

Chemical dependency affects every family, every community.

In the first two months it was open for business, the Horizon Village Recovery Center in Batavia had already served more than 40 area individuals in need of substance abuse counseling.

Horizon opened the Horizon Village Recovery Center after a needs assessment conducted by the NYS Office of Alcohol and Substance Services (OASAS) determined there was a great need for such services in the area. The Recovery Center offers chemical dependency treatment and services to those ages 12 and up who live in Genesee and Orleans counties and nearby communities. In addition to group and individual counseling, the Center also offers nursing assessment and soon will be adding educational and vocational training.

"With Horizon's arrival in Batavia, we have an increased availability of resources for our residents," says Jeffrey Smith, project manager for the Eighth Judicial District. "As a former Horizon employee, I'm very familiar with the capabilities of this organization and I am very much looking forward to working with them."



Michelle Curto (left), Horizon VP of Administrative Operations, confers with HVRC secretary, Barbara Pfeiffer.

Open House

Horizon Village Recovery Center
Friday, December 7
2:00 p.m. – 4:00 p.m.

Call 831.1800 for more information
 or to make a reservation.

Robert Balbick, Batavia City Court Judge, agrees. "Addiction is a very serious problem in New York State, and I am very happy to see that Horizon now offers its quality addiction services to our residents. I welcome their participation in our drug court."

The goal at the Center is to help consumers achieve total abstinence, which they accomplish by working

closely with the consumer, as well as doctors, probation officers, mental health counselors and social services agencies. "Typically, a consumer starts with two group and one individual session per week," says Rachel Anauo, CASAC, LMHC. "But we assess individually, and are prepared to offer whatever the consumer needs."

"Chemical dependency is a significant issue for every family and every community," says Horizon President and CEO, Anne Constantino. "We know when we all work cooperatively – families, schools, courts, the medical community and other treatment providers – we have the best opportunity to assist an individual to achieve recovery."

The Horizon Village Recovery Center, which is licensed by OASAS, is located at 314 Ellicott Street in Batavia. The Center can be reached at (585) 815.0247. ♥

From the desk of...



Anne Constantino
 President & CEO

Some good news and some bad news. The

good news: The Substance Abuse and Mental Health Services Administration's (SAMHSA) 2006 National Survey on Drug Use and Health indicates that illicit drug abuse among 12-17 year olds continues on a downward trend. The bad news? Unfortunately, as we are seeing here at Horizon, the survey also indicates a significant increase in prescription drug abuse among young adults. In fact, among the 18- to 25-year-old set, prescription drug abuse jumped 19 percent between 2002 and 2006, largely due to an increase in abuse of opiate pain relievers. These drugs have serious consequences and the potential for addiction is high.

At Horizon Village, 25% of all admissions are young adults, 65% of whom are addicted to opiate drugs. This type of addiction, combined with the natural feelings of invincibility in young adults, makes successful treatment and recovery a challenge. There is nothing more frightening or heartbreaking for a parent than to witness the slow and painful loss of the child they once knew. When a child is addicted, parents watch as their children lose their opportunity for education, employment, self respect and freedom of choice. Death by overdose, accident or violence is a very real possibility that most parents cannot even begin to comprehend. What do we do?

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On The Move

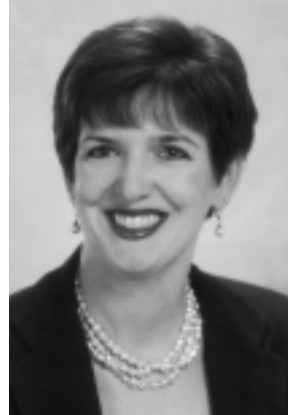
Kristin Ahrens, M.D. has been named medical director of the Horizon corporations. In her new position, Dr. Ahrens will oversee all psychiatric services, including psychiatric assessments and follow-up care, specialty clinics, including the Clozaril clinic, and the program for prenatal and postpartum depression. Dr. Ahrens joined Horizon in 2005 as staff psychiatrist and was instrumental in implementing Horizon's program for treating pregnant women and new mothers who are experiencing depression. A magna cum laude graduate with a doctorate in medicine from the University at Buffalo, Dr. Ahrens earned her bachelor's degree in sociology from William Smith College. She resides in the city of Buffalo.

