

Horizon Opens Wellness Center on Horizon Village Campus



The link between physical and emotional well-being has been recognized as a key to aiding in the recovery from mental health and addiction problems. That's why Horizon Health Services opened the Wellness and Primary Care Center on January 3rd on the Horizon Village campus in Sanborn, NY.

While the Center will be available for current campus residents, Horizon believes it will be especially important when treating veterans once the planned Veterans Treatment Facility is completed in 2012. "Both our current HV residents and our future Veteran residents need the ability to improve their physical well-being as they recover from addiction and mental health issues," states Anne Constantino, president and CEO of Horizon. "We know that mental and physical fitness work together towards good overall health and we are so pleased to now offer both components to aid in our client's recovery."

In addition to treating campus residents, the facility also features primary care services for the general public. The 13,000 sq. ft building was designed to offer a variety of services to treat the whole being. Along with primary care, Horizon will also offer mental health counseling and psychiatry services as well as recreational options at the facility.

The Wellness and Primary Care Center includes a primary care clinic with offices and examining rooms, a full gymnasium with locker rooms and aerobic and fitness areas. Much-needed programming and meeting space to accommodate families and community groups will also be available.

“We know that mental and physical fitness work together towards good overall health...”

The \$2.4 million project was funded through a number of state grants, foundations and private sources including Senator William T. Stachowski, Grigg-Lewis Foundation, Inc., James H. Cummings Foundation, Inc. and the Key Bank Foundation. ❤️

Horizon Wellness and Primary Care Center

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From the desk of...

Anne Constantino
President & CEO

At the start of every new year we are all bombarded with messages about taking care of ourselves, losing weight, quitting smoking and beginning the year with a more healthy outlook.

With the opening of our Wellness and Primary Care Center on the Horizon Village campus, I too feel the need to stress the importance of good physical health. It's not just about dieting; it is about a healthy lifestyle that leads to a healthy outlook on life.

Here at Horizon we treat nearly 10,000 individuals a year dealing with addiction and mental health issues. Now we can provide a place where our clients can go to improve their physical being along with their ongoing treatment. This allows Horizon to offer a more robust treatment model, particularly for our clients at Horizon Village and our future veteran clients from the planned Veterans Treatment Facility on the same campus.

We know that the mind and the body are linked. When you improve your physical health, you'll automatically experience greater mental and emotional well-being. By providing a facility where we can focus on an individual's physical well-being, it can only serve to enhance their overall treatment experience.

The opening of the Wellness and Primary Care Center at the start of this new year is a proud accomplishment for the entire Horizon team. We look forward to the benefits it will allow us to offer to our clients and the rewards they will realize as a result. 🇺🇸



Recognize the Signs and Symptoms of Depression

Depression varies from person to person, but there are some common signs and symptoms.

It's important to remember that these symptoms can be part of life's normal lows. But the more symptoms you have, the stronger they are, and the longer they've lasted – the more likely it is that you're dealing with depression. When these symptoms are overwhelming and disabling, that's when it's time to seek help.

- ▶ **Feelings of helplessness and hopelessness.** A bleak outlook – nothing will ever get better and there's nothing you can do to improve your situation.
- ▶ **Loss of interest in daily activities.** No interest in former hobbies, pastimes, social activities, or sex. You've lost your ability to feel joy and pleasure.
- ▶ **Appetite or weight changes.** Significant weight loss or weight gain – a change of more than 5% of body weight in a month.
- ▶ **Sleep changes.** Either insomnia, especially waking in the early hours of the morning, or oversleeping (also known as hypersomnia).
- ▶ **Irritability or restlessness.** Feeling agitated, restless, or on edge. Your tolerance level is low; everything and everyone gets on your nerves.
- ▶ **Loss of energy.** Feeling fatigued, sluggish, and physically drained. Your whole body may feel heavy, and even small tasks are exhausting or take longer to complete.
- ▶ **Self-loathing.** Strong feelings of worthlessness or guilt. You harshly criticize yourself for perceived faults and mistakes.
- ▶ **Concentration problems.** Trouble focusing, making decisions, or remembering things.
- ▶ **Unexplained aches and pains.** An increase in physical complaints such as headaches, back pain, aching muscles, and stomach pain. ❤️

Source: Helpguide.org



Ned Perlman applied at Horizon fresh out of college just wanting a job, but he got so much more.

After graduating from the State University of New York at Albany with a bachelor's degree in business administration, Ned was anxious to get back to Western New York, an area he's called home his entire life. "The economy had just taken a turn for the worse and here I was, looking for a job," says Ned, who still can't believe his good fortune.

Luckily, Horizon hired him as a job training specialist with the promise of possible advancement if he worked hard and succeeded. Just nine months later opportunity knocked and eventually led to his current position as



supportive housing supervisor. "It was just a year ago that I took over as supervisor," says Ned, who did go through training for his new role late in 2009.

He currently oversees a staff of three who work with homeless individuals and families who need permanent housing and supportive services. Ned serves as a liaison with Erie and Niagara counties, working closely with their housing authorities to ensure Horizon is meeting all established housing regulations.

"It's an extremely rewarding job. To help our clients set goals and become self sufficient is something my entire staff takes pride in." Looking towards the future Ned is anxious to grow the program.

But for now, Ned feels he's lucky to be a part of Horizon and to serve the Buffalo-Niagara region. "I look forward to what's ahead for me and for Horizon." ❤️

Physical Activity Can Aid in Treating Depression

When someone becomes increasingly depressed it is often difficult to understand why they cannot simply "snap out of it" and resume normal life.

Clinical depression is a type of mental illness which requires professional treatment.

It is estimated that 15 million adults in the US suffer from clinical depression every year. And that number is increasing annually. It is predicted that by 2020 depression could become the 2nd most common health problem in the world (*source: World Health Organization*).

