

Horizon Village expansion to provide specialized services for veterans and their families.

This is the second in a two-part series about the special needs of returning veterans and Horizon’s plan to build a special facility to treat veterans and their family members.

Mental health and addiction represent the second largest area of illness for which veterans seek treatment, after orthopedic issues. Often, these problems are not experienced until three to six months following their return home. And then, they are often not diagnosed or treated in a timely manner.

Research proves that a long-term residential approach to treatment is the most effective, and provides the best opportunity for sustained recovery.

Yet, current available residential treatment services in Western New York meet just 15 percent of the estimated need of veterans, as compared to treatment services downstate that meet 100 percent of the need.

The planned expansion of Horizon Village will provide vital, needed services for veterans and their families throughout Western New York and including Niagara County.

“Phase one of the project will include a new, 11,800-square-foot, 25-bed facility – called Freedom House – for veterans with addiction and mental health issues,” says Anne Constantino, president and CEO. “It will also include a much needed 13,000-square-foot Primary Care, Wellness and Rehabilitation Center, which will provide services to all campus residents, including veterans, and their families.”

Horizon Village currently serves more than 600 individuals and their families each year; the expansion will serve an additional estimated 500-600 veterans and their families annually. In addition, the project will add 30 full-time jobs and generate millions of dollars for the local economy in construction and operation.

“Our new veterans program will be the only one of its kind in Western New York.”

health and addiction services as well as primary medical care, psychiatric and physical rehabilitation services to give area veterans and their families the help and support they deserve.”

“There is a definite need for the type of facility Horizon is planning to build,” says Hank Pirowski, project director for Buffalo City Courts. “Veterans tend to be much more comfortable around other veterans, and the program Horizon is developing clearly indicates an understanding and the ability to relate to the veteran mentality.”

“Horizon has a credible history of developing programs for specific populations and offering a successful, person-centered approach to treatment,” says Pirowski. “They have a track record for success, and this new veterans program will be a much-needed asset to the veteran community.”

For more information on Freedom House and the planned expansion of Horizon Village, visit www.horizon-health.org.



One step closer to serving our vets.

Plans are progressing nicely for the new planned facility at Horizon Village that will specifically address the needs of returning Western New York veterans who are dealing with mental health and addiction issues. To date, we have raised over \$6 million toward this project, leaving us just \$1.5 million short of our goal. Did you know you can donate toward this project directly on our website? It’s a great way to honor someone you care about while helping to support others who are struggling with mental health and/or addiction. Stay up to date with this project and more via our website and on Facebook. ♥



From hockey to heroin: one teenager's story of recovery.

Nick is a bright, 17-year-old who loves sports and maintains grades good enough for the honor roll at his suburban high school. He is also a recovering heroin addict whose habit started the same way many adolescent drug habits begin: peer pressure. "My friends were doing it and wanted me to try it, and I wanted to experiment," says Nick. "Pretty soon, I needed to get higher and higher. It got out of control."

After two arrests, Nick was put in drug court and counseling. He said at first he was just going through the Horizon program to make his mom happy – they're very close – but soon, Nick began to realize he looked forward to his counseling sessions and was learning a lot.

"We got a lot of things out in the open," said Nick. "I learned there are a lot of people who really care about me. A lot of my friends are in programs they hate, but I really enjoy coming to Horizon. The NA meetings have helped as well."

Nick, who has been clean for more than six months, says he has worked hard to stay off drugs. "I was scared if I didn't get clean I might die," says Nick. "Drugs are too expensive and they were messing up my life." Nick, who graduates this month, will be attending college in the fall.

Debra, Nick's mom, was happy to go through the parent/adolescent program with Nick. She said it made all the difference that her son came to her asking for help.

"The program gave me and Nick a chance to talk openly; I learned a lot from Nick about things I had no idea were going on with him," says Debra. "It was helpful to see that I am not the only parent going through something like this."

Addiction is something that affects not only the person who is addicted, but also family members, who can experience anxiety, depression, worry, guilt and helplessness in their attempts to help. Horizon assists family members and significant others in coping with their loved ones' chemical dependency by helping to develop strategies to help support recovery.

Treatment focuses on addressing family members' emotional needs, understanding and acceptance of the limits of their ability to help and recognizing and discontinuing behaviors that are well-intended but may undermine their loved one's recovery.

"Research has shown that recovery efforts are enhanced by family participation," says Rick Salada, MS, CASAC, LMHC, senior program director. "Family members who better understand what their loved one is going through are in a much better position to help."

Says Nick's mom: "Nobody wants to be in this program but, after it's over, everyone is very glad they went, because it's extremely enlightening and helpful."

For more information on Horizon's parent/adolescent program, contact Rick Salada at 716.833-3708. ♥



From the desk of...

Anne Constantino
President & CEO

In October,
the American

Psychological Survey reported that 83 percent of American women and 78 percent of American men were experiencing heightened stress over job stability, housing costs and the loss of retirement savings.

These are difficult times for many of us. We may experience increased anger and depression. We may feel a certain hopelessness or fear.

For anyone touched by the economic crisis – and very few aren't – the escalating levels of stress and anxiety require that we make an extra and diligent effort to utilize healthy coping skills. We suggest the following:

- Maintain a structured schedule that includes regular exercise, sleep and family meals.
- If you are not working, consider volunteering. Focusing on giving to others can be very therapeutic.
- Participate in healthy social activities. Visiting family or friends is free! There are many free activities in our communities. Enjoy the nice weather.
- Take time to take a deep breath.
- Connect or reconnect with your spiritual beliefs. You may find comfort.
- Don't hold worries and anxiety inside. Discuss your fears and concerns with trusted friends and family members.
- Don't rely on alcohol or drugs to relax.
- Seek professional help if you are not able to manage.

