



HORIZON HEALTH PULSE

Gambling: an addiction with serious implications.

This is the second part of a two-part series on Horizon's new gambling addiction counseling program.

Gambling is an emerging form of recreation in many states, including New York, where problem gambling has become pandemic. Nearly three years ago, Amherst Town Justice Mark Farrell organized the state's first gambling court, which was patterned after the already-successful Amherst Drug Court. The idea was to offer treatment as an alternative to jail time.

Several NYS organizations pitched in, including the New York Counsel on Problem Gambling, which offered a core curriculum training program to educate counselors on how to work with problem gamblers and their families. Horizon Health Services was one of the first organizations to receive such training.

"Horizon took the initiative to offer to help in an area that is out of control," says Jim Maney, executive director of the NY Counsel on Problem Gambling. "I applaud Horizon's senior management for recognizing there's a problem and making the commitment and the investment to help address this problem."

Profile of the Compulsive Gambler

- Easily bored
- Outgoing
- Needs to appear in control
- Obsessive compulsive nature
- Competitive
- Low self-esteem/facade of self-confidence
- Unrealistic expectations of others
- Never does anything halfway
- Seeks immediate gratification
- Emotionally immature
- Intelligent
- Procrastinates
- Difficulty with authority figures
- Vacations only where gambling is available
- Strong denial patterns
- Manipulates/Takes advantage of others' inadequacies
- Narcissistic
- Underlying depression
- Anxiety ridden
- Impulsive
- High energy level/loud
- Overextends self and finances
- Needs action/excitement
- Grandiose
- Risk-taker
- Difficulty with intimacy
- Streetwise
- Poor frustration tolerance
- Tendency toward isolation
- Self-destructive
- Hostile and aggressive

For more information on compulsive gambling, visit the New York Council on Problem Gambling website at nyproblemgambling.org or call their 24-hour toll-free hotline (in NYS) at 1.800.437.1611. Or you can call Horizon's Central Intake Number at 716.831.1800

Horizon counselors underwent an intense six-day training program that included assessment, treatment options, co-occurring disorders and the role of family members in treatment. Through group activities and role play, they learned how to deal with individual cases. Amy Mitchell, program director at Horizon's Lockport Outpatient Addiction Center, was recently trained in gambling counseling.

“A gambling addiction can ruin lives, cause severe financial hardship, divorce and even suicide. This is a problem that very much needs to be addressed immediately as it is increasing rapidly in WNY.”

"I would classify a gambling addiction as being just as serious as other addictions," says Amy. "A gambling addiction can ruin lives, cause severe financial hardship, divorce and even suicide. This is a problem that very much needs to be addressed immediately as it is increasing rapidly in WNY." "Gambling" continued on page 4

From the desk of...



Anne Constantino
President & CEO

Recently, NBC newscaster Jane Pauley spoke publicly about her diagnosis of bipolar disorder and subsequent treatment. Her courage in sharing her story helps to reduce stigma and give hope to people with mental illness.

Mental health is essential to overall health; therefore, we cannot settle for a system with barriers to accessing appropriate care and treatment. Barriers can come from the family and the public in the form of stigma, from insurance providers that impose large co-pays, from the government that restricts access to resources, including medications, and from the individual who has lost hope or does not understand mental illness and recovery.

Many people who need treatment do not receive it, or do not access care until after a significant crisis – often hospitalization. Some people have limited or no health insurance and are reluctant to seek treatment because of cost or concerns about stigma.

The challenge is clear. The President's New Freedom Commission on Mental Health set a high standard and noted, "To achieve the promise of community living for everyone, new service delivery patterns and incentives must ensure that every American has easy and continuous access to the most current treatments and best support services."

To achieve this, we must remove barriers to quality treatment. We all benefit from a community of healthier people. ♥



A decade of person-centered treatment in a serene and secure setting.

In 1987, Dave Polley, regional coordinator for the state’s drug treatment programs, had a vision: he wanted to build a facility where people could go and stay and receive treatment for drug and alcohol addiction. He was determined to see such a facility built, and so he went to his good friend, Jim Wiegand – at the time, president and CEO of Horizon – looking for a provider willing to do what it would take to fund the facility. Jim was a do-whatever-it-takes kind of guy who didn’t like to hear the word, “No.” He supported Dave’s vision and shared his passion and enthusiasm. Despite several roadblocks, Horizon Village was built and opened in 1994. Sadly, Jim Wiegand passed away just months before the Village opened.

This year, Horizon Village marks its tenth anniversary as a not-for-profit intensive residential treatment facility dedicated to the recovery of adults who are chemically dependent. The 50-bed facility is licensed by the NYS Office of Alcoholism and Substance Abuse Services and has proven to be a cost-effective alternative to hospital-based care.

