

Horizon Village Welcomes Wellness Programming

Horizon Village staff and residents are now feisty competitors. They are settling into their new Wellness Center and new healthier lifestyle under the direction of Diane Bly, Wellness Counselor.

The recent addition of Wellness Programming at Horizon Village has had an enormous impact on the lives of residents completing treatment. Diane offers world class Wellness Training, once only offered in private fitness clubs. The program includes one-on-one training, small and large group training, Health Education classes, Living in Balance Group, and three times a week she does a special lunch-time series for her co-workers. Classes cover such topics as Core and More, Boot Camp, Flexibility and Stretch, Zumba, and the newer Groove class that is a simpler cardio dance class than Zumba allowing more freedom and expression of personality.

"Never in my wildest dreams would I imagine seeing our male residents love Zumba" says Diane of how her classes have really gained momentum. In the beginning Diane was able to work with everyone who was interested in a one-on-one capacity. Due to the demands she has taken to matching two or three residents with similar abilities and needs together, accommodating everyone.

The positive results reported by the residents are a testimony to the success of Diane's methods. With many people gaining weight quickly when entering a rehab facility, they can often become discouraged as this seems like one more hurdle to overcome. Exercise combined with instruction in healthy lifestyle habits and proper diet help residents to regain balance in their lives.

"Having Diane here has helped me to feel better about myself. I have better self esteem, it keeps me motivated on days when I am feeling down and out. When I was here in 2007 they did not have the Wellness Program. I gained 25lbs and I was constantly tired, and my self esteem was horrible. This time around, my overall health is amazing. I have maintained my weight, I stay motivated and my self esteem is great." says resident Ashley G.

That confidence spills over to the many additional activities in which residents have participated. Residents are now helping to teach classes and choreograph Zumba dances for Family Picnics. They also created an obstacle course for visiting children at the Fourth of July Family Picnic. Resident Russell R. said "Letting me help teach has really improved my self esteem."

Classes aren't the only example. On any given night you might find HV director Chris Frigon organizing a pick-up game of basketball with mixed teams of staff and residents. Or perhaps Residential Aides Tony Laettner and Josh Kellick will be setting up Basketball and Volleyball tournaments, respectively. You might even find these three conspiring together to get teams from Horizon Health Services clinics out to Sanborn in some friendly, healthy competition.

"When people even meet a goal to start working out or eating healthy, it helps your confidence in your everyday struggles."

The impact of Wellness Programming can best be summarized by a resident who said "When people even meet a goal to start working out or eating healthy, it helps your confidence in your everyday struggles." ♥



From the desk of...

Anne Constantino
President & CEO

Among Americans seeking treatment for substance abuse, no demographic is growing faster than young adults, ages 18-25.

While alcohol and marijuana continue as top drugs of abuse, there is an ominous trend in WNY. Prescription painkillers – opiates – are flooding our community in every neighborhood. WNY has the unfortunate distinction of having the first and second highest prescribers of prescription painkillers in New York State, making it easy for young adults to obtain or sell. Most people don't understand that addiction to prescription opiate drugs is no different than addiction to heroin. Prescription opiates are now the second most prevalent drugs abused by teens behind marijuana.

Many youths have their first experience with opiates taken from their household medicine cabinets. Studies show 70% of teens think there is no risk to taking these pills. Unintentional drug overdose deaths are now the second leading cause of death in the United States after automobile accidents. These are very frightening statistics. Most families are unprepared to deal with the addiction of a loved one – especially a child. Often, they don't recognize the extent of the problem until it is very serious.

I am often asked "What can I do?" by those concerned for a loved one. The best advice I can give is to seek consultation with a professional and safely secure any opiate or other addictive medications in your home to avoid their being taken. You can find detailed information on how to properly dispose of unused medications through the DEA website. ♥



Understanding Dialectical Behavioral Therapy

In 2004 Horizon Health Services began a workgroup to plan the implementation of Dialectical Behavioral Therapy in its clinics, making Horizon one of the first behavioral treatment providers in Western New York to recognize the value of what would become the Gold Standard in treatment for borderline personality disorders, addiction, and anxiety problems.

