IN THE LOOP
Keeping Horizon Up To Date Since 2016

January 2017

What you need to know this month...

CEO/ Wellness Challenge

CEO Appoints New Wellness Coordinator

Januwaa "Jan" Davis is ready for the challenge

Jan Davis is a native of Lynchburg but has strong roots in Philadelphia, PA. Jan earned her Bachelor’s Degree in Psychology from Liberty University and has been working in Prevention with Horizon for the past 16 years.

Jan currently serves on several community coalitions that address prevention in our community. She is a nationally certified FAST Trainer, Youth Mental Health First Aid Trainer, Bridges Out of Poverty trainer, and Getting Ahead trainer. Her vast knowledge, experience and passion for Prevention and Behavioral Health Wellness has uniquely prepared her to carry out the vision of the CEO/ Wellness challenge and to develop an outcome based wellness plan for Horizon Behavioral Health.

In her new role Jan will partner with the CEO to ensure the smooth implementation throughout Horizon of programs and initiatives associated with the CEO/ Wellness Challenge. For our clients, Horizon Behavioral Health hopes to increase overall health by addressing the Social Determinants of Health. Currently, this includes ensuring full participation and maintaining a calendar in nutritional education. Some of Horizon’s programs are already integrating physical activity. Jan will take some of those best practices and scale them across the agency. With this initiative, Jan will develop baseline data to track client progress. For our staff, Jan will maintain our new exercise calendar. Classes in mindfulness are now being offered (see schedule below). She will ensure that they continue indefinitely.

But that’s not all! Jan will conduct needs assessments in each locality we serve in order to get a better picture of the needs of our clients and the health disparities they face. Additionally, our CEO has nominated Jan to be part of the National Counsel’s Addressing Health Disparities Leadership Program. This program focuses on developing leaders who will guide community discussion on health equity, the social determinants of health and strategy to eliminate disparities. This is a highly competitive program with only 30 spots granted out of thousands of applications. We will know if she has been chosen at the end of January.

CEO/ Wellness Challenge Timeline

Here is what the committee has helped to accomplish in 2016

July
- All treatment plans now include an element of wellness
- Junk food replaced with healthier options in all Horizon vending machines

September
- Health fair for Horizon employees
- Horizon begins social media campaigns: “Motivation Monday” & “Fit Tip Friday”

October
- Free yoga classes for Horizon employees begins

November
- YMCA Partners with Horizon to provide discounted membership to full time employees
- Free low impact aerobics class for Horizon employees begins on Horizon campus
- Selected a Wellness Coordinator to partner with CEO to execute the vision of CEO/ Wellness challenge
HEALTH FAIR SUCCESS
Taking time to take care of yourself

We all get busy juggling hectic schedules. Between work, family and other important tasks, sometimes we put our health aside because we are simply “too busy.” Take our Chief Operating Officer Andre McDaniel, for example. He had cataracts but just didn’t have the time to make an appointment for surgery, let alone time for the surgery itself. He had been postponing it for months. Thankfully, Horizon’s recent health fair was the push he needed to get it done. He was able to schedule it at the fair with his eye doctor and the surgery was completed a few weeks later.

The health fair was a great chance for many other Horizon employees to take a timeout to check on their health. Employees were also able to easily access the names of health providers and wellness opportunities around Central Virginia. Our health is something that we can’t be too busy for! Dates for the next Horizon Health Fair will be released shortly.

YMCA BENEFITS FOR FULL TIME EMPLOYEES

Horizon is now offering a discounted membership to the Central Virginia YMCA to all regular, full time employees who enroll and agree to pay membership fees through monthly payroll deduction.

The membership is for the Central Virginia YMCA, which includes the Jamerson Y on Enterprise Drive, the Downtown Lynchburg Y on Church Street, and the Y Express on Old Forest Road. You may use your membership at any Y in Virginia or North Carolina. But to maintain the discount, 50% of your usage must be logged at one of the Central Virginia Y locations.

