateful for the fine qualities of all our nurses and nominees, Jill shines this year as the nurse demonstrating the most outstanding contributions and characteristics of excellence.

Jill is a graduate of Upstate Medical University in New York where she began her nursing career. She joined the Apalachee Center team in 2014 and is currently working in our FACT program, where she consistently demonstrates her dedication and commitment to our clients, as well as team members.

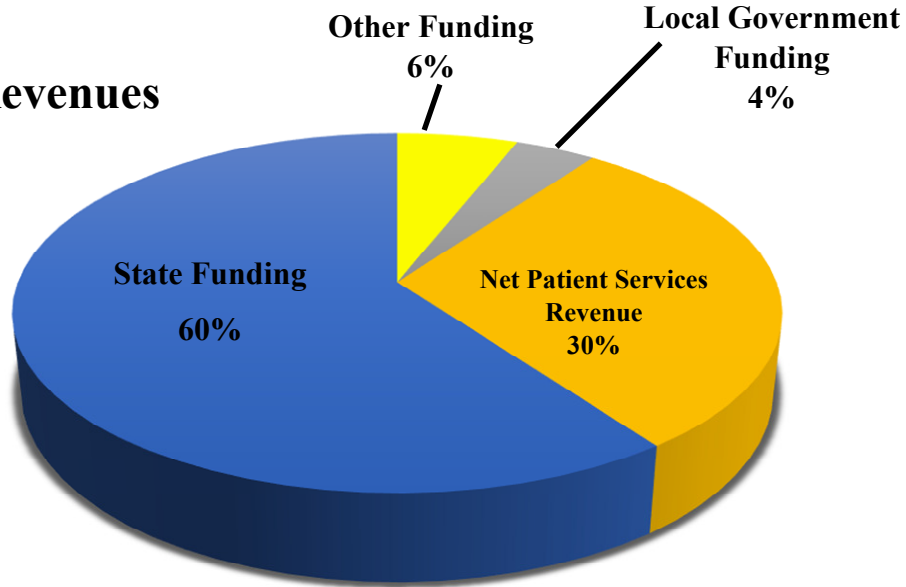


Right to left: Meredith Fiedler, Simone McDaniel, Deborah Jenkins, Jill Brabant, Kathleen Stewart, Alicia Anderson, David Williams

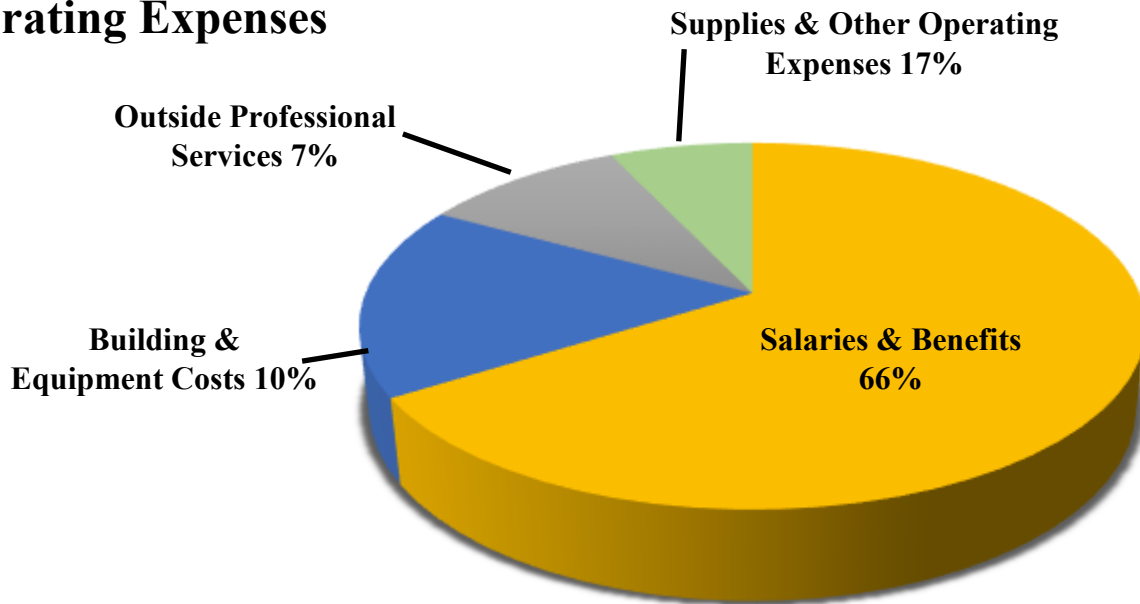
Jill is known for going above and beyond to accomplish the job. She recognizes the stress of so many of our clients lives and relates to them individually and with compassion.

Fiscal Information

Operating Revenues



Operating Expenses



Want to help?

Your support is important to Apalachee Center, Inc.

Here is how to make a difference:

Learn About Our Services: visit www.apalacheecenter.org

Be and Advocate: Tell your legislators why you value Apalachee's services

Donate: Send a check to Apalachee Center, Inc., 2634-J Capital Circle N.E., Tallahassee, FL 32308



Apalachee Center’s service area spans across eight counties and 5000 square miles of the Big Bend.

- 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

- Central Receiving Facility (850) 523-3483
(800) 342-0774

INPATIENT SERVICES

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

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

RESIDENTIAL SERVICES

- Transition Home Program, Tallahassee
- Satellite Apartments, Tallahassee
- Leon County Forensic Residential Facilities, Tallahassee
- Gadsden County Forensic Residential Facilities, Quincy
- Hilltop Residential Services (Group Home), Madison

OUTPATIENT SERVICES

- Franklin County**
159 12th Street | Apalachicola, FL 32320
(850) 653-9744
- Gadsden County**
79 LaSalle Path | Quincy, FL 32351
(850) 875-2422
- Jefferson County**
1996 S. Jefferson Street | Monticello, FL 32344
(850) 997-3958
- Leon County—MAIN CAMPUS**
2634 Capital Circle, N.E. | Tallahassee, FL 32308
(850) 523-3333
- Liberty County**
13888 Northwest County Road 12 | Bristol, FL 32321
(850) 643-2232
- Madison County**
225 Sumatra Road | Madison, FL 32340
(850) 973-5124
- Taylor County**
1421 Old Dixie Highway | Perry, FL 32348
(850) 584-5613
- Wakulla County**
43 Oak Street | Crawfordville, FL 32327
(850) 926-5900

PRIMARY CARE SERVICES

Primary medical care for Apalachee clients is available on site at the Leon and Gadsden County Outpatient Clinics.

Services accredited by the Joint Commission on Accreditation of Healthcare Organizations.

