



HORIZON NEWSLETTER

Vol. 1

Issue 3

Expanding access and hope one page at a time.

A Letter From Our CEO



The days will soon begin to shorten and autumn will be upon us. I wish to express my deepest gratitude to the Horizon team that worked so hard during the hot summer months in the communities we serve to ensure the needs of our consumers were met and for another successful summer camp for the children we serve in our school based services portfolio. I also want to thank our community partners, supporters, and parents who made the summer of 2016 a success. At the end of 2015, our goal was to strengthen the integration of the physical and mental health continuum for our clients and the communities we serve.

New Beginnings

They may not be done with high school yet, but now more than one hundred local children get a second shot at being successful. In late May they received a Certificate of Completion from Horizon’s Therapeutic Day Treatment Program. They were placed in the program because of severe behavioral issues that put them at risk of being removed from their schools. Horizon’s Therapeutic Day Treatment clinicians provided children the tools for success in a classroom setting.

Therapeutic Day Treatment addresses fundamental barriers to success like truancy, as well as misdirected anger and frustration. The program keeps them out of the hospital and detention setting and in their homes. At the end of the program (length varies depending on each student’s needs), students go back to their base school and achieve the success they never believed possible.



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CEO Letter (con't from pg. 1)

I'm pleased that discussions with community partners have been productive in the summer of 2016. For example, we are working on a health information exchange between Centra and Horizon for shared clients. This will enable the Horizon Case Management and Emergency Services teams to follow up with consumers quicker and better manage medication interaction.

In addition, OrthoVirginia and Horizon have partnered to address the increase in opioid addiction in our area. This partnership allows Horizon's clinical team to provide educational groups and clinical assessments at OrthoVirginia's Lynchburg location for patients that are developing an addiction to pain medication. Lastly, Blue Ridge Medical Services and Horizon are working closely together to provide primary care in the fall of 2016 on-site at Horizon's Amherst location. We are also developing a 15,000 square foot integrated primary care and behavioral health center in Appomattox. This integrated center plans to offer an on-site childcare program for clients who need this service during their appointment time. These very exciting initiatives are addressing many of the treatment limitations that have prevented consumers from accessing the mental health, intellectual disabilities, and substance use services they need.

The summer of 2016 also saw the launch of the CEO Challenge Campaign. Our vision is grounded by a commitment to health equity that includes social needs, as well as clinical needs. We aim to increase physical activity, nutritional education, wellness and stress reduction initiatives throughout Horizon for consumers and the Horizon team. Horizon has also become a member of Live Healthy Lynchburg and is interested in partnering with other community service boards and the public sector to help educate communities throughout Central Virginia on the importance of wellness and prevention.

I'm thankful for our skilled Horizon team who is saving lives and curing people. I'm also thankful to our community partners, supporters, and consumers that refer clients for services at Horizon or have the courage to seek guidance from Horizon. Together we can and will make recovery a reality for all!

With every best wish and kind regard,



Damien Cabezas, CEO, Horizon Behavioral Health

New beginnings (con't from pg. 1)

The May graduation was a first for the program, and CEO Damien Cabezas believes it's an important accomplishment to celebrate. "These children, their teachers and their counselors have worked very hard to prepare for success. School Board member Derrick Polley addressed the students and congratulated them on a job well done."

"We hope that this ceremony has a meaningful impact on students and their ability to succeed in the future." Lynchburg City School's Superintendent Dr. Scott Brabrand and school board member Derrick Polley addressed the students and congratulated them on a job well done.

The graduation also recognized Appomattox High School teacher Peggy Vorhees as the Teacher of the Year and Amherst High School's Dr. William Wells as Principal of the Year. In addition, outgoing Lynchburg Mayor Michael Gillette was honored for his work.

