

HORIZON NEWSLETTER

Expanding access and hope one page at a time.

Spring Newsletter

Issue 2 Vol. 3

www.horizonbh.org

THE RISING NEED FOR DETOX



The need for Horizon's Residential Detoxification Program continues to grow in our community and beyond. In fiscal year 2013, 362 clients were served by our six-bed unit. In 2014, that number grew to 422. The majority of those clients were facing dependency on alcohol, opiates, and benzodiazepines.

When clients come through our doors, they not only receive mental health support and a warm bed, they also receive a physical examination from our psychiatrist. We believe that it is important to provide a holistic approach to healing.

But it's important to know that it's not just our region that is struggling to find this type of care. Horizon consistently sees clients from outside of the Central Virginia region. Other community service boards lean on us and our residential program. In fact, 53% of the detox referrals in fiscal year 2014 were from other outlying community services boards who don't have the money or resources to serve these clients.

THE NEED

Addiction treated at Horizon from
August 2014—January 2015

From August 2014 – January 2015

Opiates – 49%

Alcohol – 43%

Heroin – 19.6%

Pain Medication – 29.4%

A Letter From Our CEO



As amazing as it seems, we're almost at the end of this fiscal year and we have plenty to celebrate. Our restructuring to a service portfolio model is going very well and we're more

integrated than ever. Our transition to a new electronic health record will provide Horizon with the tools we need to move us beyond tracking volume to also measuring value. Everyone at Horizon is excited about going live on July 1, 2015. We have gone from a budget deficit to a very modest budget surplus. Our expansion on social media has seen a steady increase in followers/likes. The quality of care continues to be exceptional because of our amazing team and supportive Board of Directors. I recently had the privilege of hearing a Horizon client speak at our Board of Directors meeting. He had successfully completed our Detox program. He described going in and out of treatment and always being discharged for non-compliance. When he reached a point of being receptive to treatment,

(Con't on pg. 2)

Horizon's New Suboxone Clinic

Horizon Behavioral Health now offers a Suboxone Clinic. This medication-assisted therapy reduces cravings for opiates and helps a person maintain his recovery. It is clinically proven to be significantly safer than Methadone. More than a dozen people are in different phases of this treatment at Horizon.

CEO Letter (con't from pg. 1)

no program would accept him because of his past non-compliance. On a day that he had given up all hope, he received a call from Horizon's detox unit to see how he was doing. He asked for help and we admitted him. Today, he is a proud father of a beautiful baby girl and he is a full time student. Miracles like this happen every day at Horizon because of our amazing team. I'm honored to be part of this dynamic organization, dedicated to improving the health and independence of individuals and families.

I want to thank you for your ongoing support and partnership.

With every best wish and kind regard,



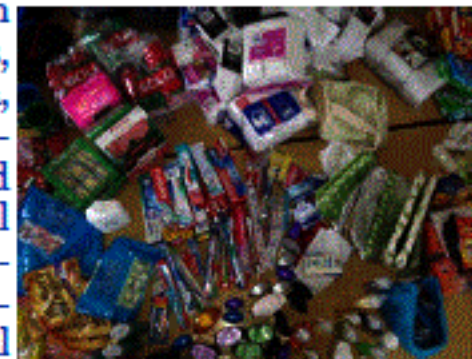
Damien Cabezas

CEO, Horizon Behavioral Health

A Holiday Gift from Big Island



In an attempt to bring a little joy to the people spending their holiday season in the care of Horizon's residential crisis stabilization and detox programs, Big Island Baptist Church dropped off a blessing. The congregation gave the clients sixteen gift bags full of helpful necessities such as \$5 gift cards, socks, gloves, body wash, shampoo, toothbrushes, toothpaste and many other useful items. This act of kindness was so overwhelming that there are still supplies that can be handed out when needed. Horizon is grateful to be a part of such a wonderful community that doesn't overlook the needs of others.



A sampling of the donation

ADMISSIONS AND INTAKE: A new Approach

Horizon's admissions and intake department is undergoing some major improvements to help people seeking services get the help they need in the most efficient way possible. From 8:30 – 11:45 a.m., Horizon conducts a walk-in clinic at the Wellness Centers on Court Street and Langhorne Road in Lynchburg, as well as Bedford County. These clinics provide clients with screenings and assessments to determine their eligibility for services. If necessary, these clients can be seen the same day.

