

Meaningful Day Services

MAIN OFFICE:

225 S. School St., Brownsburg, IN 46112
(317) 858-8630 Fax: (317) 858-8715

JEFFERSONVILLE THERAPY CENTER:

590 Missouri Ave., Suite 204
Jeffersonville, IN 47130
(812) 288-4688
Fax: (812) 610-8333

INDIANAPOLIS DAY SERVICES:

3725 Kentucky Ave.
Indianapolis, IN 46221 (317) 248-0016

LAWRENCEBURG THERAPY CENTER:

465 Bielby Rd., Suite C,
Lawrenceburg, IN 47025
(812) 655-3541 Fax: (812) 610-8333



Meaningful Day Services *newsletter*

30 Years of Meaningful Experiences!



Arianna and Kat greet people at the Brownsburg Library during Community Day.



Meaningful Day Services

www.meaningfuldays.com

Navigating Behavior Management (BMAN) During Waiver Changes

As Indiana continues to roll out waiver updates, Behavior Management (BMAN) services are becoming more individualized and clearly defined. Here's a quick overview to help you understand what to expect.

Functional Behavior Assessment (FBA)

The FBA is the starting point for services. It identifies interfering behaviors, why they are happening, and what supports are needed. FBAs are completed when BMAN services begin for the first time, when behaviors change, or when an updated assessment is needed.

Comprehensive Model (4–12 hours/month)

This model is used when more intensive support is needed. A Behavior Support Plan (BSP) is developed with a focus on positive supports, skill-building, and ongoing data review. Plans are updated as progress is made.

Consultative Model (≤ 3 hours/month)

This model provides lower-intensity support. A consultation plan is used to guide services, with a focus on coaching, problem-solving, and monitoring. Progress is reviewed through quarterly reports.

Level 1 (HSPP) Supervision

Some individuals require additional clinical oversight from a licensed clinician. This is required when restrictive interventions are in place and may also be recommended when additional support is beneficial.

Working with Your Case Manager

Your Case Manager is your main partner in navigating services. They can help determine the right service model, assist with approvals or changes, and answer questions along the way. If you already have Behavior Management, work with your consultant to identify what services are most appropriate.

Final Thoughts

Behavior Management services are designed to reduce interfering behaviors, build positive skills, and improve overall quality of life. Your team is here to support you every step of the way.

Counseling Available

crisis counseling | family counseling | individual counseling

We know times can be challenging and our experienced counselors are ready to help you reach your goals. We believe that everyone has the ability to make positive changes and we offer telehealth options available to fit around your life and schedule. Meaningful Day Services is in network with most insurance providers, as well as Medicaid. If you would like counseling support, please call 317-858-8630.



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Exploring Nature!



BELOW: Our behavior supports social group have a great time visiting the Exotic Feline Rescue Center in Center Point, Indiana. Community outings like these help build social skills, independence, and meaningful peer connections while having fun in the community.



Our Recreational Therapists and clients visit the Fort Wayne Botanical Gardens and experience the many different butterflies in the exhibit.



Chair One Fitness programs are designed to deliver a fun and interactive full-body workout that uplifts participants through dance-inspired movements and guided fitness exercises. Using a chair for stability and support, participants engage in exercises that enhance strength, flexibility, balance, and cardiovascular health in a fun, safe, and supportive environment.

Our classes focus on:

Strength building: Light resistance exercises to maintain and improve muscle tone.

Flexibility and range of motion: Gentle stretches to keep joints and muscles healthy.

Cardiovascular wellness: Low-impact, rhythm-based movements that get the heart pumping.

Fun and social engagement: Music, dance, and group interaction create an uplifting experience.

The 60-minute classes are designed to accommodate all fitness and ability levels. Chair One Fitness is ideal for individuals with limited mobility, those recovering from injury, or anyone who enjoys a low-impact, music-filled workout. Each session is led by a Recreational Therapist certified in Chair One Fitness who is skilled at adapting and modifying movements so that every participant can engage safely, confidently, and to their fullest potential.

Bring Chair One Fitness classes to your facility with Meaningful Days Services and experience how movement, music, and community can make every day more meaningful.