Maternal Substance Conference

Horizon Clinical Coordinator Rhonda Turner presented at the Cross Systems Collaboration Conference, a statewide conference to address maternal substance use. It was held in Charlottesville by the Department of Behavioral Health and Developmental Services in late June. Turner was part of a panel that discussed the success of the Lynchburg community's efforts to address opioid abuse in mothers. Her co-presenters included representatives from Centra, the Lynchburg Police Department and the Lynchburg Comprehensive Treatment Center. Their coordinated approach has allowed more women to receive comprehensive treatment from all three entities leading to better success in recovery.



Employee of the Quarter Rita Reilly, Supported Employment Manager

Rita Reilly has been a dedicated employee of Horizon for many years. She began as a Clinician for Hudson House. She was promoted to Vocational Coordinator and now her current position is Supported Employment Manager. She was instrumental in starting Horizon's Supported Employment (SE) program and getting it CARF accredited.

Each and every day, Rita provides a positive image of Horizon while working closely with area business such as Department for Aging and Rehabilitative Services, Job Corp, Goodwill, Sodexo, Centra Health, CVCC, Graves Mill Early Learning Center and MANY others. She welcomes all opportunities to educate the public about Horizon Behavioral Health.

Rita serves on the Employment First Advisory Council in Richmond and the Virginia Psychiatric Rehabilitation Planning Committee. She serves on numerous committees within the agency, such as Horizon's Events Council and the Grant Writing Committee. Rita is always volunteering and sharing her expertise and time to assist with agency events and functions. She goes above and beyond her job duties to benefit the agency and the individuals she serves. Rita believes in the mission of Horizon Behavioral Health. She is dedicated to her job, conveys hope, respect and believes all individuals she works with have the capacity for learning and growth.

Excerpts from submission



Addressing the Virginia Bar

Damien Cabezas, Horizon's CEO, was joined by Susan Davis, Associate VP for Student Affairs at the University of Virginia, Professor Richard Bonnie, Director of Institute of Law, Psychiatry, and Public Policy at the University of Virginia, and Jonathan Joseph with Christian & Barton, LLP at the Virginia Bar Association-126th Summer Meeting to present on Mental Health Crisis on Virginia College Campuses.





CEO Challenge

Our system of care is changing. When it comes to being reimbursed, we are going from a fee for service to a value based system. Our clients must show overall improvement in their health. That being said, we've always been focused on the continuing care and well-being of our clients. But the word "chronic" doesn't automatically mean that "improvement" is not possible. This is where the Horizon CEO Challenge comes into play.

In the public health community, over the past few years, there has been a lot of discussion around the phrase "social determinants of health." These can be the greatest predictors of health over a person's lifetime. As Horizon embarks on the CEO Challenge for health and wellness, it is important for us to keep these social determinants at the top of our mind.

Some of these determinants include where you are born, grow up, live, work and, lastly, your age. The vast majority of these determinants are shaped by economics, social policies and politics. We recognize that changes in these "determinants" are tough and not something that Horizon is readily capable of doing. But we can influence, encourage and support the healthy habits of everyone we touch – employees, clients and the community. The concept of Horizon's CEO Challenge is to create an environment that encourages healthy choices, making a ripple in the world of health that could eventually create a wave of change.

Over the next few months, we will lay out the different and exciting initiatives involved in this challenge. We know that all of you will enjoy them!

Applied Behavioral Analysis

Horizon Clinicians from our Intensive, Case Management and Emergency Services portfolios attended an Applied Behavioral Analysis training in May. It was provided by the Virginia Institute of Autism. Applied Behavioral Analysis is a technique used to promote skills in children with Autism. Horizon's professionals are always looking for ways to improve and enhance their skills.



Remembering Orlando

Horizon employees payed tribute to the victims (families and Lesbian, Gay, Bisexual and Transgender community) of the June 12th shooting at Orlando's Pulse Nightclub. Forty-nine balloons were released for the valued lives lost. Horizon CEO Damien Cabezas said "please don't let hatred win. Seek support from each other and offer support in return. Love really does conquer hate."

