



Success Story #1:

Jane

About Jane

Jane came into foster care as an elementary-age child due to abuse and neglect, but was eventually adopted by a caring family, but unfortunately, she had more challenges on the horizon.

Jane's adoptive parents were killed in a car accident leaving Jane as the sole survivor. She returned to foster care with physical disabilities as a quadriplegic. This accident left Jane with immense emotional trauma and severe physical health issues to work through simultaneously. Jane wanted to give up and experienced extreme grief, depression and suicidal ideation.



Success Story #2:

Anne

About Anne

Anne is a 66-year-old woman who reported a long history of depression that is treated by her PCP. She reported medical health concerns, including diverticulitis, high cholesterol and high blood pressure. Anne had multiple GI surgeries, and this has contributed to her depression. She reported feeling like she was overreacting to situations, and she was finding it difficult to relax. Anne also felt scared and reported her feelings were without any good reason.

Her initial Depression Anxiety Stress Scale (DASS) scores indicated extremely severe depression, severe stress and severe anxiety.

Outcomes

Meridian knew they had to respond quickly and effectively to support Jane. Meridian pulled together a collaborative team that included behavioral health, physical health, foster care representatives, caregivers and a Court Appointed Special Advocate (CASA) to work in conjunction to support Jane. Through this work, they were able to coordinate the correct physical health responses and supports. This involved additional training and education for the caregiver as well as needed Durable Medical Equipment. Simultaneously, behavioral health therapy was engaged to address the trauma and loss that had occurred. By coordinating with the caregiver and the Department of Family and Protective Services (DFPS), care was offered effectively, and Jane was able to make progress.

Jane has a different path for her life going forward, and while it has lifelong challenges, there is also hope present and support for what she needs. It truly takes a village and full collaboration to help Jane.

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Outcomes

Anne successfully worked towards her goals through the Aetna AbleTo program. Her DASS scores decreased overall, with all areas scoring in the moderate to normal ranges. Anne reported learning at least three coping strategies to address anxiety and stress, including deep breathing and taking walks. She reported an improvement in anxiety and even her PCP and cardiologist noted her progress.