

## The importance of integrating primary care into mental health treatment

The integration of behavioral health care and primary care is an evidenced-based practice proven to increase engagement, retention and achieve successful outcomes for consumers. That's one of the reasons Horizon recently integrated a primary care nurse practitioner into its behavior health team.



Christene Amabile,  
Certified Nurse Practitioner

medications for their side effects and/or interactions with drugs and alcohol and helps to manage chronic illnesses such as diabetes, hypertension and asthma.

"We're educating our staff so they are better equipped to recognize signs and symptoms," says Christene. "Medical conditions can often mimic mental health symptoms – and vice versa – so well-trained staff members are in a much better position to get the consumers the proper help they need." ♥

"Our goal is to bridge the gap between the two disciplines so we can make sure our consumers get all the proper care they need," says Christene Amabile, the certified nurse practitioner heading up the project. "There's a movement across the country to integrate the two for better coordination of care and better outcomes. We treat the 'whole' patient and, hopefully, give them a better quality of life."

**“We treat the ‘whole’ patient and, hopefully, give them a better quality of life.”**

As part of this new program, Horizon provides education, support, referrals and interface with community medical providers to better address the barriers facing consumers and staff when providing a medical perspective and/or alternative approaches to care.

Under the direction of Christene, Horizon is providing individual and group sessions that cover the medical aspects of chemical dependency and mental health, monitors



From the desk of...

**Richard E. Wolin, MD**  
Senior Psychiatrist

**Bipolar Disorder, or Manic-Depressive Illness, is a brain disorder characterized by changes in mood, thought and behavior that may impair day-to-day functioning.**

This condition differs from the normal highs and lows we may experience in the course of our lives. The mood shifts of Bipolar Disorder tend to be extreme and include manic and depressive episodes. An individual experiencing mania may seem overly cheerful and outgoing. He or she may also present as irritable or agitated. Other symptoms include rapid speech, disrupted sleep, distractibility and impulsive, often high-risk behavior. The depressive episodes of Bipolar Disorder tend to be severe, associated with disruption of appetite and sleep, suicidal thoughts and loss of pleasure. In the mixed states, both manic and depressive symptoms coexist.

The first episode of Bipolar Disorder may occur in adolescence or early adult life. Symptoms in initial episodes tend to be depressive, and may be misdiagnosed as pure depression and treated with antidepressants. Careful history taking, including special attention to a family history of Bipolar Disorder, may prevent misdiagnosis.

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## Congratulations Paige!

We were very pleased to learn that Paige Prentice, MM, CASAC, vice president of residential and medical operations, has been selected by The Substance Abuse and Mental Health Services Administration (SAMHSA) as an associate for the Women’s Addiction Services Leadership Institute (WASLI). Paige was selected, along with just 17 others, from a field of highly-qualified applicants.

“This is a group of prepared and passionate leaders across the United States who are able and willing to advocate for – and serve – women with substance abuse disorders. WASLI is designed to foster their personal growth as leaders, as well as their organizations’ ability to meet the myriad of challenges and opportunities in the field of women’s addiction treatment,” says Sharon Amatetti, project officer for SAMHSA/CSAT (Community-based Substance Abuse Treatment).

“Paige has been very involved from the beginning in our efforts to provide the specialized assistance needed by women with addiction issues,” says Anne Constantino, Horizon president and CEO. “This is a natural extension of her capabilities in this area, and we are very proud of her accomplishment and excited about what this will mean for our program.” ♥



Paige Prentice, MM, CASAC

## New services available at Family Recovery Center

Horizon Health Services recently introduced two new services at our Family Recovery Center in East Amherst: adolescent psychiatry and mental health services.

The adolescent psychiatry program is designed to aid in the treatment of adolescents who have both a chemical addiction and mental health issue and will be overseen by Shabrin A. Haque, MD, new to the Horizon staff.

**“The earlier we can evaluate and intervene, the more effective the treatment”**

“It is important that adolescents with drug and alcohol problems also be assessed for mental health problems such as depression, ADHD and anxiety,” says Anne Constantino, Horizon president and CEO. “We are fortunate that Dr. Haque has agreed to work with us in evaluating and developing integrated treatment plans.”

Teens who are dealing with both addiction and mental health issues are referred to as dual diagnosis. While more than half of the youths treated for chemical addictions have a dual diagnosis, few treatment programs currently have the resources to assess and

concurrently provide the necessary psychiatric services.

“The earlier we can evaluate and intervene, the more effective the treatment,” says Dr. Haque.



Shabrin A. Haque, MD

“This is better for the child, the family and our community.”

Dr. Haque has been part of the Rapid Pediatric Psychiatry Consultations at University Psychiatric Practice (UPP) at the University of Buffalo for the past three years. She completed a fellowship in Child and Adolescent Psychiatry at the University as well. She received her MD from J.J.M. Medical College in Davangere, India. Dr. Haque lives in Williamsville, NY.