A Team Approach to Care

Expanding Effective Treatment for Traumatized Children

As a parent, watching your child suffer and heal from trauma is a painful and frustrating process. When it comes to mental health, healing the pain can take way longer than any scrapes or bruises. Horizon offers hope for both the child and parent (or caregiver) through a program called Trauma-Focused Cognitive Behavioral Therapy (TF-CBT). Overtime, the need for this treatment has grown. But the number of clinicians certified to provide the therapy hasn't increased at the same rate. Thankfully, Horizon has received some very good news.

The Department of Behavioral Health and Developmental Services has awarded the agency with \$70,000 to train 25 clinicians and four clinical supervisors in this treatment modality. These clinicians will also be able to teach other professionals how to administer this therapy.

By the fall, Horizon will have a team of clinician who are TF-CBT certified. This treatment has proven to be particularly effective in assisting children with Post Traumatic Stress Disorder. This therapy has also shown to significantly help children with affective (depressive, anxiety, etc.), cognitive and behavioral problems, while simultaneously helping parents with their personal distress, parenting skills, and supportive interactions. Horizon believes in therapy that helps the whole family, not just the client. TF-CBT will help arm parents as well as children to fight the effects of trauma and win.

Portfolio Updates

Success Stories

Admissions

Implementing Tele-Intakes

Thanks to the technology behind video conferencing, clients who live in the counties won't always have to visit Lynchburg for their assessment. We are now able to see more first-time clients where they live and are expanding that reach. New equipment will be set up in Amherst and Campbell Counties this year in order for our Lynchburg-based clinicians to conduct sessions over a secure video connection.

We are always here!

In just May alone, we connected nearly 800 people to the community resources they needed thanks to our Admissions Line. Both clients and community partners use this line to get answers to simple questions about social services and making an appointment at Horizon. If you need help, give us a call at 477-5000 between 8:30am and 5pm or after hours at 522-8191.



*Portfolio Director:
Jennifer Bondurant*

Intensive

Staying at Home

The goal of intensive services is always to keep our clients out of the hospital and in their homes – a more therapeutic and familiar setting. The numbers show that the programs in this service portfolio are working. Ninety-four percent of children in the Ambulatory Crisis Stabilization, the Crisis Intervention and the Intensive In-Home programs remained in their homes and with their families.

Kindred Homes

This program has provided Mental Health Sponsored Residential services to 17 adolescents in the past fiscal year. Eight of those teens have been successfully discharged from the program which means they are able to live with their families again.

Community Care

This past year 90 adults with severe mental illness were treated through Horizon's Program of Assertive Community Treatment (PACT). Each one of these adults has a history of acute and long-term psychiatric hospitalization. With the help of Horizon's PACT team, an average of only three clients per month had to be hospitalized for their mental illness. (con't pg. 7)



Portfolio Director: Tony Powell

My American Dream and the Journey To Make It Reality

By Francis Raj, Outpatient Program Manager

In July 1996, I came to the US with my family to live in Lynchburg and study at Liberty University. Six years later, after completing my BS and MA, I was interviewed by Horizon Behavioral Health (HBH) and offered a career as a Behavior Specialist earning \$9.00 an hour. With assistance from HBH, I was able to obtain an H-1B and H-4 visa and Green Card which made me a permanent resident of the US. Through this Green Card status my wife and our two sons also had the opportunity to go to college (LU). My wife obtained her RN-MSN and now works at Centra. Our two sons went to VCU in Richmond and obtained their college degrees and now work independently.

On July 15, I celebrated my 14 year anniversary with HBH and also on that day at 9:00am my family and I were sworn in at the United States Courthouse on Court Street to be naturalized as United States Citizens through our oath of allegiance.

I want to take this opportunity to give thanks to HBH for the many opportunities and the willingness to invest in me and my family - a family of immigrants from Malaysia in pursuit of the American Dream. My journey of attaining the American Dream involved many challenges including a one-time deportation due to the US Immigration Office's unexplained delay in processing paperwork. Looking back it was all worth it.

