

Introducing Southtowns Family Recovery Center

Horizon Health Services is excited to announce the opening of our 16th outpatient clinic in Orchard Park.

The new Southtowns Family Recovery Center opened on November 7th and specializes in addiction and substance abuse counseling for adolescents, adults, and families. This center will continue to offer the holistic family approach that has been successful at our Transit Family Recovery Center in East Amherst.

"I am very excited for Horizon to be in the Southtowns, where limited accessibility to treatment has been a barrier we hope to remove," says Program Director Brandy Vandermark, MS, CASAC. "Being new to the south towns community we will continue to work on building collaborative relationships with other agencies, schools, and community resources."

Family involvement and support is essential throughout the entire treatment process. The Family Recovery Center will provide

resources, education and other tools to help break the cycle of addiction and work on intervention strategies to stop substance abuse as early as possible.

"Being new to the south towns community we will continue to work on building collaborative relationships with other agencies, schools, and community resources."

Conveniently located in the Parkland Medical Park at 3045 Southwestern Boulevard in Orchard Park, this clinic will be offering evening and weekend appointments to fit the needs of the whole family. If you or someone you know could benefit from an appointment at this location please call 662-6802 for an appointment. For additional information regarding the services offered and locations for other clinics please visit

www.horizon-health.org ♥



From the desk of...



Anne Constantino
President & CEO

Prior to his death, many of us only knew

Steve Jobs as the CEO of Apple. He was a brilliant and innovative man who changed the world.

Steve Jobs didn't have a straight path to success. He was the child of an unwed mom and the beloved adopted son of working class parents. He seemed odd to some people in his appearance, dress and hygiene habits. He was fired from his own company. He was different and followed his own path.

Steve Jobs talked of "connecting the dots" and making meaning out of life experiences. To quote Steve Jobs, "You can't connect the dots looking forward; you can only connect them looking backwards. So you have to trust that the dots will somehow connect in your future. You have to trust in something – your gut, destiny, life, karma, whatever."

Steve Jobs understood that life was brief and he was determined to live each day to its fullest. His message was about the courage to take action to move forward. It also reminds us that we just need to find a way to move forward.

What does all of this have to do with behavioral health treatment and recovery? Maybe nothing. Maybe everything. The challenge for all of us is to live each day to the fullest – take the action needed to be healthy, live consistent with our values, and to pursue our dreams.

Best wishes for a joyous holiday filled with hope and gratitude! ♥



How You Can Help Stop Bullying



Bullying is a common experience for many children and adolescents.

Surveys indicate that as many as half of all children are bullied at some time during their school years.

With the tragic death of Williamsville native, Jamey Rodemeyer, many people are learning what it means to be bullied in the twenty-first century. Children are suffering from a new form of torture – cyber bullying. Social media such as Facebook and Twitter, text messaging, and email allow instant access to not only the “victim” but to the “victim’s” network of peers. This type of bullying can fly under the radar of individuals that might be able to effectively intervene.

“Bullying can have lasting effects on the recipient, which may lead to mental health and chemical dependency issues as the victim seeks to deal with anger, shame and humiliation.”

Bullying can have lasting effects on the recipient, which may lead to mental health and chemical dependency issues as the victim seeks to deal with anger, shame and humiliation. There are many ways you can help a loved one who may be the victim of bullying. Documenting incidents, helping them approach a trusted official, and helping them create open lines of communication so they know they are not alone in this fight. Additionally, counseling may give the victim the sense of security they need to express their feelings safely to work through their pain and move forward.

If you suspect your loved one is a perpetrator of bullying others, assist them in seeking help. Bullying is often the outward expression of inward pain or significant peer pressure. Counseling can help the parent and child understand what is causing the bullying and help with a plan to stop this destructive behavior.

For more information on mental health counseling please visit www.horizon-health.org ♥

People Who are Bullied –

Have higher risk of depression and anxiety, including the following symptoms, that may persist into adulthood:

- ▶ Increased feelings of sadness and loneliness.
- ▶ Changes in sleep and eating patterns.
- ▶ Loss of interest in activities.
- ▶ Have increased thoughts about suicide that may persist into adulthood. In one study, adults who recalled being bullied in youth were 3 times more likely to have suicidal thoughts or inclinations.
- ▶ Are more likely to have health complaints. In one study, being bullied was associated with physical health status 3 years later.
- ▶ Have decreased academic achievement (GPA and standardized test scores) and school participation.
- ▶ Are more likely to miss, skip, or drop out of school.
- ▶ Are more likely to retaliate through extremely violent measures. In 12 of 15 school shooting cases in the 1990s, the shooters had a history of being bullied.

