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ART SPEAKS WHEN CLIENTS CAN'T

Horizon Health Services
Expressive Arts Therapy Program Unveiled
Courtesy of The Tower Foundation

Buffalo, NY – Horizon Health Services goal was to include an Expressive Arts Therapy program as part of its overall treatment program for adolescents and young adults at its new Family Recovery Center in East Amherst, NY. Thanks to The Peter and Elizabeth C. Tower Foundation's \$50,000 grant it became a reality. As part of the Family Recovery Center opening celebration on Friday, June 18, Glenda M. Cadwallader, Executive Director of the Tower Foundation, will unveil a plaque designating "The Tower Expressive Arts Therapy Room" at the room's entrance.

"We are grateful to The Tower Foundation for recognizing how this program can greatly assist families in communicating and helping them toward their recovery," said Horizon President and CEO Anne Constantino.

"The Tower Foundation continues to be impressed with both the quality of Horizon's programming and the professionalism of its staff," says Cadwallader. "We are pleased to support Horizon with the Expressive Arts program."

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The arts therapy program is an example of Horizon's holistic approach to treating clients through both traditional and non-traditional methods. Art therapy encourages expressing emotions through artistic activities such as painting, drawing and sculpture. Clients and their parents can participate in program activities which initially will focus on painting, clay modeling, computer art and writing (in the form of journals, poetry, stories, etc.) One-on-one sessions are offered as well as group and supportive classes.

“Adolescents particularly have a hard time talking about their emotions. Through use of the expressive arts communication of one's feelings tend to be more fluid because the barriers which may exist in verbal expression are no longer a factor.” says chemical dependency counselor and art therapist, Katie Mullaney. “This leads to clearer communication, understanding and recovery.”

The Expressive Arts Therapy program goals are to identify issues in each family from each person's perspective, provide education and information about chemical abuse and dependency, and agree on a plan to improve the family situation.

About Horizon Health Services

Horizon Health Services is the largest and most comprehensive provider of fully integrated mental health and chemical dependency treatment and recovery services, with 12 outpatient clinics serving Erie, Niagara and Genesee counties. In addition Horizon Village, a 50-bed inpatient 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*. For more information about Horizon, visit www.horizon-health.org.

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About The Peter and Elizabeth C. Tower Foundation

The Peter and Elizabeth C. Tower Foundation seeks to improve the lives of children and adolescents by supporting programs and services for those affected by mental illness, developmental disabilities and substance abuse, and by enhancing childhood and primary education. For more information, visit the website at www.thetowerfoundation.org.

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