But the good news is that depression is a very treatable medical condition with a variety of treatment options available. About 80-90% of those treated find relief using the various options available to them.

The newly opened Wellness and Primary Care Center can play an integral role in helping treat depression. Researchers at Duke University studied people suffering from depression for 4 months and found that when 60% of the participants exercised 30 minutes, three

times a week they overcame their depression without using antidepressant medication; the same percentage rate as for those who only used medication in their treatment.

"This is exactly the type of result we hope to achieve for our clients, particularly when we start treating veterans next year. The addition of physical activity as a part of the overall treatment model can and will make a difference in the individual's recovery," states Paige Prentice, MM, CASAC, vice president of residential and medical operations.

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It is important for those dealing with depression, as well as their family and friends, to recognize the symptoms and understand that effective treatment is available. Our goal at Horizon is to help every client resume their normal life so they can continue at work, enjoy family and friends and contribute to the Western New York community. ❤️

Bailey LaSalle Counseling Center Undergoes Renovation

The Bailey LaSalle Counseling Center at 3297 Bailey Avenue got a facelift recently as it underwent extensive renovations this past fall.

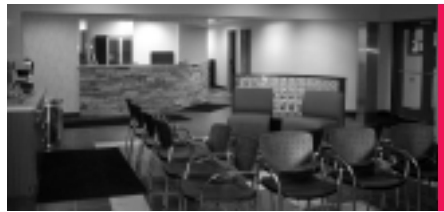
Renovations included a complete redesign of the waiting, reception, conference, group, and office space to improve programmatic efficiencies and to enhance consumer interaction. The construction materials that were used on this renovation project are not only durable, but aesthetically pleasing and will be the standard for other renovation projects at Horizon.

The Center provides the following services:

- ▶ Outpatient treatment for chemical/alcohol dependency

- ▶ Intensive outpatient treatment for chemical/alcohol dependency
- ▶ Outpatient mental health treatment for those in the criminal justice system
- ▶ Treatment for persons with co-occurring mental health/chemical/alcohol dependency
- ▶ Vocational and Educational Rehabilitation Services

The 42 employees at the Center serve approximately 1400 admissions a year. ❤️



Horizon Takes Part in World Café Community

This past November Horizon participated in a World Café initiated by The NYS Office of Alcoholism and Substance Abuse Services (OASAS) designed to stimulate conversation among stakeholders about services to address teen drug abuse. The joint effort was open to anyone touched by this growing issue from professionals in the field to teens and their families to criminal court and school representatives.

The round table, which was held at Alcohol and Drug Dependency Services, was designed to elicit conversation that would help prioritize issues and lead to a strategic plan formulated by OASAS. Discussion centered on key defined issues that adolescents/young adults and their families deal with as they seek treatment and counseling help.

Paige Prentice, MM, CASAC, vice president of residential and medical operations, participated in discussions on the difficulty these teens face in accessing appropriate treatment when needed and the challenges providers face in engaging adolescents and young adults as individuals when in treatment. "Our discussions focused on making access easier and sharing ideas on how to engage this population so that we can improve their chances of recovery and success," commented Paige.

The round table was an important first step in an effort to better address the challenges surrounding treatment for young people in our community. The round table was the last in a series of three initiated by OASAS throughout the state. The next steps in the process include a meeting to share a summary of the findings and to seek additional input which will then be included in the OASAS strategic plan. ❤️

thePath to Recovery

We'd like you to meet Mark, a Horizon client who has successfully turned his life around...

Mark began suffering from severe depression when he was about sixteen years old. By his early twenties he had turned to drugs to help alleviate his symptoms. His drug of choice – crack cocaine. Mark's life was spiraling downward.

His struggles continued until he eventually couldn't hold a job and no longer had any place to live. Eventually he came to rely on Buffalo's housing support network, so he at least had a place for shelter and food, but Mark continued to suffer with relapses to his addiction.

It was through his support network that Mark was referred to Horizon's Supportive Housing Program. That's where he began his journey to recovery. Once Mark was in the Housing Program he was referred to Horizon Village to help with his recovery from drug addiction and to treat his depression. Mark spent three months at

Horizon Village in 2009. To Mark, those three months were life changing.

Today Mark has his own apartment thanks to the help of Horizon's Supportive Housing Program. "My counselor was excellent. He knew when to put his foot down and when to show love," says Mark. He has been clean for the past year and now lives on his own and holds a job as a community outreach counselor for SNUG, an organization that works towards eradicating gang violence. In addition, Mark attends classes at Buffalo State College where he is working towards a teaching degree.

Mark credits Horizon's housing program with giving him a new start in life. "I don't know where I'd be without Horizon. I'd be homeless," says Mark who thought it especially important that he be able to live by himself away from others who may negatively influence his recovery efforts. Mark thanks Horizon for providing that opportunity and so much more. ❤️

(Last names have been omitted for privacy).

Wellness and Primary Care Center...On the Rise



Your gift is appreciated!

Horizon Health Services is a 501 (c) 3 organization that depends on your generosity to serve the recovery needs of the Western New York community. We're the largest provider of mental health and addiction treatment services, having served nearly 10,000 local individuals and families in the past year. Horizon truly appreciates your charitable gift.

- ▶ **By Mail:** Horizon Health Services, 3020 Bailey Avenue, Buffalo, NY, 14215.
- ▶ **By Phone:** Contact Sharon Oehler in Horizon's Finance Department at 716-831-1800 to donate over the phone.
- ▶ **By Website:** Visit www.horizon-health.org and select the "Make a Donation" box on the bottom of our home page to make a secure, on-line donation.

All donations are tax deductible within the full extent of the law. ♥



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

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