The total discount is 20% off of the Adult membership – the Y is giving a 10% discount and Horizon Behavioral Health is matching with an additional 10% discount. The follow are the discounted monthly membership fees:

- Adult $36.80/month
- Couple $58.80/month
- Family $65.80/month
- Active Adult (age 65 or older) $34.40/month
- Active Adult Family $58.40/month

"Family" is defined as 2 adults living in the household and any dependent children. Children that have graduated and are no longer in school/college or any additional adults living in the household are charged $20/month per adult to be included on the family membership. Children that remain in school through the age of 23 are not charged an additional rate. Proof of residency and school enrollment may be required to be added onto a family membership.

The membership has a 30-day cancellation notice requirement. You must give the Y notice of your intent to cancel by the 7th of the current month or you will be charged a membership fee for that month.

To help you start 2017 off on the Wellness path, the Y is offering a special. If you enroll in January the fee for that month is only $1, as long as you pay for the month of February at the time! This $1 promotional offer only applies to new memberships.

Here is the procedure to register for a Central Virginia YMCA membership.

- Go to one of the Central Virginia Y locations and show your Horizon employee ID. Ask for the employee discount.
- The $50 enrollment fee is waived for eligible employees and the discount will be applied to your monthly fee.
- During your enrollment, you will be asked to sign a payroll authorization form that authorizes Horizon to deduct your monthly member fees from your pay. However, The Y personnel will require you to pay any partial month membership fees at the time of enrollment. The first payroll deduction will begin in March 2017.

YOU ARE INVITED TO THE BEST SHOW IN TOWN!

Tickets are $40 for non-managerial staff.

All other tickets can be purchased for $60 by going to our website www.horizonopportunities.org or by submitting a check to Sandy Farmer (c/o Horizon Opportunities, Inc.).

There will be local talent, a live auction, delicious dinner and celebrity judges.
**CLINICAL UPDATES**

**“TRADITIONAL” INTENSIVE IN-HOME ENDING**

Horizon's Intensive Services will no longer offer "traditional” Intensive In-Home Services. However, we will continue to provide Intensive Family Services, court involved in-home treatment, and Intensive In-Home Services as a stepdown from Kindred Homes. If you have clients who are in need of Intensive In-Home Services, and they have Medicaid, see the Magellan information below to seek local private providers. For individuals who do not have Medicaid, Intensive Family Services may be an option, or they can be presented to their local Family Assessment and Planning Team for alternative treatment opportunities.

You can find providers on the Magellan website: www.magellanofvirginia.com/
Select provider search. If the internet is not available then call 1-800-424-4046.

**COMING SOON: IAACT**

With the elimination of the VICAP program, the implementation of Independent Assessment, Certification and Coordination Teams (IACCT) comes at the perfect time. These teams, certified by DMAS, will assess the needs of each Medicaid eligible youth referred by Magellan, to determine the appropriate level of care and, if appropriate, to certify medical necessity for residential treatment services, as dictated by the Community Mental Health Rehabilitative Services Manual.

The IACCT is essential in ensuring the most clinically appropriate, least restrictive setting, and that care is provided in a manner that best suits the needs of each youth and family. The IACCT will also ensure family engagement in the decision making process and throughout the course of treatment.

While this initiative was originally slated to take effect on January 1, it has been delayed. However, Horizon will continue to move forward in preparation. We will keep you posted on an implementation date.

**GENOA UPDATE**

Did you know that we have a pharmacy on site at the Wellness Center at Landover? You can use it to fill YOUR prescriptions. This pharmacy is open to all clients and employees. All Horizon doctors should be using this pharmacy to fill client prescriptions. If you need more information please call the pharmacist Sarah Switzer at the Horizon Wellness Center at Landover. Additionally, we are expanding the pharmacy services! A pharmacy technician from Genoa will begin working at the Wellness Center at Bedford in the next few weeks. This means clients and staff at this location can have all their prescriptions filled the same day.

