



News Release

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Meridian to Utilize Web-Based Program to Provide More Accessible Mental Healthcare

Gainesville, Fla. – Meridian will now offer services through TAO Connect; a digital health company aiming to make mental health therapy more accessible, efficient, and effective.

Meridian clients are given access to TAO Connect’s suite of web-based mental health tools and self-help capabilities. These tools will be used in conjunction with clients’ in-person therapy visits at Meridian.

“TAO Connect will help clients receive care who currently cannot get to our clinics because they lack transportation or time off from work,” said Maggie Labarta, Ph.D., chief executive officer at Meridian. “In many of our rural communities there is no public transportation.”

TAO Connect utilizes low intensity- high engagement therapy; which operates through online and mobile educational modules. The program also includes practice tools and telehealth conferences with a Meridian clinician.

“Providing our patients with effective, innovative resources for the betterment of their mental health is a top priority for us,” said Donald Savoie, executive vice president and chief operating officer at Meridian.

The suite includes eight online-based courses offering coping mechanisms for anxiety, depression, and an array of other mental health and substance use disorders.

“Much of the TAO work can be completed by the client at home, at times convenient to them,” said Labarta. “We see this as a great way to improve access to care.”

Clients also have access to interactive tools such as The Mind Elevator, which helps users alter negative thinking habits.

“TAO Connect’s technology will bring our robust telehealth capabilities to the next level, providing our community with quick access to mental health resources whenever and wherever it is most needed,” said Savoie.

Meridian Behavioral Healthcare, Inc. is a comprehensive community behavioral healthcare organization located in North Central Florida. With services available throughout the region, Meridian maintains offices in these eleven counties: Alachua, Baker, Bradford, Columbia, Dixie, Gilchrist, Hamilton, Lafayette, Levy, Suwannee, and Union. Meridian is CARF accredited and licensed by the Florida Department of Children and Families and the Agency for Healthcare Administration. Its mission is to promote the health, recovery, and well-being of those affected by mental illness and substance use disorders through prevention, coordinated treatment, and supportive services and is based on the vision that hope, recovery, and wellness are within everyone’s reach. For more information, visit <http://mbhci.org/>.

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