

Women and Addiction

This is the second in a two-part series on women and addiction.

Horizon believes so strongly in the need for women-specific programming that it is adding a 3,100-square-foot wing to Horizon Village, its intensive residential facility in Sanborn. The new wing will include rooms designed to hold women-specific activities and classes, and a lounge and family visitation area. With the addition of the new wing, Horizon Village will be able to enhance its current program to include women-only individual and group counseling, education and support services.

According to Paige Prentice, director of Horizon Village, part of the reason for the addition of the wing was that it would better meet the needs of the women residents at Horizon Village, based on a poll that was conducted.

Roughly one-third of the residents at Horizon Village are women.

"Women have greater self-esteem and image issues, and are more concerned about privacy," says Paige. "Research indicates women will open up more and be more productive in recovery when they are around other women rather than mixed in with the men."

The staff at Horizon Village will now be able to explore more women-oriented issues that affect addiction, such as self-esteem issues, societal expectations, health issues, parenting and mentoring and how addiction impacts the children.



"We want to break down the barriers for these women," says Paige. "We want to encourage them to think beyond their current thoughts about themselves, to explore their options and capitalize on their strengths. We'll be able to better orient our programs to do just that."

Horizon will soon be able to offer additional vocational services for women, including computer training.

"Our program will grow and evolve based on the needs of our women residents," says Paige. "We will be in a better position to help them cope once they leave our program."

For more information on Horizon's women's program, please contact Paige Prentice, Horizon Village director, at (716) 731.2030. ♥

An estimated 200,000 American women will die of substance abuse-related illnesses this year – more than four times the number who will die of breast cancer.

From the desk of...



Gordon James Photography

Hak Ko
Medical Director

When consumed in moderation, alcohol may

have some beneficial effects to our body and psyche. However, with misuse, the risks and damages outweigh any potential benefit. Approximately 18 million people suffer from alcohol abuse or dependence, with an annual cost to the economy of an estimated \$180 billion.

Numerous therapeutic approaches have been studied and applied to regain control over this illness. Psychotherapeutic, behavioral and pharmacological interventions are often utilized in treatment. Still, self-help groups such as Alcoholics Anonymous have proved themselves the most efficacious.

The pharmacological approach has seen limited success. Treatments with Lithium and antidepressants have produced mixed outcomes. However, opiate antagonists such as Naltrexone appear beneficial in reducing cravings and decreasing the relapse rate.

Recently, the FDA approved a new class of drugs called Acamprosate (Campral) to treat alcohol dependence. Clinically utilized in Europe for several years, it is relatively safe, with no serious side effects, no potentially harmful drug interactions and no potential for dependence or abuse.

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Bringing families together to curb substance use.

Horizon will soon initiate Brief Strategic Family Therapy (BSFT), a new treatment service aimed at improving youth (ages 13-19) behavior by eliminating substance use and its associated behavior problems. BSFT is a nationally recognized, evidence-based, short-term and problem-focused family treatment approach. It was developed by the University of Miami Center for Family Studies, and has been endorsed as a model program by several federal health and substance abuse agencies. Horizon is the only Western New York provider to offer BSFT.

"BSFT will enhance our existing services to help make Horizon's chemical dependency family treatment services preeminent in Western New York," says Dr. Herbert Weis, Horizon vice president. "It is a very intensive program with a demonstrated history of success."

Families participate in approximately 12 weekly sessions. Horizon's highly trained and skilled family therapists will create therapeutic alliances with all family members, and help them identify interaction patterns that allow or

encourage problem behavior. These therapists will help families improve their functioning by emphasizing individual and family strengths, encouraging and supporting positive behaviors, enhancing parenting skills, improving family communication, and learning to resolve conflicts and solve problems.

Youngsters and families who participate in BSFT have a 75 percent reduction in drug use and demonstrate improvement in self-concept and family functioning.

"This is a solution-focused program aimed at getting families to work as a whole to eliminate substance use and abuse and to correct problem behavior," says Rick Salada, program director. "Research indicates that families and youngsters who participate in BSFT have a 42 percent reduction in conduct and emotional problems and a 75 percent reduction in drug use. This is a program that works."

A grant from The Tower Foundation is making it possible for Horizon to bring BSFT to Western New York at its 1370 Niagara Falls Boulevard facility in Tonawanda. Selected Horizon family therapists received intensive, hands-on training in BSFT, and will work closely with the University of Miami Center for Family Studies to insure full fidelity to the treatment model.

For more information about Horizon's BSFT program, contact Rick Salada, program director, at (716) 833-3708 or at rsalada@horizon-health.org. BSFT services are covered by most health insurance plans. ♥



Participants in a recent BSFT training session at Horizon included, from left to right, Ruban Roberts, BSFT trainer, University of Miami Center for Family Studies; Rick Salada, Horizon BSFT program director; Herb Weis, Ph.D., Horizon vice president and Michael Kustreba, program officer, The Tower Foundation.

One-quarter of all Americans met the criteria for having a mental illness within the past year, and fully a quarter of those had a "serious" disorder that significantly disrupted their ability to function day to day, according to the National Comorbidity Survey Replication.

