



FOR IMMEDIATE RELEASE

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**Horizon Health Services Launches Personalized Recovery-oriented Services
to Assist Individuals with Mental Health Issues;
Unique Program One of Just a Few in New York State.**

Buffalo, NY – Horizon Health Services, Western New York’s leading provider of addiction and mental health counseling and support services, now offers a Personalized Recovery-oriented Services (PROS) program for those Western New Yorkers coping with mental illness. The program provides support in a community-based setting to assist consumers in achieving their personal rehabilitation and recovery goals and is one of just a few such programs in New York State.

“PROS is unique in that it is the opposite of a cookie-cutter approach and offers a more individualized program for better outcomes,” says Brenda John-Banach, LMSW, CASAC, vice president of outpatient operations at Horizon.

PROS services were created on a foundation of values, including belief in recovery, providing the most effective treatment and consumer choice. Consumers develop their own Individualized Recovery Plan, with the help of Horizon staff, that details how they will work with the people in their support system and utilize natural and professional resources in the community to reach their goals.

Goals for individuals in the program are to improve functioning, reduce inpatient utilization, reduce emergency services, reduce contact with the criminal



justice system, increase employment, attain higher levels of education, and secure preferred housing.

PROS services are broken down into four categories of services designed to address a consumer's needs in different areas of life and treatment. They are Community Rehabilitation and Support; Intensive Rehabilitation; Ongoing Rehabilitation and Support and Clinical Treatment.

The PROS program ensures that individuals who are recovering from mental illness have both a safe and supportive community-based setting in which to congregate and participate in services, and an opportunity to engage in goal-oriented rehabilitation provided in the day-to-day settings associated with most commonly-held adult life roles. The program's interventions are intended to help people learn successful strategies for living, and to practice these strategies in real-life situations.

“The PROS program is conducted in a classroom-like setting, providing consumers the opportunity to receive instruction and practice newly-learned skills in a safe environment, while staff members observe and provide feedback,” says John-Banach. “Horizon is extremely pleased to be able to offer this program to its consumers in Western New York.”

About Horizon Health Services

Horizon Health Services is the largest and most comprehensive provider of fully-integrated mental health, behavioral health, chemical dependency, medical and vocational treatment and recovery services in Western New York. The not-for-profit organization operates outpatient clinics in Erie, Niagara and Genesee



counties, as well as Horizon Village, its 50-bed inpatient facility in Sanborn, NY.
For more information, visit www.horizon-health.org.

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