IN THE LOOP

Keeping Horizon Up To Date Since 2016

May 2017

What you need to know this month...

Residential Recovery Residence for Women NOW OPEN

Our recovery residence for women on Denver Avenue officially opened for service on May 1. It is a six-bed residence that provides stable housing and continued treatment for consumers who are: (a) referred from other providers or community service boards or (b) discharged from Horizon’s medically supervised detoxification program. While women stay in this home, they will have 24/7 support in a structured but relaxed home environment. They will learn life skills, volunteer in the community, and take guided steps toward full independence. They will also be provided with transportation to and from treatment at a Horizon Wellness Center. Regina Fitzgerald is the Program Manager.

We sent out a press release to local media and also posted information on our website and social media sites to spread the word. To access services, please contact Admissions at 434-477-5000 (8:30 a.m. to 5:00 p.m.) or 434-522-8191 (after-hours emergency).

New Front Desk Emails

We have new email boxes for the front desk locations which should be used for requests for doctors’ appointments and requests to schedule conference rooms.

Langhorne Wellness Admission Admins:
LanghorneAdmissionAdmins@horizonbh.org

Langhorne Doctor Clinic:
LanghorneDoctorsappt@horizonbh.org

Langhorne 2nd Level Front Desk:
Langhorne2ndLevelFrontDesk@horizonbh.org

Landover Front Desk:
LandoverFrontDesk@horizonbh.org

Court Street Front Desk:
CourtlandFrontDesk@horizonbh.org

Appomattox Front Desk:
AppomattoxFrontDesk@horizonbh.org

Campbell Front Desk:
CampbellFrontDesk@horizonbh.org

Bedford Front Desk:
BedfordFrontDesk@horizonbh.org

Amherst Front Desk:
AmherstFrontDesk@horizonbh.org
EVENTS ON THE HORIZON

May 31
9 a.m.-11:45 a.m.
Biometric Screening
Optima will at the Wellness Center at Langhorne in the Training Room
See the CEO/Wellness section of In the Loop for sign-up details.

June 2
10 a.m.-12 p.m.
Strategic Alliance Forum
Therapeutic Day Treatment Center (Old Forest Rd.)
Presentation, discussion, and open house for insurance carriers.

June 4
6-9 p.m.
FASTWorks End of Year Celebration
Miller Park

June 10
8:30 a.m.-12 p.m.
Strategic Alliance Forum
Therapeutic Day Treatment Center (Old Forest Rd.)
Presentation, discussion, and open house for insurance carriers.

June 16
8:30 a.m.-4:00 p.m.
James River Community Collaborative Resource Fair
E.C. Glass High School
Contact Tecca Wright to volunteer to be at our booth.

June 2
9 a.m.-11:45 a.m.
Biometric Screening
Optima will at the Wellness Center at Langhorne in the Training Room
See the CEO/Wellness section of In the Loop for sign-up details.

June 6
1-5 p.m. & June 7
(8:30 a.m.-12:30 p.m.)
All Staff Meetings
Therapeutic Day Treatment Center (Old Forest Rd.)
Select which day you will attend in myLearningPointe.

June 29
9 a.m.-1 p.m.
Forest Lions Club Back to School Health Fair
Salvation Army
We will be conducting HIV testing again this year and will have an information booth as well.

Horizon Team Members Celebrate Graduation

Congratulations to two of our Emergency Services team members, Rebecca Wonderley and Nicole Taylor, for graduating from Liberty University. Rebecca received her Masters in Clinical Mental Health Counseling and Nicole received her degree in Criminal Justice, with a focus on Criminal Psychology.

If you have exciting news to share, please let the Communications Team know and we may add it to an upcoming edition of “In the Loop.”
May is Mental Health Month

It’s Mental Health Month! Join us as we share information and promote the importance of mental health care. Our website has an entire section dedicated to information on “risky business” – the national theme from Mental Health America.

Several times during the week, Horizon is sending messages via our social media accounts (Facebook, LinkedIn and Twitter). Topics include “Mindful Monday,” “Risky Business Wednesday,” and “Fit Tip Friday.” Discover and share this great information! We also have a weekly blog on our website being written by Horizon clinicians who are tackling the signs and symptoms of mental illness and how to talk about these issues with your friends and family.

We want everyone to know how to advocate for removing the mask people hide behind, fighting the stigma that prevents people from pursuing treatment, and encouraging people to seek help for mental illness.