“Residential treatment is often a necessary

step in initiating recovery and the development of an addiction-free lifestyle,” says Anne Constantino, Horizon CEO. “Research indicates people who are separated from their previous daily routine are more willing and able to fully participate in treatment programs.”

At Horizon Village, consumers have the opportunity to experience holistic recovery through person-centered treatment in an environment that empowers them to make choices.

“We believe recovery is possible,” says Ron Stewart, Horizon Village director. “At the Village, we integrate treatment, including focus on the medical, psychological, spiritual, cultural and environmental needs of the individual.”

The facility is located on three acres and is a modern, one-story, handicapped-accessible building with 24 double-occupancy and two single-occupancy rooms. There’s also a dining hall and fitness center, gardens and picnic area, softball diamond and basketball court.

“Horizon Village is designed with our residents’ comfort and safety in mind,” says Stewart. And we offer a variety of programs for residents and their families, including addiction education, special programs for women, families and young adults, treatment for problem gambling and

health and wellness. Our success rate is more than sixty percent, which is higher than the national average.”

According to one consumer, “the people and the program at Horizon Village helped me turn my life around. I learned so much about myself and now feel as though I have the confidence to stay clean and reach my life goals.”

For more information on Horizon Village, please call 831.1800. ♥

Horizon Village Party

In September, Horizon celebrated the tenth anniversary of Horizon Village with a reception at the Village. More than 100 invited guests were on hand as the James A. Wiegand Memorial Award was presented to David C. Polley, Regional Manager, OASAS WNY Field Office and the Miracle of Recovery Award was presented to Jeff Smith, Principal Court Analyst for the Eighth Judicial District. In addition, guests heard remarks from Horizon CEO Anne Constantino; Richard Gallagher, Executive Director, Alcohol & Drug Dependency Services, Inc. and Edward Freeman, Director of Statewide Field Operations for the Office of Alcoholism and Substance Abuse Services.

Shelley, a former consumer at the Village, spoke about how her stay at Horizon Village changed her life. A special tree-planting ceremony also took place during the reception.

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Hello
My name is
Adrienne Roy
Psychiatric Nurse
Practitioner
Horizon Health Services



Condon James Photography

“I like getting out into the community, being able to work in a CDT program and the variety of programs Horizon offers its consumers,” she says. “The management style here is very open and very friendly, and that fits my personality perfectly.”

Adrienne received her Bachelor’s degree in Nursing from Niagara University and her Master’s in Psychiatric Nursing at UB. She also completed the necessary coursework

to obtain her New York State Psychiatric Nurse Practitioner certificate. Adrienne is currently on the faculty at UB, where she teaches the clinical portion of the Psychiatric Nursing program.

She looks forward to bringing her experience to Horizon’s programs, helping to expand and improve them in any way she can. Adrienne says her extensive geriatric experience will be very useful at Horizon. “I really enjoy the CDT program that is designed for elder adults. I’m glad I’ll have the opportunity to work in that area again here at Horizon.” ♥

“Horizon knows the value of nurses to its program, and was very enthusiastic about what a nurse practitioner can bring to its psychiatric program,” says Adrienne Roy. She’s only been at Horizon for a few months, but already says she feels very welcomed and very much a part of the organization.

Previously a nurse practitioner with Kaleida Buffalo General Hospital’s Community Mental Health Program, Adrienne will now divide her time between four of Horizon’s continuing day treatment (CDT) programs. She says she loves the variety this will offer her.



Rebecca Hooper

David C. Polley, Regional Manager, OASAS WNY, is presented with the James A. Wiegand Memorial Award by Horizon VP Maria Rivett.

theRoadtoRecovery

Here is the true story of a consumer who overcame many obstacles with the help of Horizon Village to turn her life around. Last names have been omitted for privacy.

Karen was in her early 30s, working two jobs and raising a young daughter on her own when she started smoking cocaine. She was tending bar, and would join friends in casual drinking. Then someone offered cocaine. At first, it was a casual habit and, after a while, Karen stopped completely. But when her friends introduced her to crack cocaine, it was only a matter of time before she became addicted.

Eventually, the habit took control. Karen was able to keep up with her responsibilities and hold down her job...for awhile. One of her volunteer jobs was to do light book-keeping for a local volunteer fire department. Every week, Karen would deposit the bingo money and update the books. But one week, she found it too tempting to have that money in her possession.

"I was working, I was making good money," says Karen. "But the temptation to buy crack was just too much. I figured I'd borrow a little and pay it back on payday. But I didn't do that, I just kept borrowing more."

Karen got lucky. When the theft was discovered, she cooperated fully with the sheriff's department. She was given five years' probation and no jail time.

"I'd never been in trouble in my life," says Karen. "Now I was on probation, I'd lost my job and didn't know where to turn."