If Horizon services are not a good fit for an assessed person, our clinicians work with a cadre of other community services. Each person will be referred to the services right for him/her. This new admissions process will strengthen the engagement of the clients while encouraging treatment and good health.

**For an assessment or to learn
more about our
services, call 434-477-5000.**



Horizon Success

MULTI-SYSTEMIC THERAPY: How one teen turned it around

As we all well know, the teenage years can be a challenging time for many. Thomas, a fifteen-year-old receiving Multi-Systemic Therapy through Horizon, was consistently skipping school, not coming home at night and experimenting with drugs. Thomas was being raised by his great-grandmother who was on dialysis and had many other health concerns which made it more difficult for her to give Thomas the level of supervision he needed to be successful. That's when Horizon stepped in to help.

Thanks to an In-Home clinician, Thomas was held accountable for school attendance and was making strides. In fact, once he began counseling, he did not miss school for two months. Just when it seemed like everything was going well, his behavior started to decline. The ultimate blow was a ten-day suspended sentence in a detention center. Thomas needed help.

His In-Home clinician started discussing other living arrangements with his great-grandmother and finally they came to a conclusion - Thomas was to move to his cousin's house. In this new home, Thomas was given structure, love, family support and a good father-figure. As a result, Thomas' behavior quickly improved and he stopped using drugs. Thomas' life has changed because of his loving family and the support of Horizon Behavioral Health.

Success In The Numbers

Multi-systemic Therapy

of clients: 25

Male: 14 Female: 11

64% successfully completed

FROM DARKNESS TO LIGHT: Teaching our youngest to cope and overcome

Aristotle Onassis once said, "It is during our darkest moments that we must focus to see the light." Many times, Horizon clinicians meet children in their darkest of hours. It is their challenge and life's mission to show these children the light. Such was the challenge with Todd.

Todd endured verbal and physical abuse from

his father. Eventually, his father was sent to prison for drugs. His mother became non-existent in his life due to her substance use. As a result, Todd was placed with other families and moved around frequently. It was unsettling and led Todd to suffer from severe panic attacks, anxiety, inability to focus, impulsivity, and disregard for authority figures.

Thankfully, in 4th grade, Todd found Horizon and began to see a ray of light in the darkness. With the help of our therapy and Therapeutic Day Treatment (TDT), Todd was taught coping strategies, interventions, and problem-solving skills. Therapy also allowed him to understand the importance of family dynamics. Gradually, Todd started to improve. His difficult behaviors decreased and he began to make big goals for his future. (Con't on pg 4)



Horizon Success

Light (Con't from pg.3)

In 2014, Todd proudly graduated from Horizon's TDT program. He is enrolled in college and is slowly beginning to rebuild his relationship with his dad. Because of his hard work and the support of Horizon, Todd is living a hopeful and happy life.

Todd still visits TDT to express his deep appreciation for how the clinicians benefited his life, inspired him and helped him reach his goals. It is stories like these that illustrate the important work of Horizon's employees. We give people the tools they need to change their lives, reach their dreams and come out of the darkness.

Friends of Horizon

State Leader Visits Horizon To Celebrate Good Work

Dr. Debra Ferguson, the Commissioner of Behavioral Health and Developmental Services, paid a visit to Horizon in early March to discuss the agency's accomplishments, tour facilities and discuss outcomes from the 2015 Legislative Session in Richmond.



Commissioner Ferguson visits the Bowyer Home



Horizon directors present outcomes during the visit

Ethical Care

A Letter on Ethics

In the course of our work every day we face ethical questions. Whether it's making decisions about client care, fundraising or organizational decisions we need to address complex ethical issues. I'm very excited to report on two things that we're doing to provide us with guidance in this area. First, we are reactivating the Horizon Ethics Committee with the guidance of Michael Gillette, President of Bioethical Services of Virginia. Second, we're partnering with Ethicspoint, a software company that strives to make reporting issues and concerns as straightforward and uncomplicated as possible while maintaining anonymity and confidentiality.

We want to be exceptional stewards of our resources therefore we're committed to maintaining the highest standards of conduct and ethics.

I look forward to keeping you informed of our progress in this area.