Brenda John-Banach, LMSW, CASAC, has been promoted to the position of vice president of outpatient operations, and will oversee the clinical operations of the organization's 18 outpatient mental health and chemical dependency treatment programs, vocational support services and case management programs, which provide treatment to more than 9,000 consumers annually. Brenda, who has been with Horizon Health Services since 1988, has served in various positions, including senior director of Erie County outpatient services; senior coordinator of chemical dependency services and coordinator of quality assurance. She is a licensed master social worker (LMSW) and a NYS credentialed alcoholism and substance abuse counselor (CASAC) who holds a bachelor's degree in psychology and a master's of social work degree from SUNY at Buffalo. Brenda serves on the Independent Health Clinical Advisory Group and is a past board member of the WNY Chemical Dependency Consortium. She resides in Williamsville, NY.

Paige Prentice, MM, CASAC, RT-ADS, has been promoted to vice president of residential and medical operations. An employee of Horizon since 1995 and the current director of Horizon Village, Paige will be responsible for administration oversight of Horizon Village, as well as Horizon's three medical unit facilities; its psychiatry services; supportive housing



Kristin Ahrens, M.D.



Brenda John-Banach, LMSW, CASAC



Paige Prentice, MM, CASAC, RT-ADS

program and the Road To Recovery program. Paige is also actively involved in staff training and corporate marketing efforts. She received her bachelor's degree from SUNY Brockport in Physiology but eventually went back to school to become certified in alcohol and drug rehabilitation counseling. She received her master's degree in organizational management from the University of Phoenix and is a certified acupuncture-detoxification specialist and a registered trainer for acupuncture detoxification services.

A member of the New York State Association of Alcoholism and Substance Abuse Professionals; the National Acupuncture Detoxification Association and the WNY Public Policy Committee, Paige also serves on the board of directors of the Niagara County Community College Behavioral Health Department. She is a resident of Grand Island. ♥

Hello
My name is
Christene Amabile
Family Nurse Practitioner



Christene Amabile has been on the job for just over six months, but she's already found a lot to like about Horizon.

"I have a lot of autonomy in my job," says Christene. "I am finding the work very challenging, and I really enjoy that. I also have a great support staff, and could not do my job without them."

Christene, who has more than ten years' experience as a nurse practitioner in Western New York, was hired last March as a part-time family nurse practitioner for Horizon's City Market Medical Unit in Niagara Falls,

and you can find her on the job Mondays,

Wednesdays and Fridays. She also works part-time for a local school district teaching health classes and giving sports physicals to incoming athletes.

"I really like the management team here at Horizon," says Christene. "It's evident they care very much, because they truly listen and are quick to take action when something needs to be corrected."

Christene received her master's degree in nursing from Niagara University and her bachelor's degree in nursing from the University of Rochester. A native Western New Yorker, Christene lives on Grand Island with her 18-year-old daughter. ♥

thePathtoRecovery

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

Falisa was in her mid twenties when her uncle, with whom she was very close, was murdered. It was Falisa who found him. "After that, all I wanted was to not think and for the pain to go away. That's when I turned to crack cocaine."

Eventually, Falisa ended up in prison. She used that time to get her GED but when she got out, she turned to cocaine again. "I would lie, I would cheat on my urine tests. But, of course, I did get caught, which was a violation of my parole. I went to a program before I was referred to Horizon Village by the NY State Parole Department, and, at the Village, my life turned around."

At Horizon Village, Falisa said she was "able to leave all my baggage behind." She says her counselor at the Village, Kristen, and her counselor in the outpatient program, Tina, "are the two best women who came into my life. They never judged me, they were always just there to help."