She was placed in an outpatient program, but didn't keep her appointments and found herself really on the edge. Her parents came and took her daughter. Karen didn't know where to turn.

"I tried looking in the phone book to get help, but I didn't know where to look. I knew nothing about rehab or counseling,"

says Karen. So she turned herself in for violating her parole and spent time in jail. Her father wanted to bail her out, but Karen was tired, and she knew she couldn't handle the temptation of the streets. Karen came to Horizon Village at the request of the outpatient program and the Niagara County Probation Department.

"Karen has made excellent progress in her treatment, and is reconnecting with her family," says Ann Marie White, CASAC-T and Karen's counselor at the Village. "She is a very pleasant woman with a lot to offer."

"I met my counselor when I was at rock bottom," says Karen. "She made me see there was hope, and she's given me the education and the strength I need to cope with being on my own again."

Karen credits Horizon Village with getting her to open up about the things happening in her life and helping her to realize that her abuse of alcohol led to her cocaine problems. "I have a disease," says Karen. "I didn't realize that and, now that I do, I feel as though I can recover. I want to recover."

Her family has always been very supportive, and Karen is very grateful for that. She's also happy that she and her daughter have been able to receive family counseling at the Village. "It was interesting to be with others who'd gone through this before," says Karen. "They gave me insight into what to expect if a relapse is coming on, and I'm glad to have that knowledge beforehand. Maybe it'll help me down the road."

Karen is headed to a halfway house to continue her recovery, and plans to go back to school in January to become a drug and alcohol counselor. She's also making financial restitution to the fire department and is confident she will remain clean. "I want people to know there is help out there," says Karen. "I found it, and they can, too." ♥

MEET OUR Board



Name: Michael Mistriner, AIA

Title: Partner, Cannon Design

HHS Boards:

Mike serves on the Horizon Health Services (HHS) and Health Management Group (HMG) boards.

How did you come to be on the boards? "I knew Anne Constantino and, when Jim Wiegand needed some construction guidance for the Horizon Village project, Anne referred him to me. I got involved in the design of the building, and ended up joining the HHS board and served on the CEO search committee when Anne was hired to fill the position. After serving on the HHS board for nearly six years, I was asked to join the HMG board. Now, though I serve on both boards, my focus is really on the management end of things."

What have you found most rewarding about serving on the boards? "In the private sector, our main concern is always about profits. At a not-for-profit such as Horizon, the number one focus is always serving the consumers who really need your services. The "community" perspective is refreshing to me. I have enjoyed watching Horizon grow and develop and broaden its base of service as it continually evolves. Yet they never lose focus of their mission and vision."

What do you want people to know about Horizon? "I'd like everyone to know what Horizon is all about, what it can do and how it can help people. There is a great group of people working at Horizon who are devoted to the consumers and the communities they serve, and I'd like to see them all get some well-deserved recognition." ♥

Approximately 85% of U.S. adults have gambled at least once in their lives; 60% in the past year.


"Gambling" continued from page 1

"The process of treating someone for a gambling addiction is very similar to treatment for a drug addiction," says Maria Rivett, Horizon's vice president of services and development. "Many of the same techniques are used, and that's why Horizon believes we can make a difference in the lives of many consumers by offering gambling addiction counseling services."

Fifteen of Horizon's counselors have, to date, been trained in gambling addiction counseling. Treatment and counseling are now offered at a variety of Horizon's facilities as well as at Horizon Village. The key, according to Amy Mitchell, is assessing why the consumer comes in for treatment. "It's usually because of a crisis," she says. "So we try to help them

resolve the crisis and help determine what is actually going on that caused the problem in the first place."

According to Rick Salada, program director at the Boulevard Outpatient Clinic who is also trained as a gambling addictions counselor, there is a definite correlation between the treatment offered for drug addiction and for gambling. "In both cases, the goal is awareness and abstinence," says Rick. "We want to give consumers the coping skills to withstand temptation and stay away from whatever is causing their addiction, be it drugs or gambling. If we can get the family involved in treatment, the rate of success increases tremendously."

For more information on gambling addiction counseling at Horizon, call Maria Rivett at 831.1800 

Surveys show that therapy works nearly as well for depression and anxiety (though not as quickly and without side effects) as medication alone. The findings support the utility of psychotherapy with medication as an adjunct as being more effective than medication alone.

Horizon is the largest and most comprehensive outpatient provider of integrated mental health, chemical dependency and medical services in WNY.

HorizonHealthPulse is published for the employees, consumers, Board and friends of Horizon Health Services. Please share this newsletter with a friend. If you would like additional copies of this newsletter or if you have any questions or comments about its content, please call Pat Chrzanowski at 716-831-1800 or email her at pchrzanowski@horizon-health.org.

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Medical DirectorHak Ko, M.D.



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INSIDE: Horizon Village celebrates its 10th anniversary.

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