All the best,



Damien Cabezas

CEO, Horizon Behavioral Health



Bioethicist Michael Gillette visits with Damien Cabezas

Fundraising



JOIN US FOR A NIGHT OF ENTERTAINMENT, FOOTBALL STARS AND DINNER

Dine with VT Standout and current Arizona Cardinal Logan Thomas, Liberty University Quarterback Josh Woodrum and Redskins Cheerleaders. Enjoy a talent show, complete with music, theatrical and dance performances.

March 27, 2015

5:30 – 9:00 p.m.

3410 Old Forest Road, Lynchburg

Buy your tickets now at HorizonOpportunities.org



Community Partnerships

A HEALTHY DOSE OF SODA

Virginia Healthy Youth Day came to Appomattox High School thanks to the hard work and partnership of the Appomattox High School *Students Organized Against Drugs and Alcohol (SODA)* and Horizon's Prevention staff. The event took place during lunch periods and provided health and nutrition education and substance abuse prevention information to the students. They were also given an opportunity to sign a pledge to eat right, be active and live tobacco-free in 2015.

More than one hundred students took part and only four chose not to sign the health pledge. The students also had an opportunity to enter a raffle to win either a tablet, Google Chromecast or two blue tooth speakers. The Appomattox SODA

group won a grant to put on this event at the 2014 Youth Against Drugs and Alcohol Prevention Project (YADAPP) for its action plan to promote substance abuse prevention at AHS.



Appomattox H.S. celebrates health

CRIA: No Wrong Door

Horizon recognizes that it is just one link in a chain of partnership agencies that come together to help adults in need. An adult in need of multiple community services – both physical and mental – will now encounter a stronger team of community resources thanks to new technology created by the commonwealth. When someone comes to us looking for help, they will never leave without the help they need.



No Wrong Door offers a virtual, single point of entry for accessing public and private health and human services for adults in Virginia. Leveraging technology and the VirginiaNavigator Resource Database, No Wrong Door assists collaborating organizations in working together more efficiently.

Communication, Referral, Information and Assistance (CRIA) is the technology tool that enables partnering public agencies and private providers to share real time, electronic referrals. CRIA facilitates secure information sharing between partnering service providers working on behalf of the individual, and during key times of transition. Partnering with No Wrong Door and the use of CRIA enables service providers to offer individuals more comprehensive options and increased access to community supports, while building a community record of the supports that they receive.



Community Partnerships

LYNCHBURG PROFESSIONALS GIVE BACK

Thanks to our strong partners in the community, the children at Horizon's Therapeutic Day Treatment Center had lessons in health and safety from some local experts. The first special guests were the men and women of station 7 with the Lynchburg Fire Department. You could see the excitement on the kids' faces as they toured the fire engine. The children were able to learn fire safety through the use of the department's smoke trailer. Each child received a backpack, pencils, magnets and a rubber bracelet reminding them of the special day they had with the fire department and the safety they learned.

Next up: Teeth. Dr. Peery, a local family dentist, came to talk to the children about proper oral hygiene, the importance of eating healthy and teeth cleaning habits. Each child walked away with a toothbrush, dental floss and toothpaste.

And who knows about children and health better than a principal? Mr. Blakely, the Principal of R.S. Payne Elementary School, generously donated two large punching bags to the students and encouraged them to alleviate excess energy with them. This is a great way for the children at Therapeutic Day Treatment to relieve stress and frustration in a safe and fun environment.

Horizon would like to thank all the wonderful community members that continue to take the time to educate and show love to our clients. Thank you for impacting these children in such wonderful ways.



Station 7 of the Lynchburg Fire Department let the students of Horizon's TDT take a tour



New Initiatives and Updates

Are we connected?

Horizon Behavioral Health is updating the community with valuable information several times a week! In fact, in the past year we have ramped up our social media presence. Stay tuned. Soon we will be using the newest in crowd speaking platforms. Join us on Twitter, LinkedIn and Facebook.