Contact
Stacey Carlson at
scarlson@meaningfuldays.net
or call

317-858-8630

CHAIR ONE

Please help us welcome recreational therapists Rylee and Addison to our team!

Rylee Lemons is a May 2026 graduate of Indiana State University, where she earned her degree in Recreational Therapy. After completing her internship with Meaningful Day Services and passing her boards, Rylee is a fully-certified recreational therapist.

Her professional journey began with an interest in music therapy, but she quickly discovered a passion for Recreational Therapy and the unique opportunities it provides. She is especially drawn to community integration and values helping individuals build confidence, independence, and connection through active participation in their communities.

In addition to her academic experience, she has served as a volunteer firefighter, where she developed strong teamwork skills, adaptability, and the ability to remain calm under pressure.

Outside of her professional work, she enjoys spending time with her dog and family, playing the drums, and competing in pageants. She brings this energy, creativity, and authenticity into her work as a therapist.

Rylee is currently accepting interviews for individuals in: Vanderburgh, Gibson, and Knox counties.



Addison Gelande is a 2026 Indiana University graduate and a 2024 graduate from Wisconsin Lutheran College. She completed a bachelor's degree in Sport and Exercise Science with a minor in coaching before attending IU for grad school in kinesiology.

After one semester in kinesiology, Addison realized she needed more from her career, because she no longer felt fulfilled. After researching careers and talking to IU's Recreational Therapy Department, she decided to make the switch and has loved it since.

Addison values community integration, increasing physical activity, building social connections, and expanding leisure interests. Through her internship at MDS, Addison has experience working with individuals of all ages and with various diagnoses.

When not at work, Addison enjoys working out, reading, and getting creative with diamond art.

Addison will be working with clients in Monroe and Morgan counties.



If you are interested in receiving recreational therapy, please call 317-858-8630, submit a referral through the BDS Portal, or visit our website at www.meaningfuldays.com.



Sarah loves seeing the butterflies at the Fort Wayne Botanical Garden!



We are accepting referrals for the following services and locations:

Behavior Supports: Now accepting referrals in Jeffersonville, Columbus, Fort Wayne, Franklin, Jasper, Vincennes, Evansville, and South-, East-, and West-Indianapolis. We are also accepting referrals in Hendricks County with daytime availability. Openings include daytime and afterschool (may vary based on region).

Music Therapy: We have daytime openings in Greenwood, Franklin, New Whiteland, and Whiteland. We offer our wait list for all other regions. Funding options include CIH, FS waivers, and private contracts.

Recreational Therapy: **We are excited to be expanding to Monroe and Morgan counties!**

We are currently scheduling interviews for day and after school times.

We have daytime openings in Hendricks and Vanderburgh counties. In addition, we have after-school and daytime openings in Allen, Huntington, Vanderburgh, Knox, and Gibson counties.

We offer our wait list for all other regions. Funding options include CIH, FS waiver and private contracts.

Submit referrals through website at: <https://www.meaningfuldays.com/enroll>

Meet Chelsea and Alex!

Chelsea consistently demonstrates a strong commitment to high-quality ethical care. She is recognized by stakeholders as hardworking and adaptable, always adjusting her approach to best meet the unique needs of her clients. Chelsea brings strong clinical knowledge to her work and prioritizes implementing evidence-based, person-first interventions. Her dedication to best practice and individualized care makes a meaningful impact on the clients and teams she supports.



Alex brings a high level of compassion and dedication to his work, consistently demonstrating genuine care for the clients and families he supports. Even in the face of challenging behaviors, he seeks to understand the underlying causes and identify the most effective ways to support each individual. Alex is efficient in his work and prioritizes developing personalized, meaningful interventions tailored to each client's needs. His commitment to understanding and supporting the whole person makes a lasting impact on those he serves.



Our behavior supports social group enjoy visiting the Exotic Feline Rescue Center. Community outings like these help build social skills, independence, and meaningful peer connections while having fun in the community. Thank you to the rescue staff for a wonderful visit.



Follow us on Facebook: Meaningful Day Services or find us on X: @MDSIndiana, Instagram at: Meaningful_Day_Services and TikTok at: @meaningfuldayservices1