MEET OUR Board

Name : Kevin Robinson

Title : Assistant U.S. Attorney and Chief of the Financial Division, U.S. Dept. of Justice



Cordtan James Photography

On which Horizon Board(s) do you serve? "I serve on the Horizon Health Services and Horizon Village boards."

How did you come to be on the Boards? "Anne Constantino and I were *Leadership Buffalo* 2003 classmates, and she approached me about joining the boards."

What have you found most rewarding about serving on the Boards? "Not since my last position of employment with the New York State Office of Children and Family Services (OCFS) have I been involved with a human services organization. OCFS focused on the health and well-being of children and adults in a family setting. Horizon is in a similar business. Its focus is to help adults 'help themselves to get well.' My association with Horizon has given me the opportunity to stay involved, and to give back some of what has been given to me throughout my life: an opportunity to succeed."

What do you want people to know about Horizon? "Horizon is run by a senior management team that truly believes in the mission of the organization. This belief does not stop with senior staff; it continues throughout the organization. Horizon is succeeding in its mission and is a very valuable asset to the communities it serves." ♥

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.

Rachel came to Horizon a little more than a year ago. In her mid-30s, she was alcohol, opiate and cocaine dependent, suffered from post traumatic stress disorder and had hearing problems from being punched in the ear by an abusive male friend. Rachel had worked as a stripper and had been arrested for assault.

As a child of alcoholic parents, Rachel had been repeatedly abused during her childhood. She cared for both her parents until their deaths, then took care of herself as she moved from friends' homes to foster homes and endured several abusive relationships with men.

Rachel saw firsthand the effects of her

parents' addictions and wanted a better life for herself. She managed to complete high school and the necessary training to become a dental assistant, but her past continued to interfere with her future. She's held several jobs, but also had two near-death overdoses before she was finally able to find help.

"When Rachel first came to Horizon, she handed me the journal she'd been keeping," says Ramona Lee, Rachel's counselor at Horizon's Bailey Lasalle facility. "It took me several weeks to read it; I couldn't believe everything she'd been through."

"I am really glad I was able to get into rehab at Horizon," says Rachel. "Recovery has been good for me, it's changed my outlook."

Rachel has been sober for more than a year now, and credits Horizon with helping her to achieve this milestone. She says Horizon has helped her stay grounded and to understand

she can't do this on her own, that she has to ask for help when she needs it.

"I have gotten so much good, positive input from Horizon," says Rachel. "Everyone here has been very nice to me and very helpful, especially Ramona."

Ramona says Rachel has come a long way and has been doing great. "She's worked at improving her relationship with her brother and sister and at re-establishing her support network. And she willingly speaks to other addicts on the benefits of recovery, which has helped improve her communication skills greatly. Rachel is always willing to help others, and is very much looking forward to a new life."

That new life includes a new apartment and attending college this summer. Says Rachel, "I feel as though the sky's the limit for me now. I feel that I can achieve more than ever before." ♥

Hello
My name is
Byron McKinney
Supportive Housing Case Manager
Bailey-Kensington
Counseling Center

Cordon James Photography



Byron McKinney started working at Horizon in July 2003 after graduating from college. As the company converted to a new computer system, it was Byron's job to train various employees on how to properly utilize the new system. This project gave Byron an opportunity to meet many Horizon employees in many departments and to learn about all aspects of service delivery. When a grant came through for a new Supportive Housing Program, Byron applied for his current position and, last November, got the program up and running.

"Our program is unique in Western New York and the first supportive housing initiative for Horizon," says Byron. "We work with individuals who are homeless and also have a mental illness or chemical dependency. Our goal is to help individuals get a fresh start and stabilize in their own apartment in the community."

Byron is involved in finding suitable and affordable housing, helping the consumers buy furniture and assisting in the initial transition to supported housing. Byron then remains involved by providing support to consumers to insure they are doing well on their own, and that they're maintaining their recovery program.

Byron states that, right from the start, he's enjoyed working at Horizon, finding both the staff and the consumers friendly and fun to work with. He appreciates that Horizon offers such a broad spectrum of services for consumers with mental health and chemical dependency issues, and he enjoys working with people who are so dedicated and caring.

Byron received his Bachelor's degree in Exercise Science from the University at Buffalo, and plans to pursue his MSW degree next year. He resides in Amherst with his wife, Donna, and 15-month-old son, RJ. ♥

Just two to four percent of older adult suicides are due to a terminal illness; two-thirds of older adults who commit suicide were in relatively good physical health.

"From the desk of" cont'd from page 1

It appears to be safe even for individuals with impaired liver function, and shows no symptoms of sedation. It is most effective when used in conjunction with structured psychosocial therapy.

We are excited about this addition to our therapeutic tools, and have begun to utilize this option for individuals at Horizon. This could be a very significant development in the treatment of addiction. ♥

Our Mission

Horizon provides an array of comprehensive services that assist individuals with mental health problems and/or addictions to make choices that improve their quality of life and achieve their personal recovery goals.

Our Vision

The Horizon Group of Companies is working toward a future where the behavioral health system is providing effective treatment to anyone in WNY who needs and wants it, and where people access the system without fear of stigma or stereotype. In this future, individuals with behavioral health issues are included within their communities and, with the help of effective recovery and rehabilitation programs, are living renewed and productive lives.

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: New family-oriented treatment program

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