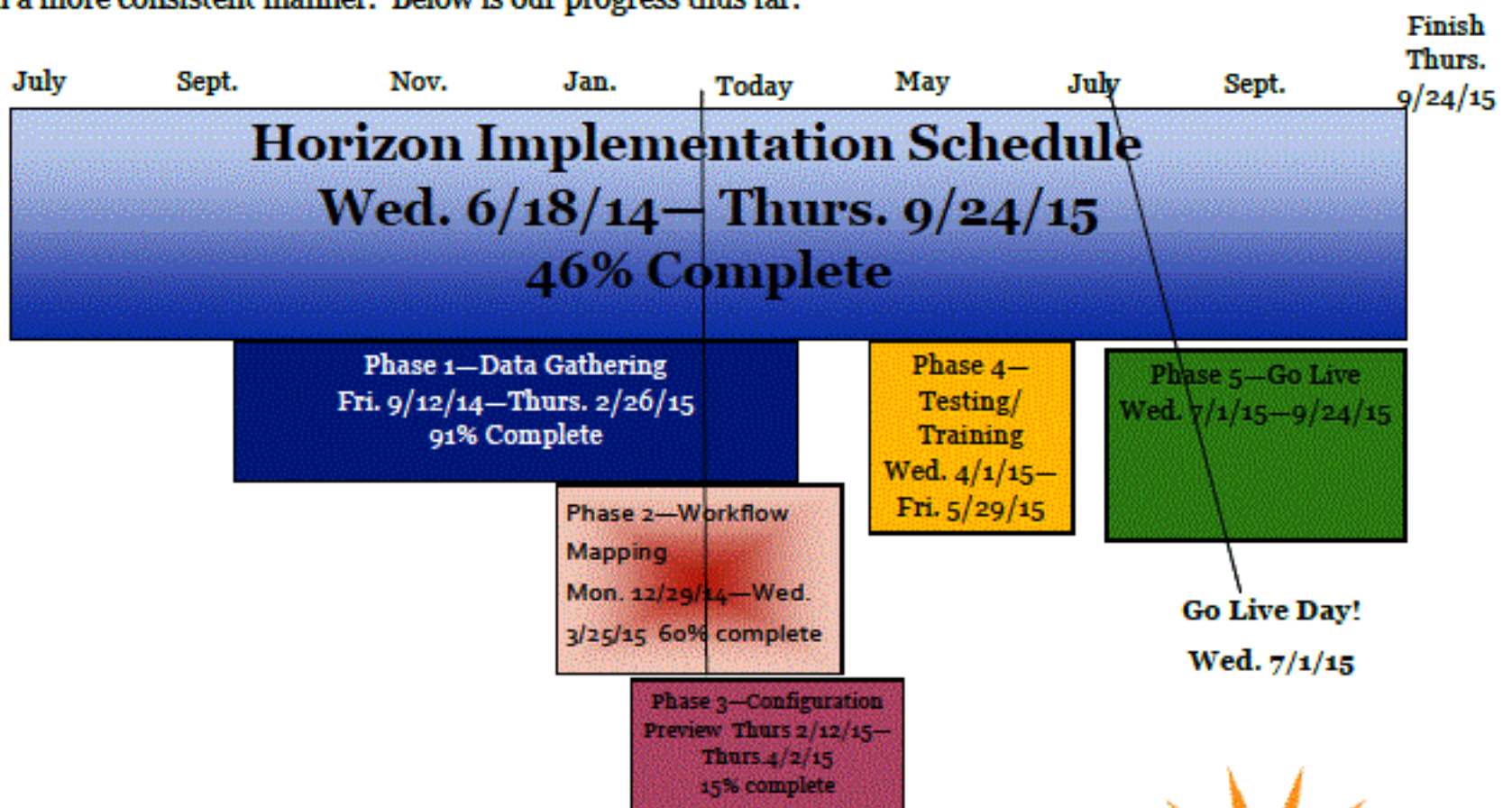
Professional Development Builds Leaders

CEO Damien Cabezas was on hand to congratulate the first set of graduates from our Clinical Supervision Class. Twelve Horizon employees completed the 20-hour, five-week course in February. Before Licensed Professional Counselors can provide supervision to others seeking licensure they need to have completed a graduate-level class in clinical supervision or 20 hours of continuing education. Counselor Educator Dr. Lisa Pleszkoch from Horizon's Bedford Wellness Center led the class.



