



FOR IMMEDIATE RELEASE
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**Teenagers often become addicts right in their own home.
Thankfully, help is now in the neighborhood.**

***Horizon Health Services Celebrates Opening of
Family Recovery Center in East Amherst***

June 2010, Buffalo, NY - Horizon Health Services (HHS) is officially opening its Family Recovery Center at a celebration on Friday, June 18 from 3 to 5 p.m. with a ribbon cutting at 3:30 p.m. The Center began seeing patients earlier this year at this intentionally secluded treatment center at 6496 Transit Road in East Amherst, NY.

Horizon Health Services recognized the need for treatment of chemically-dependent adolescents and young adults as alcohol and drug abuse continue to spread, particularly into new abuse and addiction arenas. As HHS president and CEO Anne Constantino says, "Kids are dying from drug and alcohol abuse. We need to create the resources that can help stop it."

Opening ceremonies will include a Center ribbon-cutting, but equally significant, is the unveiling of the Expressive Arts Therapy program and room. The program is an integral element of Horizon's holistic treatment approach and provides a creative form of communication for those who have trouble using traditional channels. The program is made possible by a \$50,000 grant from The Peter and Elizabeth C. Tower Foundation. Tower Foundation Executive Director Glenda M. Cadwallader will be on hand for the unveiling and plaque dedication of the Tower Foundation Expressive Arts Therapy Room.

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HHS believes information and education on addiction and abuse is critical for families and the community. They have integrated a Resource Center as part of the Family Recovery Center. The library, which is open to the public, provides a wealth of information for clients and families. Staff is available to guide visitors to subject material they are seeking from addiction and substance abuse to treatment and sustained recovery.

The Family Recovery Center was designed by MWT Architecture and constructed by Gelder Development, LLC. The Center will be staffed by therapists and support staff utilizing eight offices, two group rooms, the Tower Foundation Expressive Arts Therapy room and the Resource Center. The facility features natural lighting and a bright yet comfortable atmosphere. Emily Sennett, LMSW, CASAC, is the Center's Program Director.

The Family Recovery Center treats the entire family. Therapy combines traditional (such as individual counseling, recovery skills, parent/adolescent treatment group) and non-traditional programs (such as art therapy), each tailored to a client's specific needs. "Addiction affects the entire family," says Constantino. "We know that by involving the family in the treatment process, the success rate for recovery greatly increases." Most insurance companies cover treatment. Referrals come primarily from family, schools, physicians and drug courts.

The Family Recovery Center, while specializing in treating adolescents and young adults primarily from the East Amherst and Clarence areas, also offers treatment programs for adults suffering from addiction. "Research indicated this geographic location was under served with an increasing population in need of support,"

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says Constantino. Sensitive to confidentiality, HHS built their facility away from the high traffic of its address on Transit Road.

“The adolescent brain doesn’t fully comprehend the dangers of drugs and alcohol. As parents, we must relentlessly communicate,” says Constantino. “Despite parent’s setting a good example, children still make mistakes. It is up to the entire family to overcome addiction and abuse. We know addiction is treatable and that recovery is possible. Horizon is gratified to be part of each person’s recovery process.”

Horizon Health Services

Horizon Health Service is the largest and most comprehensive provider of fully integrated mental health and chemical dependency treatment and recovery services, with twelve outpatient clinics serving Erie, Niagara and Genesee counties. In addition, Horizon Village, a 50-bed intensive residential facility, operates in Niagara County, where a Veterans treatment Facility and Wellness Center are under construction on the same campus. 2010 marks the second consecutive year Horizon has been named one of the *40 Best Companies to Work for in New York* by *Business First*. For more information about Horizon, visit www.horizon-health.org.

Attachments

- [➔ Emily Sennett - Program Director Bio](#)
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- [➔ Addiction/Abuse Information](#)
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Emily Sennett
Program Director
Horizon Family Recovery Center

6495 Transit Road, Suite 800
East Amherst, NY 14051
www.horizon-health.org

In her new position, Ms. Sennett provides clinical and operational oversight of the Family Recovery Center, which offers outpatient chemical dependency treatment and services focusing on adolescents and young adults. In addition, Ms. Sennett oversees program development and staff training and development.



Most recently Ms. Sennett was program director for Horizon's Union-Losson clinic, which she was also responsible for opening. Ms. Sennett began working for Horizon Health Services in 2007 on a part-time basis while earning her Master's degree in Social Work from the State University of New York at Buffalo. After graduation, she joined the organization on a full-time basis as a counselor at the Boulevard Counseling Center in Tonawanda. Ms. Sennett received her Bachelor's degree in Social Work from Buffalo State College.

Horizon, established in 1975, is the largest provider of mental health, chemical dependency and medical services in Western New York. The agency currently operates 12 clinics serving Erie, Niagara and Genesee counties and one residential treatment facility that serves all eight counties of Western New York.





Horizon Family Recovery Center Building Overview

The Horizon Family Recovery Center features a contemporary, yet warm design including curving walls, glass doors and a brick front reception area. Exterior space will also be available with a patio outside the expressive art therapy room.