In addition to the adolescent psychiatric services, the Family Recovery Center is also providing mental health counseling for adolescents, young adults and adults. ♥

## How to Handle Your Teenager 101

### Upcoming FREE Seminars

#### Roots and Wings Wednesday, November 10

Learn how to build a secure, trusting environment so your child can make the right decisions.

#### “You don’t listen to me!” Wednesday, January 26

This interactive workshop will give parents the tools to understand, open and maintain lines of communication with their children.

Seminars will take place at the Horizon Family Recovery Center, 6495 Transit Road in East Amherst and run from 6:30-8:30 p.m. For reservations, please call 418-8531. ♥

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The treatment of Bipolar Disorder includes both medication and psychosocial interventions. Medications that stabilize mood include Lithium, Depakote, Trileptal and Tegretol. If an individual is agitated or experiencing hallucinations or delusions, other medications may be added to, or substituted for, the mood stabilizer.

The treatment of Bipolar Disorder requires a collaborative relationship among consumers, psychiatric providers (psychiatrists and psychiatric NPs), family and support systems, and the psychosocial treatment network. ♥

## thePathtoRecovery

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

The year 2003 wasn't a good one for Greg. He lost his job of 18 years. His marriage fell apart and his relationship with his three children became strained. He underwent shock therapy for his depression and suicidal thoughts. While driving, he was issued a violation for DWI. Greg's life was in a downward spiral.

Greg started drinking when he was a teenager, experimenting with his friends. He smoked marijuana too, but only for a short time and it never seemed to be a problem. The drinking was another story as it continued to get worse. Greg recently found out that there is a history of alcoholism in his family. He also realized he suffered from severe depression for more than 20 years.

When he was arrested for DWI, Greg was fortunate enough to get into Amherst Drug Court and, from there, was referred to Horizon. "Greg is on his way to changing his life around," said Lisa Prefontaine, program director, Boulevard Counseling Center. "He's being treated for both addiction and depression, and has been very persistent in his course of treatment. He's also gone back to school and has a goal to be a counselor. He's very serious about turning his life around."

Greg's course of treatment has been specific to DBT, or dialectical behavioral treatment, and includes group and individual sessions, which address substance use and coping strategies for mental health disorders.

He says that while it hasn't been easy, his recovery is going in the right direction. "The individual and group counseling sessions have helped a lot," he says.

"Emotionally, I am learning to turn things around, to view things in a better light. My self confidence has increased and I realize both my addiction and depression are illnesses. My counselors have helped me see things much more differently and to get me back on my feet."

**“Emotionally, I am learning to turn things around, to view things in a better light.”**

He realizes recovery is a day-to-day situation, and though relapsed several times early on, Greg has been sober now for four years. His medications have been adjusted. He's earned his counselor trainee certification and is interning at a local program. He's also working on his relationship with his children who, he says, are slowly coming around. Greg says he knows things aren't going to change overnight, but the important thing is that they are changing – for the better. ♥

**Hello**  
My name is  
**Beth Ladd, M.S.**

Clinical Director of  
Mental Health Services  
Bailey-Lasalle Counseling Center



and that makes it so much easier for everyone to do their jobs and do them well."

In her new position, Beth oversees the mental health clinic programs from a clinical, program development and operational standpoint. She has more than 20 years' experience in the mental health field, including serving as director of Behavioral Health Services for Kaleida Health's Buffalo General Hospital. Before that, she was Program Manager for Kaleida's Partial Hospital Program and Continuing Day Treatment Program.

"I appreciate that management supports its staff so well," says Beth. "I am impressed with the emphasis placed on training; Horizon truly strives to promote best practices for mental health, and wholeheartedly supports its staff, recognizing even small achievements. It truly is a team effort around here."

Beth, who is a native of Elmira, New York, received her Bachelor's degree in Social Work from Daemen College and her Master of Science degree in Management in Health and Human Services from State University of New York College at Buffalo. She is a resident of Buffalo, NY. ♥

**Beth Ladd has been with Horizon for just over six months now, and uses words like "innovative," "creative" and "passionate" to describe the organization and its staff.**

"I find Horizon to be a very exciting place to work," says Beth. "There's no 'hierarchy' here – everyone knows Anne (Constantino) and Anne knows everyone. The administration is engaged and involved at all levels,

## Check us out online



Horizon's website is full of helpful information on chemical dependency, alcoholism, mental health issues and so much more.

We're constantly updating our site to provide valuable information on the services we offer to assist consumers and their families, as well as links to other helpful organizations.

Here are four things you'll find on our website ([horizon-health.org](http://horizon-health.org)) right now:

- ▶ Information about our NEW Family Recovery Center in East Amherst, NY
- ▶ News about special services for veterans and their families
- ▶ Admissions application for Horizon Village
- ▶ Stories of success on the Path To Recovery

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

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INSIDE:  
Treating the whole patient.

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HORIZON HEALTH PULSE