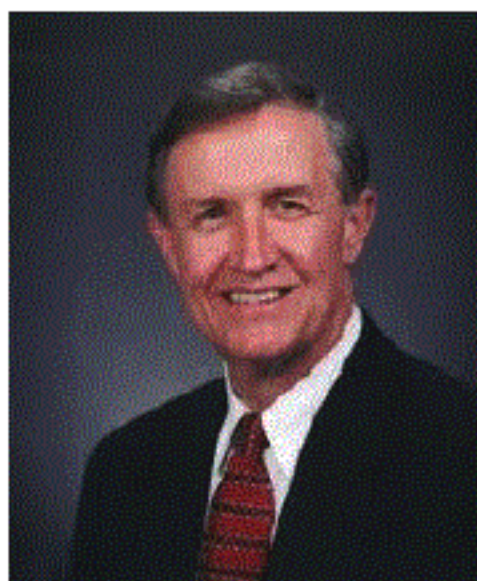
Horizon's New Electronic Health Record

Horizon will be implementing their new Electronic Health Record, Credible, on July 1. This new system will not only track our clients and their progress more efficiently, it will also give us great performance outcomes. We hope that the dashboard features of this new system will allow us to report the great work of our agency in a more consistent manner. Below is our progress thus far:



In Memory

Remembering Augustine “Gus” John Fagan



On February 27, 2015, Augustine “Gus” John Fagan, former executive of Central Virginia Community Services, left this world. He leaves behind his loving wife, Carmel, his daughter Maureen Frink and his grandchildren. Gus left a strong and memorable legacy of charity and good will.

Gus held degrees from Holy Trinity Mission Seminary, Catholic University of America and The College of William and Mary. He was also an ordained Trinitarian Priest. But his Horizon family will remember him best for the last 20 years of his career as a stalwart leader and inspirational beacon for the employees and clients of Horizon Behavioral Health.

During his time at Horizon, Gus expanded services for people with intellectual disabilities and mental illness by opening group homes in Lynchburg, and Bedford, Amherst, Appomattox and Campbell Counties. He also turned the old Courtland building in downtown Lynchburg into what is now known as the Horizon Wellness Center at Courtland – a mental health and substance use treatment center.

Among the multitude of community service awards, Gus received the Virginia Association of Community Service Board’s Outstanding Service Award, The ARC of Central Virginia Professional Award and a Commendation from the Virginia General Assembly (House Joint Resolution 543).

At Horizon, we will remember Gus as a faithful leader who made it his life’s work to provide behavioral health services to anyone in need. Thank you, Gus Fagan. You will always be a part of the Horizon family.



Horizon’s Administration Building was renamed in 2012



Horizon Job Openings

Horizon is Hiring! We are always looking for professionals to join our expanding team. Call Michael Johnson, Recruitment Coordinator, for more information or questions. To apply please click here (<https://careers.cvsb.org/careers.aspx>)

ACCESS AND INTAKE MANAGER

Position Details: The Access and Intake Manager in conjunction with the Director of Access and Intake, coordinates the intake assessment process. Also, provides clinical assessments for potential clients. Assists with community education with clinical issues. Supervises access/intake/admission clinicians

Minimum Requirements: Two years of experience as a licensed professional providing mental health services to adults in a clinical setting. One year of supervisory/managerial experience in a clinical setting is preferred. Valid driver's license is required.

DIRECTOR OF CASE MANAGEMENT

Position Details: The Director of Case Management will provide oversight to ensure effective and efficient management. Responsibilities include oversight of all Case management; case monitoring & care coordination services; case management supervisory staff; and a variety of related statistical and outcome reports.

Minimum Requirements: Licensure as a licensed professional counselor, licensed clinical social worker, or licensed clinical psychologist is required (LPC/LCSW/LCP). Minimum education as required by the relevant licensing board. A minimum of five years of progressively responsible clinical experience working with individuals with a mental health diagnosis as set forth by QMHP standards; at least two years of clinical experience must have been providing case management services; must have at least three years of managerial experience planning, developing and implementing relevant services and programs; or an equivalent combination of training and experience that provides the required knowledge, skills, and abilities.

DIRECTOR OF HEALTH

Position Details: The Director of Health will have broad programmatic responsibilities to include: ICF and Housing Services for individuals with intellectual disabilities, Nursing Services, and a residential mental health Crisis Stabilization and Medical Detoxification unit. This position will report directly to the Chief Clinical Officer. In addition, it will ensure quality services in all assigned programs as well as compliance with all applicable regulations.

