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Horizon Behavioral Health Awarded Grant to Support Young Adults with Coordinated Specialty Care

Lynchburg, VA – Horizon Behavioral Health has been awarded \$494,678 in state funding through Virginia's System Transformation Excellence and Performance (STEP-VA) initiative to expand early intervention services for young adults, ages 15–30, who experience symptoms of psychosis for the first time which may include hallucinations, delusions, disorganized thinking, and changes in behavior, among other symptoms.

The funding will support the launch of a Coordinated Specialty Care (CSC) program for First Episode Psychosis (FEP), an evidence-based model that provides early, specialized treatment when symptoms of psychosis first emerge. Early intervention can significantly improve long-term health outcomes, helping individuals maintain engagement in school, employment, and community life.

As the first program of its kind in Central Virginia, the new Coordinated Specialty Care program will introduce a multidisciplinary treatment team that integrates psychotherapy, psychiatric care, care coordination, supported education and employment services, peer recovery support, and family engagement, all into one coordinated treatment approach.

“This program will give Horizon’s community-based teams the tools necessary to intervene earlier, when treatment can make the greatest difference,” said Melissa Lucy, Horizon CEO. “By providing specialized, coordinated care at the onset of symptoms, we can empower and equip young adults to achieve and maintain their mental wellness and stay on track with their goals for school, work, and independent living.”

The program is expected to serve approximately, 25-30 individuals, each year, residing in the counties of Amherst, Appomattox, Bedford, Campbell, and the City of Lynchburg.

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Horizon Behavioral Health has been the primary public behavioral healthcare provider in Central Virginia for more than 57 years. In the last year, Horizon provided services to over 12,000 adults and children, addressing problems with mental health, substance use and intellectual disabilities. Horizon is accredited by CARF International. This represents the highest level of accreditation that can be given to a behavioral health organization. To learn more about Horizon please visit HorizonBH.org.