Dialectical Behavioral Therapy was originally developed by Marsha Linehan, PhD as a treatment for people with Borderline Personality Disorder. Dialectical Behavioral Therapy (DBT) is one of the most rigorously studied treatment technologies to have emerged in the past 20 years and uses mindfulness, a Zen Buddhist practice of staying in the present moment.

DBT uses four strategies or modules called Mindfulness, Distress Tolerance, Emotion Regulation and Interpersonal Effectiveness.

Mindfulness teaches clients to live in the present moment and is shown to work as well as antidepressants in some cases. Distress Tolerance focuses on crisis moments

and teaches clients a skill set designed to get them through that moment. Emotion Regulation educates clients in regulating and validating emotions by exploring them in a safe manner.

Interpersonal Effectiveness shows ways to value positive as well as negative aspects of relationships and communicating needs in a way to have them met.

“By creating a way for clients to see the therapist as an ally rather than adversary, the client becomes more committed to treatment.”

This methodology was developed when Linehan noticed “burn-out” among therapists working with unmotivated clients. By creating a way for clients to see the therapist as an ally rather than adversary, the client becomes more committed to treatment. Treatment is held in a classroom setting with assignments to complete between sessions. If a client were to miss a session they would be responsible to make up the work prior to being allowed to return so as not to disrupt the progress of others. This

puts the responsibility of treatment on the client and allows them to have ownership of their progress. “This takes the struggle away in the client-counselor relationship. Clients know what is expected of them so they self-regulate” says Lisa Prefontaine, MS, LMHC, NCC, Program Director, Boulevard Counseling Center Mental Health.

These groups are co-facilitated to allow one counselor to teach while the other counselor monitors and assists clients who may feel they are in crises.

Recently DBT has been found to be successful in the treatment of post-traumatic stress disorder, particularly with combat veterans, using mindfulness coping skills. The effectiveness of this methodology is due to present-focused attention. Concentration upon living in the present minimizes impulsive behaviors by increased awareness of choices made. Promising results are expected through utilization of DBT at our planned Veteran’s facility as well as within our 13 locations throughout Western New York where integration of this treatment therapy is successfully underway. ❤️

Tainted Drugs

In the beginning of 2011 drugs were in the news, on the radio, and the internet with the arrest of a local doctor for over-prescribing opiate medication and the supply of bad heroin that claimed several lives in Western New York.

While these incidents seem unrelated they actually create a very serious problem for those in the treatment community. Many addicted individuals, including a high percentage of adolescents and young adults, begin by abusing prescription painkillers. When individuals who are addicted no longer have access to prescription drugs they must find alternative ways of achieving a similar high or seek help for recovery. Unfortunately, many people

who suffer from opiate addiction turn to heroin to fill the void the pills created.

This past March, police, hospitals and treatment centers were dealing with a rash of overdoses due to a tainted supply of heroin that reached the Buffalo market ending in several deaths. These deaths were preventable and every year thousands of lives could be saved if the effective treatments are more available.

In April, Senator Charles E. Schumer, D-NY, proposed expanding anti-racketeering laws to crimes involving prescription painkillers. This expansion would toughen sentencing for people convicted of crimes related to illegally obtaining, selling or distributing prescription painkillers as well as give law enforcement more power in investigating these crimes. The hope is

that the expansion of this law will free up resources for law enforcement and act as a deterrent to those involved.

Senator Schumer cited The Buffalo News “Rx for Danger” series, published this past spring, in his press conference to emphasize the need for this sort of legislation. While this series contained several moving stories of lives lost due to addiction, there were many uplifting stories of hope for recovery by those who, with the help of counseling and support of their loved ones, were able to take those steps toward recovery and regain control of their lives.