Minimum Requirements: Licensed in the State of Virginia as a Registered Nurse, and a Bachelors in Nursing is required. Masters in human services or public health is preferred. At least two years of clinical experience must have been providing services in one or more assigned program area; must have at least three years of managerial experience planning, developing and implementing relevant services and programs; or an equivalent combination of training and experience that provides the required knowledge, skills, and abilities is required.

DIRECTOR OF THERAPEUTIC DAY TREATMENT

Position Details: The Director of School Based Services will provide oversight to ensure effective and efficient delivery of Horizon's Day Treatment services. Horizon proudly provides one of the state's largest Day Treatment program to Region 2000, including over 30 schools. This mental health program is both school based as well as providing an independent therapeutic environment. This enables the program to provide individualized mental, behavioral, and/or emotion health needs of school aged children.

Minimum Requirements: Licensure as a licensed professional counselor, licensed clinical social worker, or licensed clinical psychologist is required (LPC/LCSW/LCP). Minimum education as required by the relevant licensing board. A minimum of five years of progressively responsible clinical experience working with individuals with a mental health diagnosis as set forth by QMHP standards; at least two years of clinical experience must have been providing services in assigned program area; must have at least three years of managerial experience planning, developing and implementing relevant services and programs; or an equivalent combination of training and experience that provides the required knowledge, skills, and abilities.

EMERGENCY SERVICES—PROGRAM MANAGER B

Position Details: Responsible for the overall administration and oversight of the Emergency Services Team serving adults. This position will supervise the After Hours Emergency Services Clinical Coordinator, independent evaluators, crisis

intervention team, and emergency services clinicians. Will act as liaison to internal and external stakeholders, and will represent Horizon at a number of community meetings and conferences, up to and including the state level as required. In addition to managerial and supervisory responsibilities this position will provide back-up for pre-screening assignments, take calls 24/7 for case consultation.

Minimum Requirements: Four years as a LMHP (licensed clinical social worker, licensed professional counselor, licensed clinical psychologist) providing services to adults in a clinical setting; with at least one year providing emergency pre-screening services is required. At least two years of previous management/supervisory experience in a clinical setting is preferred. A valid driver's license is required.

EMERGENCY SERVICES—CLINICAL COORDINATOR FOR AFTER HOURS TEAM

Position Details: Provides supervision and oversight for the Emergency Services After Hours Team who perform emergency mental health and substance abuse services that will include voluntary/involuntary assessments; entry level assessments, including determination of initial service track for priority populations; emergency case management services to individuals admitted under temporary detention orders or rapid stabilization; mental health and/or substance abuse consultation to other agencies. Will provide first line back-up for after hours pre-screening assessments. Provides weekly supervision to staff. This position will report to the Program Manager B of Emergency Services.

Minimum Requirements: Two years as a licensed (LMHP) or licensed eligible (LMHP-E) professional (licensed clinical social worker, licensed professional counselor, licensed clinical psychologist) providing services to adults in a clinical setting; with at least one year providing emergency pre-screening services is required. At least one year of previous management/supervisory experience in a clinical setting is preferred. A valid driver's license is required.

EMERGENCY SERVICES—CLINICIAN, HOURLY ON-CALL

Position Details: This exciting position responds to area hospitals and our substance abuse center's needs for pre-screening needs. This position is provided a flexible schedule working nights and weekends.

Requirements: Licensed in the Commonwealth of Virginia as a licensed social worker (LCSW), or licensed professional counselor (LPC) is required. Must possess strong clinical assessment skills, crisis intervention skills, sound clinical judgment, as well as knowledge of available community resources. A valid driver's license is required.

EMERGENCY SERVICES—CLINICIAN, LMHP

Position Details: Rewarding position available providing emergency mental health evaluations and crisis intervention treatment to children, adolescents, and their families. Position will offer daytime, afternoon, and/or evening work schedule. The incumbent will provide mental health preadmission screenings for local, regional, and state acute psychiatric hospitals. Preadmission screenings may be performed at the Child and Family Center, local hospitals, the child's home, school, and community. Position offers free weekly Licensed Clinical Supervision and ongoing professional training.

Requirements: Licensed in the Commonwealth of Virginia as a licensed social worker (LCSW), or licensed professional counselor (LPC), and one year of clinical experience providing counseling services to adults in a clinical setting is required. A valid driver's license is also required.