Address:	6495 Transit Road, Suite 800 East Amherst, NY 14051 (716) 418-8531 www.horizon-health.org
Architect:	Gelder Development, LLC
Contractor:	MWT Architecture
Size:	One story, brick exterior 3,569 sq. ft.
Building Interior:	8 offices, 3 group therapy rooms (including Tower Expressive Arts Therapy Room); Resource Center, waiting area, reception area, chart room, 2 bathrooms
Parking Spaces:	30 (including 1 handicapped)
Project Cost:	\$550,000
Program Director	Emily Sennett, LMSW, CASAC
Number of FRC Staff:	7



HORIZON FAMILY RECOVERY CENTER

FACT SHEET

Address:	6495 Transit Road, Suite 800 East Amherst, NY 14051
Phone:	716-418-8531
Web:	www.horizon-health.org
Operating Hours:	Monday/Wednesday 9:00 a.m. – 8:00 p.m. Tuesday/Thursday 11:00 a.m. – 8:00 p.m. Friday 9:00 a.m. – 1:00 p.m.
Program Director:	Emily Sennett, LMSW, CASAC
Counselors:	Katie Mullaney, MS, CAT – Addictions Counselor III Tara Pace, MS, NCC – Senior Addictions Counselor Brandy Vandermark, MS, CASAC – Senior Addictions Counselor
Office Manager:	Brittni Basehart
Services Provided:	Specialized treatment services for adolescents and young adults who suffer with chemical addiction, ages 12 through adult.
Specialized Services:	Expressive Arts Therapy - designed to improve communication, identify concerns and support healing.
Other:	Community Resource Center - provides materials and information on addiction for consumers and their families



ADDICTION/ABUSE INFORMATION

Facts about Addiction:

- Addiction is a brain disease.
- Addiction is NOT a moral failure.
- Drugs and alcohol can “hijack” the brain’s natural pleasure pathways.
- The risk factors for addiction include genetic and environmental factors (stress, availability).
- **Drug and alcohol abuse usually begins in adolescence when the brain is still undergoing dramatic changes in both structure and function.**
- The younger one starts misusing drugs or alcohol, the greater the chances are that they will become addicted.

Statistics*

- 42% of young adults report binge drinking. Young adults comprise the largest group of alcoholics in the US.
- Of the estimated 11.1 million persons who abuse prescription drugs, nearly half (5.4 million) are aged 12 to 25.
- Drugs of abuse are readily available to adolescents and young adults in all communities. They are easily obtained or purchased from family or friends, or purchased on the street and via online pharmacies.
- Nearly 53% of young adult prescription drug abusers obtained these pain relievers for free from a friend or relative.
- The rate of substance dependence or abuse among young adults aged 18 to 25 is 21.3% (one out of five).
- This is notably higher than among youths aged 12 to 17 (8.0%) and among adults aged 26 or older (7.2%).
- Fewer than one in 10 young adults with serious drug and alcohol problems receive treatment.

**National Household Survey on Drug Abuse*

About Treatment:

- Addiction is a treatable illness.
- **The sooner an addict gets into treatment, the better the chances are of recovery.**
- **The longer an addict stays in treatment, the greater the chance treatment will be effective.**
- Medical treatments are available to help treat addiction to opioids (prescription painkillers, heroin) and alcoholism.
- Evidence-based behavioral therapies are the best available treatments for treating addiction to stimulants (cocaine, methamphetamine).
- Adolescents with drug or alcohol problems may require a different type of treatment than adults.
- Treatments for addiction are as effective as treatments for diabetes, hypertension or asthma.

Abuse/Addiction Information
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- Temporary abstinence and reduced consumption are beneficial for the patient and the community in which the patient lives. If treatment contributes to these intermediate steps, as well as to the ultimate goal of permanent abstinence, it is working.
- Treatment does not have to be voluntary to be effective, but ultimately the addict must take personal responsibility for their recovery and be motivated to change.
- The addict must make an effort to succeed in treatment.
- Triggers can cause relapse and relapse is a part of the disease, not (necessarily) a sign of failure.



FACT SHEET

Horizon Health Services is the largest and most comprehensive provider of fully integrated mental health and chemical dependency treatment and recovery services in Western New York.

Administrative Office:	3020 Bailey Avenue Buffalo, NY 14215 831-1800
President and CEO:	Anne D. Constantino
Number of Employees:	320 Total employees 285 full time employees 35 part-time employees
Market Area:	Erie, Niagara and Genesee Counties
Consumers Served Annually:	9,500 Outpatient 5,679 in Addiction Services 3,771 in Mental Health Services 235 Horizon Village Admissions
Locations:	12 Outpatient Treatment Centers 1 50 Bed Residential Treatment Center 2 Vocational Training Centers 1 Primary Care Center
Primary Services:	Mental health and chemical dependency treatment and recovery services and psychiatry.
Secondary Services:	Primary care medicine Vocational and educational rehabilitation services Supportive Housing
Awards:	Named <i>Best Company to Work For In New York State</i> (2009 and 2010) Named <i>Business First Best Place to Work</i> (2009 and 2010)
Website:	www.horizon-health.org
Email:	info@horizon-health.org