

Horizon's Career Opportunities Centers

Helping consumers achieve their goals.

Craig was unsure of his options when he entered Horizon's Vocational Services Program. He knew he was capable of doing different things, but he wanted a work environment that would be conducive to his needs. The vocational specialists helped him land a job in a field he loves. After just a few months of exceptional work, Craig received a promotion and a raise. "The job leads were very helpful," says Craig. "Horizon really motivated me to find a good job and, now that I have, my quality of life has greatly improved!"

Horizon's three Career Opportunities Centers serve individuals with mental health and chemical dependency disabilities who have expressed a desire to enter or re-enter the workforce. Horizon's goal is to assist consumers in maximizing their independent functioning, life satisfaction, stability and involvement in the community by providing competitive employment opportunities in partnership with the business, education and treatment communities.

The components and services of the Career Opportunities Center are tailored to the individual needs of the consumer and include:

- Integrated Vocational Services Program
- Supported Employment Program
- Local Interagency VESID Employment Services (LIVES)
- Comprehensive Vocational Assessment
- Career Preparation
- Job Development and Placement
- Job Club
- Job Coaching
- Job Support Group



Tricia Grannum, vocational specialist at Horizon's Bailey-LaSalle Counseling Center, administers a problem-solving task to a consumer interested in returning to the workforce.

Horizon's Integrated Vocational Services Program collaborates with treatment agencies to provide vocational screening, success skills and educational awareness tailored to individual consumers with chemical dependency and those with co-occurring disorders to positively engage in meaningful education and employment opportunities.

Those with chronic or severe mental illness are assisted with job placement and on-the-job training through Horizon's Supported Employment Program. As consumers are placed in jobs, Horizon continues to provide job coaching services by learning the job with the consumers, assisting them at work and monitoring their progress during employment.

Horizon also participates in the Local Interagency VESID Employment Services (LIVES) Program through the Erie and Niagara Counties Departments of Social

Continued on page 3



From the desk of...

Hak Ko, MD
Medical Director

I take four pills every day: two for blood pressure and two for cholesterol acid reflux. I do not like taking pills, but my medical training tells me it is important to avoid heart attack, stroke or kidney failure. Even though, as a doctor, the need to take pills on a regular basis is readily apparent to me, it still takes effort not to forget.

My job requires me to prescribe a lot of pills; sometimes four or five different ones to be taken three or four times a day. Many of my patients don't believe they need the pills, don't believe they are sick at all.

Studies show 50% of patients given antidepressant medicine stop taking it after three weeks. One study shows only 36% of individuals with Bipolar Disorder adhere to their prescribed medication, 73% who experienced a relapse were not taking their prescribed medicine and the average adherence rate for all psychiatric patients taking medication was less than 55%. The consequences of those poor adherence rates can be devastating: repeated relapses, hospitalization, lost opportunities and lost lives are just a few.

We should all be doing better jobs to promote medication adherence. Physicians should try to prescribe simpler formulas. Use of once-a-day dose drugs and long-acting injectable medicines help, and dialogue with patients to increase insight into their lives will further improve adherence rates and remission maintenance. With increased efforts we can assist individuals to feel healthier and more in control of their recovery. ❤️



Three ways to obtain compassionate and comprehensive health care:

- 699 Hertel Avenue, Suite 330, Buffalo, NY (834.0282)
- 3297 Bailey Avenue, Buffalo, NY (834.0282)
- 1750 Pine Avenue, Niagara Falls, NY (215.0700)

Are you in need of medical care? Do

you have Medicaid or Medicare? Are you tired of searching for a doctor who will accept your insurance?

The Medical Units of Horizon Health Services can help! Each clinic:

- is a practitioner-based practice
- accepts Medicaid, Medicare and most major insurances
- offers primary care services five days a week

- provides referrals to specialists
- manages and treats all major diseases and conditions
- offers same-day sick appointments
- is on call 24 hours to address after-hours needs and emergencies
- is located on a major bus route (tokens available for those who qualify)

Call the Horizon Medical Unit nearest you to schedule your initial appointment or for more information. ♥

Hello
My name is
Victoria Brennan
Senior Clinical Administrator

Cordton James Photography



Victoria's main goal in her job is to help spread the word about all that Horizon's Continuing Day Treatment (CDT) program can do for consumers. She says the misperception often is that it's more institutional or daycare-like, and that couldn't be further from the truth.

Victoria Brennan wasn't too surprised when she started working at Horizon last September to see so many people whose names and faces she recognized. She'd worked at Horizon in the late eighties as a part-time secretary while she attended college. After receiving a BS degree in Social Work from Buffalo State College and a master's degree in Counseling from Canisius College, Victoria began her career in social services.

Before returning to Horizon, Victoria was a program director at Brylin for five years. After being recruited by Rick Salada and Maria Pasceri, Victoria found herself back at Horizon, but in a very different position.

"I was amazed to see that so many of the people I worked with 20 years ago are still at Horizon," says Victoria. "Amazed, but not surprised. Everyone at Horizon is extremely dedicated, and that's one of the reasons I am happy to be back here."