**WORKOUT AT WORK**

Thanks to the CEO/Wellness Challenge Committee you now have wellness opportunities during and after work at Horizon! All staff and their family members (ages 12 and up) are welcome to participate, free of charge. If you or someone you know might be interested in hosting a class, please let Jan Davis know (Januwaa.davis@horizonbh.org)

**MINDFULNESS (all classes are from 12:15 pm —1pm)**

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<tr>
<td>HWC@Langhome</td>
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<td>Sherrri Walker-Thacker</td>
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<td>(Group Rm E)</td>
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<tr>
<td>HWC @ Amherst</td>
<td>Wednesdays</td>
<td>Christina Ferrell</td>
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<td>HWC @ Courtland</td>
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<td>Francis Raj/ Marianne Powell</td>
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**COMING SOON:** YOGA, ZUMBA! (look for details in email and In The Loop)
OTHER REMINDERS AND ANNOUNCEMENTS

LU BENEFITS REMINDER

Liberty University is pleased to provide all Horizon Behavioral Health employees and spouses the following benefits for any online degree program:

- $50 application fee waiver
- 15 percent tuition discount* toward any degree program
- Military Benefits (for active duty, reserves, veterans and spouses)
- Life experience credit / Transfer credit
- Free Microsoft Office 365

Personal representative at Liberty for your Human Resources office and employees Liberty features more than 200 online programs — all of which provide a flexible, eight-week format.

To find out more about Liberty, please visit www.LUOnline.com/HorizonBehavioralHealth or call an admissions consultant at (855) 466-9215.

If you are a current Liberty student, please contact Sabrina Bailey (sbailey@liberty.edu), LU Education Development Coordinator, to have the tuition discount* applied to your account for future classes.

WHO IS MY SUPERUSER?

Here is the latest SuperUser List. Don’t forget they are a great resource for all of your Credible questions and concerns!

 INFORMATION TECHNOLOGY
 Gloria Drake
 Melvin Pribble

 DATA ANALYST
 Krisann Taylor

 TALENT MANAGEMENT
 Tamar Wardlaw

 HEALTH INFORMATION MANAGEMENT
 Sharon Mayhew

 ADMINISTRATION
 Angel Wood

 FINANCE
 Dammy Onafowokan

 REIMBURSEMENT
 Niki Arnold

 FINANCIAL ANALYST
 Rhonda Castagne

 INTENSIVE SERVICES
 Andrea Davis (Campbell)
 Tony Powell
 Gernie Hodge (PACT)
 Ashley Bailey
 Alicia Saunders (Kindred Homes)
 Kathleen Kiger (Bedford)
 Tonja Stewart (Bedford)
 Erin Evans (Amherst)
 Alva “AJ” Harold (Lynchburg/CS)

 CASE MANAGEMENT
 Emily Simonton (Campbell)
 Jessica Loyd (Landover)
 Markieta Torrence (Landover)
 Denise Doyle (ID)
 Ellen Yopp (Bedford)
 Elizabeth Ball (Landover/Amherst/Appomattox)
 Jessica Revay (Langhome/Campbell)

 REGION 1
 Christel Hammett

 DOCTORS
 Dr. Jaime Bamford

 NURSING
 Crystal Hicks (Langhome)
 Erin Goins (Langhome)
 Elizabeth “Alex” Jaxheimer (Landover)
 Trainers:
 Megan Gilliam (Langhome)
 Donna Minney (Langhome)
 April Robertson (Bedford)

 EMERGENCY SERVICES
 David Edmonston (Courtland)
 Chad Hatchel (Langhome and Landover)

 OUTPATIENT
 Sherri Walker-Thacker
 Lesli Sedwick (Langhorne/Campbell)
 Jennifer Smith Ramey (Langhome)
 Marianne Powell (Courtland)
 Christina Ferrell (Amherst)
 Amanda Winebarger (Bedford/Appomattox)

 ADMISSIONS
 Jennifer Bondurant
 Amber Duff

 HOUSING
 Amy Ferguson
 Ann Burroughs

 CS/DETOX
 Regina Fitzgerald (RTs/Clinicians)
 Jennifer Crawford (RNs)
 Trainers:
 Carl Mack (3rd Shift)

 THERAPEUTIC DAY TREATMENT
 Camika Bailey
 Trainers:
 Kim Turner
 Shana Harvey
 Jenn Switzer
 Grace Petty