Horizon representatives were at Sam’s Club on Wards Road in Lynchburg as well as Bank of the James Main Street location handing out information on mental health and collecting donations for the treatment of those who cannot afford it.

Wear your green ribbon this month to show your support!

Horizon’s Disaster Response Team
Looking for Participants

You may be aware that the Commonwealth of Virginia assigns community services boards, by code and the Performance Contract, the responsibility of being the mental health lead in times of local community disasters. Since 2007, beginning with the Virginia Tech tragedy, our organization has been an active and visible partner responding to disasters and other crisis events locally and in neighboring communities.

The Horizon Disaster Response Team has developed into a focused, experienced and crucial resource. We responded to the aftermath of tornadoes, wind-walls, natural gas pipe explosions, train derailments, ice storms, shooting deaths, suicides and accidents leading to death in our community (including schools). Additionally, we have participated in a variety of events known as tabletops and exercises with the regional airport and emergency management.

Our response is guided by a national standardized model of response which is required by all response agencies. Our team members are required to complete training that includes disaster crisis intervention, special population training, psychological first aide, and specific online courses referred to as National Incident Management System (NIMS) trainings in order to remain on the Team.

JOIN THE TEAM

We are looking for 5-8 additional staff to join our Disaster Response Team.

To be part of this valuable team, consider this:

1) I have finished my 6-month probationary period with Horizon;
2) My supervisor approves my participation on this team;
3) I agree to take the required courses, attend quarterly Team meetings and participate in outside community response exercises;
4) I agree to respond as part of the Team when disasters and events occur; and,
5) I have a passion to help my community in this way.

If you are interested please call Beth Ludeman-Hopkins at 434-455-3435 or Ext. 184.
Referral Bonus

Receive up to $1,000 for referring potential employees to Horizon in these job classes:

- Licensed Clinicians and/or Licensed Eligible Clinicians for vacant positions in Emergency Services, Intensive Services, Access, and Outpatient Services
- Certified Substance Abuse Counselor (CSAC)
- Psychiatrist
- Psychiatric Nurse Practitioners
- RNs

Here is how it works:
If you refer someone in one of the above categories and that person is hired, you will be paid $500 on the pay date of the month following the month the referred employee completes six months of employment with satisfactory job performance.

BUT WAIT, THAT’S NOT ALL! You will receive an additional $500 if the employee you referred stays on for a whole year (to be paid on the pay date of the month following the month the referred employee completes his or her 12 months of employment with satisfactory job performance).
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

PARKOUR (aka Yamakasi)

Every Friday 12:15—12:50 p.m.
Location: 620 Court St. (Courtyard—at meet at the IOP room right next to reception)
Instructor: Jeff Pulmer

Parkour is like running an obstacle course through the city, utilizing existing curbs (balance), railings and walls (climbing), jumping over bike racks, whatever the leader decides to navigate that particular day. It’s like follow the leader; everyone is encouraged to do only what they feel safe and comfortable doing.

MINDFULNESS

DAY TIME LOCATION INSTRUCTOR
Monday 12:15—1pm HWC@Bedford Lisa Pleszko
Wednesday 12:15—1pm HWC@Langhorne Sherryl Walker-Thacker
Wednesday 12:15—1pm HWC@Amherst Christina Ferrell
Wednesday 12:15—1pm HWC@Campbell Berkley Holston
Thursday 12:15—1pm HWC@ Court Street Francis Raj/ Marianne Powell

Lynchburg Heart Walk

The Horizon Team had approximately 50 members at the Lynchburg Heart Walk! The event raised more than $60,000 for the American Heart Association. As poor mental health can lead to heart disease, Horizon was on hand to emphasize the importance of mental health in maintaining overall cardiovascular health. We sponsored the Miracle Mile (first mile of the walk), where signs lined the path stating various heart healthy facts and motivational statements to keep walkers encouraged.

Check out Horizon Team Sports!

Horizon’s Laser Tag team wrapped up its first season! The team of 10 included 8 employees and 2 friends. Interested in more information? Januwaa Davis is looking for people interested in forming Kick Ball and Flag Football teams for the fall.

CEO/ WELLNESS CHALLENGE (continued)

Click to see a slide show

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Coming in June: Line Dancing!

Hill City Steppers Line Dancing Class
Mondays 6:30—7:30 pm | Begins June 19 | Location TBA
Learn the steps to popular line dances so you can be a star at our next all staff gathering!