Tina McCarty-Neveu, a counselor at Horizon's Main-Amherst Counseling Center, says Falisa is extremely upbeat and very determined. "She's very goal-oriented, and she's worked hard to stay focused and future oriented. She has overcome many of her hurdles and worked through a lot of emotion."

Today, Falisa is employed as a home health care aide, and has been clean for 16 months. She says she has the "love of a good man who supports her in every way" and she's looking forward to December, when her kids will be back with her full time.

“ I was so tired of being high; I hated being high,” says Falisa. “Tina taught me to just take it one day at a time...”

"I was so tired of being high; I hated being high," says Falisa. "Tina taught me to just take it one day at a time, and now that's what I'm doing. My kids respect me again and I have the full support and trust of my family. I'm much happier off drugs!" ♥

MEET OUR Board

Name:

Paul J. Candino

Title/Company:

President & CEO
Prism Health
Networks



On which Horizon board do you serve?

"I serve on the Horizon Management Group board."

How did you come to be on the board?

"My relationship with Horizon began during my tenure as CEO of Erie County Medical Center, when I became acquainted with Anne Constantino."

What have you found most rewarding about serving on the board(s)?

"Horizon's mission, in particular services they provide to those in need of help with mental health or addiction issues, provides an invaluable service to the Western New York community. I find that volunteering some time to help support what Horizon's people do on a daily basis for their consumers and the greater Western New York community is very personally gratifying."

What do you want people to know about Horizon?

"I would like everybody to be aware that, not only is Horizon one of the largest providers of behavioral health services in Western New York, but it is a premier provider from a quality standpoint. From my perspective, Horizon is the most efficient and effective provider of behavioral health services in Western New York, providing more direct services for every dollar spent to the people most in need than anybody else in the Western New York area. To be a part of continuing that legacy and, where possible, expanding on it is what I find most satisfying about serving on the Horizon board." ♥

Congratulations Erin!

We're pleased to report that Chief Financial Officer and Vice President of Finance Erin Ryan has been named as one of *Business First's* 40 Under Forty honorees for 2007. For 16 years, this prestigious award has annually acknowledged 40 Western New Yorkers under the age of 40 for their professional success and community involvement. This year's winners were honored at a luncheon on November 8th at the Buffalo Niagara Convention Center. Way to go Erin! ♥



Erin Ryan, CFO and V.P. of Finance

From the desk of... continued from page 1

Recovery is the only way out of the downward spiral. The board of directors and senior staff at Horizon are committed to offering a unique place and opportunity for young adults to recover. We plan to build a new treatment facility for young adults that will respond to the unique characteristics of young adults and provide on-site GED and college course work. We are excited about this new resource and we know treatment does work and recovery is possible. We see it everyday.

For more information about treatment and recovery, visit our website at www.horizon-health.org. To learn more about SAMHSA's National Survey on Drug Use and Health, visit www.samhsa.gov. ♥

According to the National Library of Medicine, an estimated 48 million people 12 and older have used prescription drugs for non-medical reasons.

Been to our website lately?

Horizon's website is full of helpful information on chemical dependency, alcoholism, gambling, mental health issues and so much more. We're constantly updating our site to provide valuable and critical information regarding these topics and the services we provide to



assist consumers and their families, as well as links to the websites of other helpful organizations.

Here are five things you'll find on our website:

- Horizon offers comprehensive and compassionate medical care through our Medical Units
- Our Career Opportunities Centers assist consumers who want to return to the job force
- Depression in pregnant women and new mothers is common and treatable
- Addiction in young adults is on the rise
- Get to know our executive team and several staff members by reading their profiles

Visit our website at www.horizon-health.org.

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.

President & CEOAnne Constantino
Medical DirectorKristin Ahrens, M.D.



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INSIDE:
Horizon comes to Genesee County

Horizon Health Services
3020 Bailey Avenue, Buffalo, NY 14215

HORIZON HEALTH PULSE