If you or a loved one may have a problem with prescription drugs, please contact Horizon or your medical provider to discuss options for treatment. ❤️

Catholic Health and Horizon Health Services Team Up to Offer Behavioral Health Services to Area Women

In an effort to expand holistic healthcare services to area women, Catholic Health is partnering with Horizon Health Services to offer on-site behavioral health services at its M. Steven Piver, M.D. Center for Women's Health and Wellness at Sisters of Charity Hospital.

As the area's largest provider of mental health, substance abuse and primary medical services, Horizon will provide a psychiatric social worker to see patients at the Piver Center, offering behavioral health assessments and limited counseling services. Patients needing further evaluation and treatment will be referred to one of Horizon's 13 locations throughout Western New York.

Located in the Seton Professional Building adjacent to Sisters Hospital at Main Street and Humboldt Parkway, the Piver Center brings together a variety of

women's health and wellness services in one, convenient location. Medical and diagnostic services available include gynecologic oncology, minimally invasive GYN surgery and urogynecology, obstetrics, infertility treatments, a center for eating disorders, digital mammography, bone densitometry, ultrasound and massage therapy.

"...our goal was to provide area women with holistic, female-focused healthcare to rejuvenate the body, mind, and spirit..."

"Since we first opened the Piver Center in early 2010, our goal was to provide area women with holistic, female-focused healthcare to rejuvenate the body, mind, and spirit," said Aimee Gomlak, vice president of Women's Services for Catholic Health. "This new relationship with

Horizon will enable us to offer our patients behavioral health services to complement and support the medical care we provide."

Maribeth H. Alaimo, a licensed medical social worker with Horizon, began seeing patients at the Piver Center on August 17. Counseling services will be available for a variety of behavioral health concerns including anxiety, postpartum issues, depression, grief and loss, and marital and parental adjustment issues.

"Our mission is to help our clients improve their quality of life and achieve their personal recovery goals," said Brenda Banach, LMSW, CASAC, vice president, Outpatient Operations for Horizon. "We are looking forward to working collaboratively with Catholic Health and the Piver Center to provide this specialized care to women throughout our community."

– JoAnn Cavanaugh,
Director of Public Relations

Hello
My name is
Diane Bly
Wellness Counselor



Since joining the Horizon Family in January, Diane has made a tremendous impact on the residents and staff of Horizon Village. "Finding Diane was like striking gold when you weren't even looking for it – her enthusiasm and passion for wellness has enriched the lives of residents and staff beyond all expectation. Not only does she teach and lead classes in fitness and exercise, she is changing how we all think about healthy eating and over all self-

care" says Chris Frigon, Director Horizon Village. And the feeling is mutual. Often Diane can be heard saying, "I feel blessed to have a job you go into every day and just love. I never have a day where I wish I didn't have to go to work" Diane is cheerfully bringing her 20 years of passion, experience and enthusiasm to share with the residents. Her career as a Wellness Counselor began at Empire State College where she not only received her BS in Exercise Science, she wrote the curriculum for future students to follow.

Since then, Diane has achieved several certifications including; Certified Personal

Trainer from The Cooper Institute, Dallas, TX, Official Zumba Instructor, Certified Mad Dogg Spinning Instructor, and is the only GROOVE Facilitator in Western New York. As a Certified Group Exercise Instructor, Wellness Contractor and Fitness Director, Diane's impressive resume includes The Carborundum Company, Westwood Squibb Pharmaceuticals, HealthNow, American Axle and Manufacturing, and Medifit.

With residents and staff lining up to take her classes its no wonder Diane is busy, but she still finds time to research and apply for grants. Diane is responsible for securing grants and donations from local and national businesses with a goal of providing top of the line equipment to keep residents motivated, focused and upbeat while taking those shaky first steps in recovery. ♥

A special thank you to Reeds, Walmart, Kmart, and Wegmans for your generous donations, allowing us to continue to offer high quality care to those in need.

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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Partnership with Catholic Health creates new Horizon location

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HORIZON HEALTH PULSE

