



Outpatient Family Treatment Options

Individual Counseling

There are times when caring for someone with a substance use disorder and/or mental health condition can feel overwhelming. Family members and partners struggle with how to set effective boundaries, communicate their own needs, and take care of themselves. Individual therapy with someone who specializes in working with loved ones effected by substance use and/or mental health disorders is available. Contact our Admissions Department at 831-2700 to schedule.

Family Counseling Sessions

All individuals who have someone involved in Mental Health or Substance Use Treatment are encouraged to join in family sessions with their loved one's counselor. These sessions are designed to be supportive for all with a focus on shared decision-making. Horizon also has Marriage and Family Therapists on staff who look at how issues like mental illness and substance use can affect the entire family system-- increasing communication, boundaries, and skills for interacting as a family while supporting a loved one through this journey. Discuss options and next steps with your loved one's counselor.

Community Reinforcement & Family Training (CRAFT)

Family members know how difficult it can be for people to make behavioral changes. Through the evidenced-based CRAFT model, a skilled and experienced clinician can provide training to family members to find new ways to engage and motivate their loved ones through a wide range of proven methods. These methods not only aim to motivate your loved one, but to help improve your own life satisfaction. For more information or to schedule an appointment, please contact our Admissions Department at 831-2700.



Opioid Overdose Prevention Training

Opioid overdoses continue to rise. Narcan is an effective method for reversing opioid overdoses. Participants will learn the signs of an opioid overdose and be provided with an Opioid Overdose Prevention kit containing Naloxone (Narcan). Training is available at no cost to anyone that is interested; contact your local clinic for more information.

Parent and Family Support Services

When families are involved in the clinical treatment process, patients and their families tend to get better. Horizon has family support liaisons that can answer questions, guide families to resources, and otherwise serve as a source of support. Parents and families can access these supports on an as needed or ongoing basis depending on identified needs. The goal of this role is to provide loved ones with knowledge and insights from a family member's perspective on addiction, mental health, navigating the treatment system, and how to provide effective support. Discuss linkage options and next steps with your loved one's counselor.

**ADDITIONAL SERVICES MAY BE OFFERED ON A CLINIC BY CLINIC BASIS.
CHECK WITH YOUR CLINIC FOR ANY ADDITIONAL FAMILY SERVICES OPPORTUNITIES.**

**FOR MORE INFORMATION ON FAMILY PROGRAMMING OR OTHER PROGRAMS OFFERED
BY HORIZON HEALTH SERVICES, PLEASE CALL (716) 831-1800.**



*Our Mission: Together for Recovery.
Changing Lives. Saving Lives.*

**716.831.1800
HORIZON-HEALTH.ORG**