"CDT is about teaching consumers to manage acute and chronic symptoms so they can maximize their potential and abilities," says Victoria. "Through groups, medication management and more, we help consumers function at a higher level and be more productive in their daily lives. They just need some support, and that's what we're here for."

Victoria really appreciates the dedication of the people she works with, whom she says are "100 percent committed to the consumers we serve." She says Horizon is always focused on new and innovative ways to help these people and that Horizon has excellent leadership and focus.

"I'm happy to be back at Horizon as part of the senior management team and doing a job I love with people I admire and respect," says Victoria.

Victoria lives in Buffalo with her husband and their three sons. ♥

MEET OUR Board

Name:

Gretchen Fierle

Title:

Vice President,
Community
Relations and
Communications



Company:

Independent Health

On which Horizon Board(s) do you serve? "I serve on the Health Management Group board."

How did you come to be on the Board?

"Pete Grum (another Horizon board member) put forth my name as a possible candidate who would bring a new perspective to the board given my communications and marketing background."

What have you found most rewarding about serving on the Board?

"Horizon has a great leadership team and it is rewarding to collaborate about new growth opportunities for the organization."

What do you want people to know about Horizon?

"I knew very little about Horizon prior to joining the board and yet, it is a fairly large organization. Its name should be more widely recognized as the largest outpatient provider of mental health, chemical dependency and medical services in WNY. It is a great resource for our community." ♥

60% of all young adults admitted to Horizon identify opiates as their drug of choice

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.

Horizon's Brief Strategic Family Therapy (BSFT) program is aimed at improving youth (ages 13-19) behavior by eliminating substance use and its associated behavior problems. A nationally-recognized, evidence-based, short-term and problem-focused family treatment program, BSFT has been endorsed as a model program by several federal health and substance abuse agencies.

One of the first families to participate in the program was Mike's family.

Mike started abusing marijuana and alcohol when he was barely a teenager.

His dad had been killed when Mike was a little boy, and his mom, Lisa, raised Mike, his sister and brother on her own. She, too, is a recovering alcoholic.

Mike went through Horizon's adolescent treatment program, but was soon back for counseling for other issues. By then, Horizon had implemented the BSFT program, and counselor Marcia Valente thought Mike and his family would be good candidates.

"Lisa is a wonderful mother and this is a great family that has had some difficult times," says Marcia. "When I suggested the program to Lisa, she agreed to participate."

Mike, his mother and younger sister and brother soon began the weekly counseling sessions that are part of BSFT. With BSFT, Horizon therapists create therapeutic alliances with each family member, and help them identify interaction patterns that allow or encourage problem behavior. They help the families

improve functioning by emphasizing individual and family strengths, encouraging and supporting positive behaviors, enhancing parenting skills, improving communication within the family and learning to resolve conflicts and solve problems.

“ Research indicates families who participate in BSFT have a 42% reduction in conduct and emotional problems, and a 75% reduction in drug use. ”

"The program helped create more awareness for me and my kids," says Lisa. "It helped us all deal with feelings and issues, and realize we are all human and vulnerable. It helped me learn to set boundaries, and it created more awareness for us."

"I saw how hard each family member was trying," says Marcia. "They definitely improved their communication with one another, and I think the younger kids learned some valuable lessons."

"The people at Horizon are very welcoming, very accommodating," says Lisa. "Marcia was very compassionate and I have a lot of respect for what she is capable of doing to help people. This is a great program – much better than other programs we've tried."

At the moment, Mike is still in school and looking for a job. He's still struggling with his addiction, but now knows he has the support of his family and, of course, his counselors at Horizon.

For more information about Horizon's BSFT program, contact Rick Salada, program director, at (716) 833.3703 or at rsalada@horizon-health.org. BSFT services are covered by most health insurance plans. ♥

Horizon's Career Opportunities Centers (continued from page 1)

Services. This program helps families on public assistance who are living with chemical dependency or mental illness to find gainful employment.

Jeff entered the program determined to change his life, but unsure how Horizon could help. The vocational specialists helped him with his resume, taught him interviewing skills and the proper protocol for applying for a job and going on the interviews. Today, Jeff is working as a bridge inspector/engineer and says, "This program was exactly what I needed to give me a push in finding a great job!"

Horizon's Career Opportunities Centers are located in the City of Buffalo at the Bailey LaSalle and Hertel Elmwood Centers and in the City of Niagara Falls, NY at the City Market Center (for the LIVES program only). For more information on the Career Opportunities Centers, please call Kathy Dietrich Green at (716) 836-3247 or email at kdietrich@horizon-health.org. ♥

Youth who use
illicit drugs are
almost three times
more likely to be
at risk for suicide
than those who do
not use drugs

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 often 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 DirectorHak Ko, M.D.



HorizonHealthPulse

Volume 5 • Issue #1 • Winter 2007
©2007 Horizon Health Services

INSIDE:
Comprehensive medical services

Horizon Health Services
3020 Bailey Avenue, Buffalo, NY 14215

HORIZON HEALTH PULSE