Most importantly, learn to be grateful. Better days are coming. Enjoy the summer! ♥

Jim Weigand years ago," says Dr. Klyczek. "They are well-informed and efficient, making Horizon a very well-run and progressive organization that is leading the way in providing the best care possible for our community." ♥

Spotlight on the Board

NCCC President and CEO, Dr. James P. Klyczek, has been instrumental in developing and furthering an innovative program through NCCC that assists Horizon Village residents in attaining their GED and/or working toward entering college. Dr. Klyczek received his Ph.D. in Educational Administration and also holds a Master's degree in Occupational Therapy with specializations in mental health and pediatrics. He was first introduced to Horizon CEO Anne Constantino by board member Mike Mistriner, and joined the Health Management Group board in 2008.

"The work done by Horizon staff is such an essential component of what we are all trying to do to make life better," says Dr. Klyczek. "Horizon has helped bring substance abuse and mental health treatment to a much higher and more respected level by improving the perception and acceptance by families and the community of such treatment."

"Anne Constantino and her management team are carrying on the work begun by



Dr. James P. Klyczek
President & CEO
Niagara County
Community College

Hello
My name is

Liz Bork

Senior Mental Health Counselor
Bailey-Kensington PROS Center



Liz Bork liked working at Horizon so much the first time around, she came back after her children entered school and she was ready to re-enter the workforce.

After graduating from Daemen College in 1981 with a Bachelor's degree in Psychology, Liz received her Master's degree in Rehabilitation Counseling from the University of Iowa in 1982. She worked as a counselor at another facility in Buffalo before joining Horizon's Boulevard Day Treatment Program staff in 1985.

"After my first daughter was born, I made the very difficult decision

to become a stay-at-home mom," says Liz. "I thought it would be for just a few years, but then I had my second daughter and it was 10 years before I was ready to re-enter the workforce. I wanted to come back to Horizon, and was so happy when my former supervisor, Michelle Curto, helped me do that in 2000."

Liz said the family atmosphere at Horizon is extremely appealing to her. Even though the company has grown considerably since she left in 1990, that atmosphere has not changed. She truly appreciates the warm connection between the employees and senior staff. "The senior staff members know my name and face and I know theirs," says Liz. "That's very important and it's that camaraderie that drew me back."

She also appreciates that so much opportunity for advancement exists at Horizon, making it easy for employees to fulfill their career goals. And Liz very much enjoys working with the consumers.

"I enjoy partnering with the consumers to help them on their journey to recovery," she says. "And I learn so much from them through their life experiences with mental illness. I feel their pain, but I also get to celebrate their successes, and that makes it all worthwhile!" ♥

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.

Marvin is in his mid-forties and was diagnosed with mental health issues, including Post Traumatic Stress Disorder (PTSD). When he came to the Bailey Kensington Counseling Center a few years ago, he was suffering from depression with anxiety.

A tall, thin, quiet and gentle man, Marvin had been living with a family that was physically abusive. He found it hard to trust people. He often wore many layers of clothing, no matter what the weather. He had no job and was at a loss as to what to do with his life. He also developed an addiction

to crack cocaine.

He did fine with outpatient counseling for awhile, but he and his counselor, Chris Frigon, soon realized Marvin needed more daily structure, as well as a home of his own. Marvin was referred to Horizon's Rehabilitation and Recovery program and, eventually, Horizon's Supportive Housing Program.

Now, four years later, Marvin maintains his own apartment – he loves to cook, and chicken is his favorite dish – and works in a factory, a job he enjoys. He has been clean two years and has enrolled himself in school for reading at Literacy Volunteers.

"Marvin has become much more independent in his life since being admitted to Horizon's Supportive Housing Program," says Byron McKinney, Supportive Housing

Supervisor. The Supportive Housing Program assists consumers in finding an apartment and furnishing it and also assists with job training, interviewing skills, resume writing and more. "Our goal is to make the consumer as independent as possible so he can achieve his dreams and live his life," says Byron.

"I know I need to stay away from bad people, stay clean and work hard and take my meds," says Marvin. "I have learned how to handle stress, to keep my cool and be nice to people. Things are working out really well for me, and I thank Horizon for all the help they have given me."

"I saw Marvin not long ago," says Chris Frigon. "He looks great and is doing well. I was very happy about that." ♥

Another honor for Horizon!

We were very honored to learn recently Horizon has been selected as one of Business First's 2009 Best Places to Work in Western New York. Companies are selected for this honor based on surveys completed by employees that evaluate the companies' work environment. Horizon was nominated as a finalist in the x-large companies category (201-400 employees).

"We've worked hard to listen to our employees and provide the work environment and benefits that best meet their needs," says Lisa Arnet, corporate director of employee services. "We thank each and every one of them for their hard work and dedication." ♥



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 provide to assist consumers



and their families, as well as links to other helpful organizations.

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

- News about special services for veterans and their families
- Admissions application for Horizon Village
- Stories of success on the Path To Recovery
- Information about our two primary medical care clinics, open to the public
- Self test for mental health issues, such as depression

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 & CEO Anne Constantino
Medical Director Kristin Ahrens, M.D.



HorizonHealthPulse

Volume 7 • Issue #2 • Spring 2009
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INSIDE: The importance of family involvement in treatment.

Horizon Health Services
3020 Bailey Avenue, Buffalo, NY 14215

HORIZON HEALTH PULSE

