HORIZON IS CARF ACCREDITED

IT’S OFFICIAL! Horizon Behavioral Health (and all of its programs) is now accredited by the Commission on Accreditation of Rehabilitation Facilities (CARF) International. This three-year accreditation is the highest level of accreditation that can be given to a behavioral health organization. According to the outside accreditation team, Horizon demonstrated a commitment to offering programs and services that are measurable, accountable, and of the highest quality. Specifically, the surveyors were impressed with Horizon’s commitment to continuous quality improvement in programming and facilities, its dedicated staff members who “take obvious pride in their work and the many accomplishments of clients,” the staff’s average tenure, and the organization’s “high quality” programming.

A big thank you to everyone who took part in the process!

EVENTS ON THE HORIZON

MARCH 24
5:30 - 8:30 p.m.
Horizon’s Got Talent
Horizon Therapeutic Day Treatment Center
Tickets available: Horizonopportunities.org/events

MARCH 30
12:00 p.m.
Ribbon Cutting: Expansion of Residential Substance Use Services
Horizon Wellness Center at Court Street

APRIL 8
8 a.m. - 8 p.m.
Lynchburg Community Care Collaboration
Salvation Army (across from Miller Park)

APRIL 26
8:30 a.m.—Noon
Bring Your Child/ Pet To Work Day
Children 5 and older are welcome to participate. Welcome reception at 8:30 a.m. at Horizon Therapeutic Day Treatment Center.

MAY 18
5:00 p.m.
Therapeutic Day Treatment Graduation
Horizon Therapeutic Day Treatment Center
All are welcome!

SEPTEMBER 14
9 a.m. - 12 p.m.
National Recovery Month Partnership Conference
Eagle Eyrie
All are welcome!
REMINDER: #ENCRYPT YOUR EMAILS TO EXTERNAL RECIPIENTS

Reminder: Please do not send unencrypted email that contains clinical information to people outside of Horizon. This mistake could lead to dire consequences for both you and Horizon. Below are instructions to help you encrypt your emails. Please print and place near your computer as a reminder to ALWAYS encrypt emails going to people outside of Horizon.

Sending encrypted email messages from Outlook:

1. Create a new email message as you would normally and write your message
2. If you have any PHI in your email to someone outside of Horizon, then you must include the #encrypt in your subject line.
3. Send your message as you normally would.

PLEASE NOTE: All email sent to a Horizon email address (@horizonbh.org) is encrypted already, so you do not need to worry about including #encrypt in your message.

HOW DOES THE MAGIC HAPPEN? (If you are curious read on!)

Our system reads the #encrypt in your email message and directs it to a separate function that encrypts the email, sends it to a secure server on the Internet, then sends the intended recipient an email message like the one below (see Example Email) with the Subject line, "You have a new encrypted message from email.sender@horizonbh.org." The message instructs them to "click here" to log into the secure server (Barracuda Message Center) to read the email message. Once they click on that link, they will be connected to the secure server. The system will automatically create an account for them on that server using their email address, and when they connect it will prompt them to create a password for their account.

** It is important that they know that the password must be a “strong” password: a minimum of 8 characters, an uppercase, a lowercase, and a number.

Once they have set up a password, they can use that to log in to future encrypted emails you send them. They can also reply to your messages from within the secure Barracuda email system.

IN THE SPOTLIGHT

GLORIA FRY

Gloria Fry has been extremely passionate about music her entire life. She grew up in Raleigh, NC, where she was heavily involved with her local theater, sang competitively, and performed all over the Raleigh area. She decided to attend Liberty University and since then has performed with the LU Theatre Department and professional company, Alluvion. Gloria loves nothing more than to share her love of music with others and will continue her pursuit of the entertainment business after college.

To see Gloria perform at Horizon's Got Talent get your tickets today at Horizonopportunities.org/events
As part of the CEO/Wellness Challenge, Horizon Behavioral Health is sponsoring the American Heart Association’s Lynchburg Heart Walk. The event will be held on Saturday, April 22nd at Peaksview Park. We are sponsoring this event because we care about your health and wellness, as well as the health and wellness of the communities we serve.

Join the 1 Horizon Team
We hope that you consider joining the 1 Horizon Team and plan to wear our Horizon t-shirt. Information about how to order a shirt will be coming soon.

Go To: www.lynchburgheartwalk.org

Click: Register to walk
Click: Join a team
Click: Join as a new participant
Click: Search for a team
Find: 1 Horizon
Click: Join

Next: Continue to follow the 5-step registration process. You will be asked about your specific fundraising goals. It is your choice if you choose to fundraise for the American Heart Association. However, it is not required.
HORIZON EMPLOYEE SELECTED FOR NATIONAL PROGRAM

Congratulations to Januwaa Davis, Horizon’s Wellness Coordinator, on being selected to participate in the National Council for Behavioral Health’s 2017 Addressing Health Disparities Leadership Program! Januwaa was one of only 35 participants chosen out of more than 120 applicants. This 10-month program focuses on developing leaders who will facilitate community discussions on health equity, the social determinants of health, and strategies to eliminate disparities. Look for more from Januwaa in the coming months as she begins developing strategies to help Central Virginia and Horizon Consumers become healthier.

YMCA FINANCIAL HELP

Financial assistance is available for consumers and Horizon employees not eligible for the employee discount at the YMCA of Central Virginia. You can find out if you are eligible for financial assistance by filling out the YMCA’s financial scholarship application. Once the application is approved, the scholarship is good for one year at a discounted rate, with the option to reapply annually. There are no restrictions with this membership which means that you would receive the same benefits as anyone that pays the full price. If you have any questions you can contact YMCA Membership Director Jennifer Richardson at (434) 847-5597. You can download the application here: https://horizonbh.org/mental-health-care-in-lynchburg-virginia/ceo-challenge/ymca-scholarship/

WELLNESS AND EXERCISE CLASSES

The following classes are available for Horizon staff and their family members 12 years old and up. Unless otherwise specified, these classes are FREE! If you or someone you know is interested in facilitating an exercise class please contact Januwaa Davis at Januwaa.Davis@horizonbh.org.

LIGHTWEIGHT EXERCISE

Every Tuesday 5:30—6:30pm
Location: Therapeutic Day Treatment @ Old Forest Road

ZUMBA!

Every Thursday 5:30—6:30pm
Location: Therapeutic Day Treatment @ Old Forest Road

MINDFULNESS

<table>
<thead>
<tr>
<th>DAY</th>
<th>TIME</th>
<th>LOCATION</th>
<th>INSTRUCTOR</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>12:15—1pm</td>
<td>HWC@Bedford</td>
<td>Lisa Pleszkoeh</td>
</tr>
<tr>
<td>Wednesday</td>
<td>12:15—1pm</td>
<td>HWC@Langhorne</td>
<td>Sherry Walker-Thacker</td>
</tr>
<tr>
<td></td>
<td></td>
<td>(Group Room E)</td>
<td></td>
</tr>
<tr>
<td>Wednesday</td>
<td>12:15—1pm</td>
<td>HWC@Amherst</td>
<td>Christina Ferrell</td>
</tr>
<tr>
<td>Wednesday</td>
<td>12:15—1pm</td>
<td>HWC@Campbell</td>
<td>Berkeley Holston</td>
</tr>
<tr>
<td>Thursday</td>
<td>12:15—1pm</td>
<td>HWC@Court Street</td>
<td>Francis Raj/ Marianne Powell</td>
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