People Who Bully Others –

- ▶ Have a higher risk of abusing alcohol and other drugs in adolescence and as adults.
- ▶ Are more likely to get into fights, vandalize property, and drop out of school.
- ▶ Are more likely to engage in early sexual activity.
- ▶ Are more likely to have criminal convictions and traffic citations as adults. In one study, 60% of boys who bullied others in middle school had a criminal conviction by age 24.
- ▶ Are more likely to be abusive toward their romantic partners, spouses or children as adults.

People Who Witness Bullying—

- ▶ Have increased use of tobacco, alcohol or other drugs.
- ▶ Have increased mental health problems, including depression and anxiety.
- ▶ Are more likely to miss or skip school.

Source: <http://stopbullying.gov>

Hello
My name is
Kathy Damon
Chemical Dependency
Program Director

Hello, my name is Kathy Damon, Chemical Dependency Program Director, Transit Family Recovery Center.

When Horizon was looking for a new Program Director for the Transit Family Recovery Center, attracting an employee with the credentials of Kathleen Damon, MS, LMCH, CRC, CASAC was high priority. Kathy brings with her years of experience from BryLin and the Alcohol and Drug Dependency Services (ADDS) at the Renaissance Campus.

In her previous positions Kathy helped start and run numerous inpatient and outpatient programs for adolescents and young adults battling addictions. "I am so excited to be with Horizon Health Services at the Family Recovery Center. Horizon affords me another great opportunity to use my experience and passion in helping individuals and families who struggle with addiction."



In addition Kathy has designed and implemented counseling and educational programs to help families address issues regarding their loved ones addiction. This combination made Kathy a great fit for the needs of the Family Recovery Center. "I am so excited that Kathy joined the Horizon team. Her passion, knowledge and experience in treating adolescents and families is invaluable in the work we are doing at the Family Recovery Center," says Brenda John-Banach Vice President of Outpatient Operations. ♥

thePathtoRecovery

From an early age Amanda suffered from physical and emotional abuse at the hands of those who were meant to care for her. This abuse made her shut off from the world at a young age. Nine months ago Amanda, 30, decided it was time for a change. She no longer wanted to be alone and desired to be able to open up and trust others.

Amanda turned to Horizon Health Services to help her heal the wounds she carried from her past. Amanda started meeting with a counselor and attending groups at the Niagara Falls Boulevard location in Tonawanda. The first steps were scary but soon she was able to open up and share her story with others.

"Horizon has been amazing, they have helped me grow as a person, to be able to open up and talk so I may live an everyday life," recalls Amanda.

"The first steps were scary but soon she was able to open up and share her story with others."

Now Amanda finds herself writing more and opening up to other women about abuse. Amanda wants to use her experience to help others move past the pain. "I want to teach others there is always hope to get through anything," says Amanda, who continues to make strides everyday to heal and create the life she always wanted. ♥

Embrace the Difference

Horizon Health Services is excited to announce a new partnership with the Embrace the Difference jewelry line. Embrace the Difference jewelry was created by Robyn Zimmer of Reeds Jewelers as a fund-raiser for charities in Western New York. As a mother of children with developmental differences, Zimmer created this line of jewelry to support people with physical, emotional, and developmental differences, as well as chronic illnesses. Her goal is to assist different charities throughout WNY in raising much needed funds. With each purchase, \$30 from the sale goes to the participating charity of the purchaser's choice. Donations will allow Horizon to continue to offer quality care to those in need in our community. More information on this inspiring line of jewelry can be found at www.embracethedifference.org. ♥



A bully is 5 times more likely to have a serious criminal record when they grow up

✱

25% of students say that teachers intervened in bullying incidents while 75% of teachers say they intervened.

✱

The average child has watched 8,000 televised murders and 100,000 acts of violence before finishing elementary school.

Source: <http://behavioral-management.com>

Your gift is appreciated!

Horizon Health Services is a Section 501 (c)(3) charitable 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 over 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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What you can do to stop bullying in our communities

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