



Connxxions is accredited through The National Association for the Dually Diagnosed (NADD). Meridian Health Services' Connxxions program is the only NADD accredited outpatient behavioral health provider in Indiana. This prestigious accreditation is awarded to programs that utilize internationally recognized best practices for serving those with Intellectual and Developmental Disabilities (IDD) and mental health issues. It recognizes those programs that are intent on constantly improving the effectiveness of services in helping individuals attain their goals and the best quality of life possible.

Along with this accreditation, many of the Connxxions staff are also individually certified through NADD. This certification affirms that our staff meet the standards set by NADD for providing quality services to individuals with IDD and mental health challenges.



### CONNXXIONS PROGRAM COMPONENTS

#### Individual and Family Therapy

Evaluates needs and helps an individual learn to improve their physical, mental, and social health.

#### Group Activities

Develops interpersonal skills, problem-solving, peer pressure management, and health promotion skills.

#### Personal Health Skill Building

Encourages the establishment of positive health skills and habits within the home and community.

#### Case Management

Linking individuals to community resources and coordinating care for patients.

#### Psychiatric Services

Assists individuals in improving functionality in their environments while learning more preventative skills.

#### MeridianMD

Offers primary family medical care services for children and adults.

#### 24-Hour Preventative Hotline

Our current patients can access our 24-hour prevention hotline when they are experiencing a behavioral or psychiatric need and could use immediate support.

*Services may vary by location.*

### CONNXXIONS PROGRAM SUCCESS STORY

Rose had been diagnosed with borderline intellectual functioning, severe depression, and borderline personality disorder. She suffered abuse and trauma in her past and had difficulty maintaining appropriate relationships, while often becoming verbally aggressive toward friends and family. She was hospitalized frequently and bounced from address to address. Rose had gone through multiple agencies in multiple states, trying to get help to become more in control of her emotions and her life.

Rose came to Meridian Health Services and became part of the Connxxions Program. She began learning what her triggers were for her aggressive outbursts. She learned to understand the role that her past trauma continued to play in her life and what steps she could take to overcome those triggers and provide herself with what she needed in positive ways.

Through Connxxions, Rose learned to recognize her symptoms of depression and utilize her new, learned coping skills to prevent them from taking over her life. She successfully maintained her residence, living independently in the same apartment for years for the first time in her adult life. Rose made and maintained friendships, became involved in her community, and became an advocate for children suffering from trauma.



# CONNXXIONS

Coordinated Care for the Dually Diagnosed

The mission of the Connxxions Program is to provide quality "whole-person" health services to individuals with a dual diagnosis of intellectual or developmental disorders (IDD) and mental health needs. Connxxions participants gain skills that foster independence and enrich their lives.

The Connxxions Program works with the individual and their support system to increase understanding of how their health and well-being are connected. Our services are provided multiple times a week through skill builders and therapists. We also work alongside other providers such as waiver case managers and behavioral consultants to help ensure all needs are being met.

To inquire about the Connxxions program nearest you, please call **866-306-2647**.

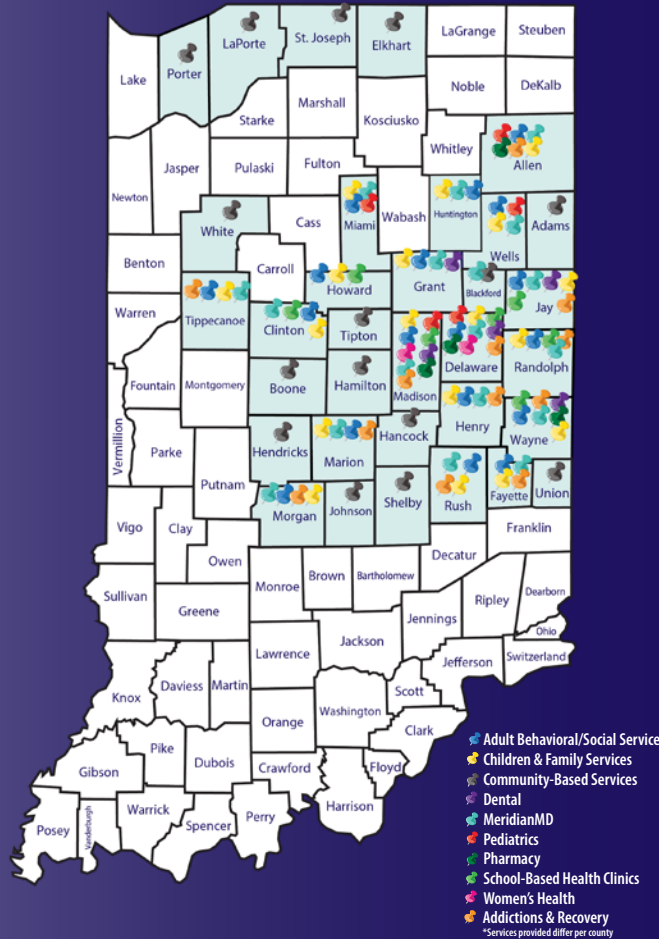


*Connxxions services compliment existing waiver supports, they are funded through Medicaid Rehabilitation Options (MRO) and do not impact Medicaid Waiver Funds.*

# MERIDIAN HEALTH Services

Physical. Mental. Social Well-Being.

Meridian Health Services is a regional, progressive healthcare organization specializing in "whole-person" health integrating physical, mental, and social well-being. The focus on a broader spectrum of health offers a well-rounded approach for happier, healthier patients.



**Located in over 80 facilities across Indiana!**

Visit [MeridianHS.org](http://MeridianHS.org) for a complete listing of locations and services near you!

[MeridianHS.org](http://MeridianHS.org) • 866-306-2647

## FOR PERSONS WITH INTELLECTUAL OR DEVELOPMENTAL DISORDERS AND MENTAL HEALTH NEEDS



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