The dictionary gives a definition to "Horizon" as the line where the earth or sea seems to meet the sky. HBH – You have truly allowed me to reach for the sky from this earth and make my American Dream become a reality - and for that I want to say – THANK YOU – from the bottom of my heart.



Portfolio Updates (con't from pg. 6)

The Whole Family

In October of 2015, Horizon launched the Intensive Family Services at the request of regional children's service coordinators. To date 17 children and their families have participated in the program. This program, which brings intensive services to the homes of children with severe behavioral needs, teaches the children and the parents how to live and cope with difficult behaviors. The region has been very pleased with this service and the flexibility it offers to meet the whole family's needs.

Campbell Expansion



Our Campbell County office has expanded! Thanks to some internal renovations at our current site on Village Highway in Rustburg, we can now serve many more children and adults. Intensive services and children's outpatient services have more clinicians and offices, which means more people will be seen in their hometown, instead of having to travel to Lynchburg for services. Call 434-477-5000 to make an appointment.

Therapeutic Day Treatment Keynote Address

By Dai'Dieon Colemore

Dai'Dieon Colemore is a fifth grade student at TC Miller Elementary and gave the student keynote address at this year's Therapeutic Day Treatment Graduation.

Day Treatment helped me understand that I should do better so I don't get in trouble. It taught me to think before I act, be respectful, work hard, solve my problems, and communicate with others. Without day treatment my life at school would have been harder and bad and I would have ended up at an alternative school.

I want to tell other kids to be themselves and not act like other kids because if you are yourself then you'll have more friends but if you don't you won't have friends because when you misbehave people don't want to be around you and when you behave people want to be around you. I'm proud of all the students who are graduating day treatment and I'm thankful for all the people who helped get me here. And those people are most of all my mom, Mrs. Ignacia, Mrs. Emily, Ms. Tanee-sha, Mrs. Jamie, Mrs. Melissa, Mr. Jerry, Mrs. Kellie, Dr. Huskin, Mrs. Hudson, all of my teachers, my friends Jeremiah and Lareon-who are also graduating today- Mr. Chris, Dr. Murthy, Mrs. Mary and Ms. Susan.

Parents, this is a great program so recommend it to others.



SAVE THE DATE

March 24th 2017



Lynchburg College and Horizon Partner for PA Program

"I'm ready." Lynchburg College student Manny Garces is pumped to take his psychiatry exam on Friday. It's his final semester in the school's Physician Assistant (PA) Medicine program and he has just finished up his elective Psychiatry rotation with Horizon. Thanks to his four week experience at the agency, all of the pieces to the holistic health puzzle have finally fallen into place. "High blood pressure and heart rate...I just never understood what that had to do with mental health."

Manny is just the second student to take part in this newly formed partnership between Horizon and LC, but it's been in the works for months. "I saw the opportunity for Horizon to partner with Lynchburg College and I knew it was the right thing to do," says Damien Cabezas, CEO of Horizon. LC's PA program Medical Director, Dr. Dan Johnson agrees. "I think exposure is what is key here. Seeing what's out there."

During the four week rotation, these PA students are exposed to every aspect of behavioral health. From medication management to emergency services, they see it all. "You cannot disregard this. It is so important." Manny diligently observed and assisted clinicians and psychiatrists ten hours a day and learned that behavioral health is directly tied to physical health. He knows the importance of a holistic approach. He knows looking at the mind and body of a person could help solve the most mysterious of illnesses. Although he plans to go into cardiac medicine, he will take his Horizon experience with him.

Expanding Testing

Over the past year there has been a 40.5% rise in Virginians diagnosed with syphilis. Of those cases, 43% were found to be in people also diagnosed with HIV. Although these statistics are alarming, Horizon is partnering up with the Virginia Department of Health to become more proactive in detection and treatment.