CHILD PSYCHIATRIST

Position Details: We are seeking a Child Psychiatrist currently licensed in VA to work at our Child and Family Services Center. The physician will serve children with variety of mental health problems. Some hours may be working within community settings.

Child Psychiatrist should be able to perform psychiatric evaluation with assessment and create plan of care and treatment, working in close cooperation with case managers, and attend occasional meetings with the clinicians and case managers assigned to certain patients. On-call is not required.



Horizon Job Openings

Horizon is Hiring! We are always looking for professionals to join our expanding team. Call Michael Johnson, Recruitment Coordinator, for more information or questions. To apply please click here (<https://careers.cvcsb.org/careers.aspx>)

PSYCHIATRIST

Position Details: The Psychiatrist provides direct services to chronically mentally ill adults and dually diagnosed adults (mental illness, substance abuse, and/or intellectual disabilities). The Psychiatrist is responsible for providing psychiatric evaluations, consultations, and medication management services to adult clients in an outpatient clinic setting.

This position works Monday through Friday (8:30a-5p) with no on-call.

Position requires at minimum that the doctor be board eligible and board certified within five years of hire.

Horizon Behavioral Health offers a competitive salary with an excellent benefit package that includes medical, dental, and vision insurance; participation in the Virginia Retirement System; and the opportunity to participate in additional annuity plans; with a generous leave policy, new electronic health record system and e-prescriptions, and educational benefits. This position also offers reasonable work hours in a congenial work atmosphere.

PHYSICIAN ASSISTANT— CHILD AND ADOLESCENT POPULATION

Position Details: Needed to provide medical evaluations and mental health medical management across 8 community CSBs which includes telemedicine.

Experience with children and in behavioral health setting required. Applicants must be currently licensed in the state of Virginia. Position offers a competitive salary based on experience as well as a generous benefits package that includes participation in the Virginia Retirement System. A valid driver's license is required.

PHYSICIAN ASSISTANT—ADULT POPULATION

Position Details: Needed to provide medical evaluations and medication management for adult psychiatric and detoxification patients in a community residential short term setting serving Lynchburg City and the surrounding area.

Requirements: Must be currently licensed in the state of Virginia, available for on-call every other weekend rotation, and valid driver's license. Related psychiatric

work experience is highly preferred.

*Position may be eligible for tuition reimbursement through National Health Service Corp (NHSC)

NURSE PRACTITIONER—ADULT POPULATION

Position Details: Needed to provide medical evaluations and medication management for adult psychiatric and detoxification patients in a community residential short term setting serving Lynchburg City and the surrounding area.

Requirements: Must be currently licensed in the state of Virginia, available for on-call every other weekend rotation, and valid driver's license. Related psychiatric work experience is highly preferred.

*Position may be eligible for tuition reimbursement through National Health Service Corp (NHSC)

NURSE PRACTITIONER—CHILD AND ADOLESCENT POPULATION

Position Details: Needed to provide medical evaluations and mental health medical management across 8 community CSBs which includes telemedicine.

Experience with children and in behavioral health setting required. Psychiatric Nurse Practitioner preferred. Applicants must be currently licensed in the state of Virginia. Position offers a competitive salary based on experience as well as a generous benefits package that includes participation in the Virginia Retirement System. A valid driver's license is required.

DEVELOPMENT COORDINATOR/ GRANT WRITER

Position Details: This is a new position responsible for the development of a robust and sustainable fundraising program. Responsibilities will include developing and directing the fundraising program; identifying, cultivating, and soliciting prospects for donations. Work collaboratively with staff to establish and reach fundraising goals. Interact with the Director of Communications and Public Relations to collaborate with on necessary projects and resource allocation. Provide leadership for Horizon Opportunities (501(c)(3)). In addition, this role will function as a Grants Writer,

Horizon's New Website



COMING SOON TO A
COMPUTER SCREEN NEAR
YOU.....

The NEW www.horizonbh.org





Portfolio of Services

Case Management

Outpatient

Housing

School Based

Health

Psychiatric

Intensive

Emergency

Horizon Behavioral Health supports and promotes the health, independence and self-worth of individuals and families in Central Virginia by providing a continuum of community-based prevention, early intervention, aftercare and psycho-social rehabilitation services for persons affected by mental health, intellectual disabilities, substance abuse, and co-occurring disorders.

Call Horizon today to make an appointment!

434-477-5000