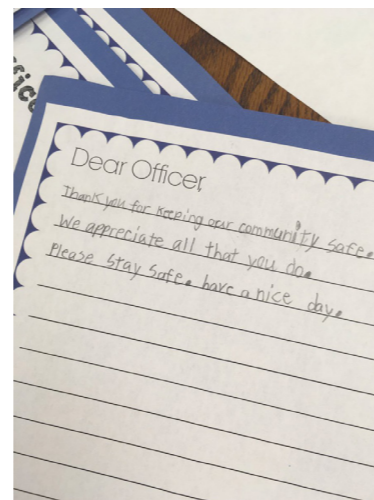
Starting this fall, Horizon's prevention team will offer free syphilis tests to the community as part of their health screenings. For several years, Horizon has been providing the community with free testing for HIV and Hepatitis C to increase awareness and decrease the spread of these diseases. For more information on these screenings call Rhonda Turner at 434-455-2079.

Summer Camp

Therapeutic Day Treatment (TDT) doesn't stop when school lets out for the summer. More than 300 children participated in our summer camp program. Throughout camp, students and staff were dedicated to Service Learning Projects. By the end of July, the elementary program was traveling to organizations throughout Lynchburg to distribute their projects.

The Lynchburg Police Department was the recipient of handmade thank you letters. The officers were so touched by the gesture that they contacted WSET to share the news and a story was aired featuring the project. Students also traveled to the Blue Ridge Food Bank to deliver items collected during an agency-wide food drive. Letters were delivered to Guggenheimer nursing home patients and the National Guard. The children also made "Butterfly Hugs" for cancer patients.

These projects brought joy to the TDT students as well. While in the midst of the project, one student commented that she was "enjoying doing something for someone else." Another gave rave reviews saying "this year was outstanding." They appreciated the guidance from Horizon's hard working clinicians, telling us "the staff are nice and they teach us stuff." The staff hope that the joy of this project leaves a lasting impact on these children and inspires them to continue giving back for years to come.



COMINGS AND GOINGS

WELCOME NEW TEAM MEMBERS

Say hello to Horizon's newest employees. In the past quarter, these professionals have joined our team.

Welcome to all!

Jamie Burnett, Credentialing Specialist, Billing Department

Holly Fleshman, Eligibility Specialist, Billing Department

Walter Scott, Jr., Nurse, Horizon Wellness Center @Langhorne

Cassandre Foster, Case Manager, Horizon Wellness Center @ Langhorne

Carrie Koscielny, Clinician – LMHP-E, Horizon Wellness Center @ Langhorne

Hendi Rodriguez, Administrative Assistant, Fagan Building

Robin Glass, Residential Technician, Horizon Home @ Altavista

Cindy Eagler, Case Manager, Horizon Wellness Center @ Bedford

Gavin Chadwell, Clinician, Horizon Wellness Center @ Amherst

Kathleen Kiger, Clinician, Horizon Wellness Center @Bedford

Annika Webber, Financial Interview Specialist, Horizon Wellness Center @ Bedford

Alyssa Singh, Administrative Assistant, Horizon Wellness Center @ Bedford

Heather Sharpe, Nurse, Horizon Wellness Center @ Court Street

Brooke Middleton, Case Manager, Horizon Wellness Center at Landover

Genesis Marichal, Administrative Assistant, Horizon Wellness Center @Langhorne

Callee Snell, Clinician, Horizon Wellness Center @Langhorne

Viviana Romero, Financial Interview Specialist, Horizon Wellness Center @ Langhorne

Renee Nauful, Nurse, Horizon Wellness Center @ Langhorne

Roll Against Stigma

Bocce Tournament

October 15th, 2016

11 am - 4 pm

Riverfront Park

1100 Jefferson Street

Lynchburg, VA 24504

Drinks • Music • Food Trucks • Kids Activities

Register in advance to play

**Tickets to watch can be bought in advance or
at the gate.**

<http://horizonbocce.eventbrite.com>



Presented by:

